

Letter to a friend

CONNECTING PEOPLE IN THE TIMES OF ISOLATION



L U X E M B O U R G N E T W O R K O F T H E A N N A L I N D H F O U N D A T I O N



about

“Letter to a friend” is a project carried out by the Luxembourg network of the Anna Lindh Foundation and aims to connect people living in one of the ALF countries through letters.

Participants can write letters in their preferred language and on their topic of choice, addressing an imaginary friend. They receive a response from another participant from a distant part of the world. In over 100 letters received from more than 20 different countries, the project creates a unique channel of dialogue between distant lives in the time of isolation.

Boróka Füredi

from Budapest, Hungary but currently lives in Pamplona, Spain

favourite quote: "What if I slept a little more and forgot all of this nonsense" Franz Kafka



Hello My Friend,

I hope you are doing fine!

Actually it is really strange to write a letter to someone who you don't even know. It feels like I have no eyes to see who is in front of me or I have no experience in recognizing/analyzing the person who I am talking to. How to address? How to speak? What to say? You get confused. But if you just think about it, it makes you free. You don't have to bother yourself with the opinion of the person. You don't need to say certain things that you know the other will like. It is just a letter to yourself delivered to a person sitting on the other side of the world, drinking coffe and reading your words.

But who I am?

Why am I writing this letter?

What is my nationality?

What do I study?

How old I am?

It doesn't matter!

Just as it is not important who I am writing to. No idea. What matters is the... nothing matters actually. There is no purpose of writing this letter. It just feels good to share my thoughts to someone.

What else is strange? We all in the world are different. With various backgrounds and thoughts. We cannot have the same life. We cannot have the same experiences. And experiences make us more and show us how to relate, connect, accept and communicate.

The nature of our world is not equal. Some born lucky some do not. I am between the lucky ones and I will never understand why it is given to me. I grew up in a middle class family with my siblings, friends and large family. It was obvious that I will go to the school of my choice, I will go to the cinema, theatre or wherever I want. I look around and I don't miss anything. I never even thought about how lucky I am.

Until I have met someone from a totally different world.

Since I know this person I know that luck is not given to everyone. I call it luck and not anything else, because you cannot earn it, choose it or change it. It is given. But we always have to remember that it needs to be appreciated and shared. Because we do have the choice of what we do with our life. There is no guideline exept our norms, principles and beliefs. Wherever you are your only help is your conscience. Whether you do something good or wrong you will know.

I could philosophise here for hours but it's not that entertaining doing it alone. I just wrote what came first to my mind in this moment. I hope you will respond to my letter so I can read your thoughts.

All the bests :)

A stranger from the other side of the world

Beatrice Naldi

Lorca (Murcia), Spain

favorite quote:

"Quando la vita è quello che è, il romanzo ha il dovere di essere quello che vuole."

— Daniel Pennac, Monsieur Malaussène

Interesting fact:

Sometimes, when I feel a bit hopeless or too tired to even think about anything nice, I try to recall a very nice memory I have. I was in Finland for a meeting and I had few empty hours before my train would arrive. I decide to wonder a bit around but then I saw a bar on the corner: I love bars and sitting around sipping coffee... so I entered. Opened my book and spent there my precious few, empty hours which soon got filled with coffee, nice smells, new faces and a lovely lady who wanted to talk about dogs. Unexpected beauty can always surprise us.

Hi dear,

I received the info about this initiative today, from a colleague of mine, and I just loved it. Now I'm almost about to go to bed and I thought it could be a good moment to write down a note to a friend somewhere out there.

I think I would share with you some questions I've been asking myself lately, maybe you would like to share also some of the conclusions or reflections you've been thinking of...or whatever you would like to share!

I think that last year has been tough for all of us and I am really thankful for making it in good shape and still have my friends and family alive. Nevertheless, I must admit that I recognised more than ever the need of feeling the closeness with people and animals around me. Before these last two years (yeah, 2019 didn't treat me very well either), maybe I would never have asked myself "with whom would you like to lock yourself up in a flat for months?" or "if you would suffer some deadly illness, who are the people that you would like to see around your bed?"...and now these are very serious questions that I'm asking myself. Very hard to answer, especially because I'm a migrant and my family lives in another country. I'm happy and lucky because I'm surrounded by people I love, but still, these are the questions that I want to reflect on, after five years living far away from my country for working reasons.

I've always thought we need to grow as human beings, and that moving was part of the game. I still think that. It's just that...sometimes I feel lonely and I would really love to have some people who know me from a very young age around, or to be able to take care of my sister, who's brave enough to get pregnant in these times. I'm sure she'll be a wonderful mum.

I guess that's what I should be thankful for, at this time of the day. These crazy times made me reflect on how important love is, and how important is to care and be cared for. I knew it already, but now I also feel it. Maybe love means also this. Feel, whatever needs to be felt, and let it flow all over you with no fear.

Hope that you also have some nice people around. And that this message flows you with with some love, too.

It's not true that all the people live the same situations, especially in times like these...but I care for yours, even if I still don't know you.

Good night, dear.





الى صديقي المجهول، أعدت كتابة هذه الرسالة عشرات المرات لأنني لم أجد مقدمة مناسبة، لذلك ارتأيت أن أكتب لك بدون مقدمات.

أتعرف شعور الغرق في ظلام تفكيرك و حزنك؟ أنا أعرف ذلك الشعور، تحس أنك تسقط في نفق مظلم قاتم لا نهاية له، عقلك لا يتوقف عن التفكير في كل شيء و في لا شيء. هكذا أعيش حياتي كل يوم أحس اني افقد نفسي شيئا فشيئا، كأن انفاسي، روعي، افكاري، هواياتي، حبي و نهمي للمطالعة تنساب مني. يحتاج الالم صدري، يسحقه، يسحقه كأن فوق صدري حجارة ثقيلة الوزن. أشعر كأن لا وجود لي كأن أنفاسي صارت معدودة ،اني عبء، أحس انني عبء. تعبت، تعبت جدا و احتاج الى تفريغ ما بداخلي احتاج ان افرغ مكنونات صدري ان اتكلم اصرخ ابكي، لكن غروري ، شخصيتي علاقتي مع الاخر لا تسمح لي بهذا و حتى مع نفسي في غرفتي في عالمي الخاص دموعي تأبى النزول. أرى نفسي بدون أحلام و لا أهداف، سنوات مراهقتي و شبابي تضيع في الظلام، أحاول ما أمكن أن أغير من نفسي لكن المجتمع، العائلة و التقاليد تحبسني داخل صندوق زجاجة ضيق عازل للصوت لا يريدون أن يروا أو يسمعوا إختلافي. أنت يا صديقي الشخص الوحيد الذي أبوح له بما ضللت أكتبه داخلي، أتمنى أن تكون حياتك أفضل بكثير مني. أنتظر ردك، تحياتي

Imane Lakhdar

From Morocco, living in Safi in a popular neighborhood called Azib Derai.

Favorite quote:

"I'm not everybody and I don't do what everybody do"; i like this quote because our society wants you to be like other people they don't accept you if you're different or you think different.

Interesting fact:

It's not easy for me to show up my emotions or trust someone.

Kaoutar Afkhar

From El Bahja, located in Sebt Gzoula, in Safi, Morocco.

Favorite quote: "The greatest glory in living lies not in never falling, but in rising every time we fall" – Nelson Mandela

Interesting fact: I am a person who doesn't talk that much, but rather listens to what others have to say, in other words, I am a good listener.

To my precious friend,

I'm writing you this to share with you some events that happened to me since I got into the university uptil now ...

During that period , I've changed the way I look at life , and how I approach it . I also learned a lot of valuable lessons , starting with avoiding to judge people by their appearance , their skin colour, or thier race , as the famous saying : << don't judge a book by it's cover >> ...

At that period of time , I realised that I have to get over my fear of the outside world , and Start making friends and constructing bonds with them , it was difficult at first , but I was able to overcome that fear , and I made some new friends. But , despite taking that big step in my life, meeting new faces and getting to know them ,

I didn't forget about My old friends , because they were here for me when I needed them the most , they had my back when I was going through some hard times , and they lifted me up when i was feeling down, it's because of them that I was feeling down, it's because of them that I was ready to fece any type of problem with a big smile , and with an even bigger heart , and feel like I was having a fun battle . It's because of them that I knew true friends do exist, and how precious and irreplaceable they are , but most in importantly , they made me realise how important family is in one's life , and how weak we are without someone to support us .

And last but not least , I realised that crying over things from the past doesn't help at all , but it just makes you suffer mentally . So that's why we have to never give up and break down in front of our failure , but instead , have to overpower it , and face it bravely.



Anonymous

From Vicinity of Ptuj.

My favourite poem:

Vsak človek je zase svet,
čuden, svetel in lep
kot zvezda na nebu ...

(Tone Pavček)

Translation:

Every human is a world unto himself,
strange, bright and beautiful
like a star in the sky ...

Interesting fact: I act much more mature than my really age is.



Dear unknown friend!

How are you? How are you spending time during Corona crisis in your country? I am here to share a story from my upbringing and also my current situation. I grew up in a family with my father, my mother, my older sister, our grandmother and our grandfather. When growing up my father and my mother were constantly fighting, due to his alcoholism. They just cannot communicate normally, without yelling.

It was very hard to live 3 generations under one house, because we were different ages, had different habits and opinions. Many times I just wanted to escape from home to an unknown place.

That changed 6 years ago, when my older sister decided to move out to her boyfriend, to start her own life. Last year our grandmother died, and since then my father drinks less, but since then he takes antidepressants regularly.

Also since this February our 87 year old grandfather could not get out of his bed, so he is unable to take care of himself. We delivered him a hospital bed and we take care of him everyday. We are feeding him, replacing diapers etc. It is a very big responsibility for all of us, who are living in the house.

His health condition is changing everyday. And everyday I step into his bedroom with fear, because I don't know if we would find him alive or not. But it calms me down, because I know he lived his own life like a king- on his own terms, and he was always an authority in the family.

I know this is not an easy story to process, but the point of this letter is that we should take life into our own hands-like grandfather did, and not to waste any time, because life is too short anyway.

Let me know your story, I am very curious about it.

Best regards,

Your unknown friend.

Rasha Shaaban

Gothenburg, Sweden

Favourite quotes: "What goes around comes around" and "Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

Interesting fact: I love storytelling which is why I decided to join this initiative. Check out Mind the Gap stories programme at www.mindthegapstories.com.



Hello,

I identify myself as an Arab, Muslim, Mediterranean, Feminist and Artist. I was born and raised in Egypt. I moved to Gothenburg, Sweden in 2016 to work in a museum. I started a cultural programme in 2018 called Mind the Gap stories. Gothenburg is the second biggest city in Sweden. It is known as the city of Volvo. But, it is also known to be one of the most segregated cities in Europe. This pushed me to look at gaps and absence of equality and inclusion in our lives and how this can have an impact on us and our societies.

I visit my hometown Alexandria at least twice a year. I try to keep my ties with my family and friends. Social life and making friends in Sweden are very hard. It can take a year to make one Swedish friend. But, this friend will be for life. I used to be surrounded by many friends when I lived in Egypt. Now, I have a gap of friendship due to the nature of my new environment.

I usually find myself a "misfit". Nowadays, my friends in Egypt call me "Rasha the Swede" where as my friends in Sweden know me as "Rasha the Egyptian/Arab". And, I don't see myself as fully Swedish or fully Arab. My identity has grown beyond a nationality. It has become a cocktail of values and traditions that I compiled through out my short life on this planet.

Do you have a gap that you want to share with me?

If you want to be more familiar with the concept of the gap, please check out [this video](#).

All the best!

Rush!

PS. I am writing this letter from Alexandria. Life has become too morbid in Europe with the pandemic lockdowns and fear in every corner. I needed a break and was in desperate need for crowds. So, I came to "Umm Eddonia" Egypt.

Hiba Saleh

from Joun - Chouf near Saida, Lebanon

Favourite quote:

My thought is me: that's why I can't stop. I exist because I think ... and I can't prevent myself from thinking. Jean-Paul Sartre

Nothing is impossible in life, development is a permanent and continuous process, so, the human being who has a sense of development, has to continue to work for progress and advancement and I have always adopted this method in my life until I reached who I am. the most interesting fact about myself, I give my children the power to analyse, think and decide in their life and let them believe in themselves, therefore I am so satisfied and I believe they will reach their goals.

Bonjour,

Je souhaite de tout mon coeur que vous vous portez en bonne forme. D'abord, je veux commencer par une petite description de la situation Générale du Pays. La peur du coronavirus se dépasse sur toutes les craintes qui affectent les femmes non seulement au Liban, mais dans le monde entier. Au Liban, nous sommes confrontés à de multiples problèmes qui peuvent l'emporter et dépasser la peur du virus Corona, et ces problèmes ont commencé avant et se sont aggravés à l'époque de Corona. Les problèmes économiques du Liban ont laissé des traces lors de la crise de fin 2019 et début 2020. Et comment se fait-il quand nous sommes au milieu de la crise économique et de la crise créée par Corona.

La crise économique a été exacerbée par l'émergence du virus au Liban, qui s'est manifestée par la violence physique et morale subit sur les femmes ménagères en particulier, qui ne peuvent pas augmenter les revenus et ne peuvent pas aider à dépenser.

Nous sommes confrontés à des difficultés financières qui contrôlent toutes les catégories de la société libanaise, D'autant plus que les banques ont confisqué notre argent et nous ont versé notre argent en train, ce qui provoque une confusion psychologique et physique sur les niveaux psychologiques et matériels du chef de famille, qui est responsable des dépenses à la maison et de l'éducation des enfants, surtout si les enfants poursuivent leurs études dans les pays européens, ce qui signifie le transfert de fonds en devises étrangères, ce qui augmente le fardeau de nombreuses responsabilités, d'autant plus que le dollar américain dépasse le 3000 livres libanaises.

Maintenant, vous allez imaginer avec moi la scène, les difficultés financières, l'argent confisqué aux banques, les salaires qui ont perdu leur valeur d'achat de plus de 50%, sans parler des pertes d'emplois, et maintenant le confinement à domicile et une dépense importante, parce que d'être à la maison de façon permanente, signifie une allocation sans revenu.

Comment le chef de famille, qui est en charge de la famille, le seul soutien de famille, se sent-il, comment agit-il? Quelle est sa position lorsqu'il se retrouve sans travail, sans revenu que doit-il faire et à qui s'adressera, vers son gouvernement, qui est encore embourbé dans des problèmes hérités, ou doit-il être aiguisé dans les rues pour rendre sa famille assez?

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Par conséquent, nous notons que les cas de violence physique ont considérablement augmenté au Liban, peut-être à cause des raisons que j'ai déjà expliquées , ou peut-être à cause de l'ignorance et de la mauvaise éducation.

C'est la réalité, malheureusement, que toute la société est déprimée, et cela se reflète sur nous et soulève une question sérieuse, quel est l'avenir du Liban après Corona, la crise économique du Liban prendra-t-elle fin?

Quant à nous à la maison, nos préoccupations ne sont pas loin de tous les Libanais, mais j'aime être comme d'habitude, optimiste pour un meilleur avenir, alors quand la crise a commencé, j'étais à la télévision pour connaître les nouvelles sur Covid 19, j'ai senti que je m'effondrerais demain, donc, pendant mon confinement à la maison, j'ai développé un programme comme suite :

Un nettoyage complet de la maison.

D'organiser les vêtements.

Réorganiser le jardin et planter des fleurs.

Lire des livres et certainement travailler à la maison.

Par conséquent, nous avons commencé comme association Libanaises pour l'Egalité à élaborer une stratégie de stérilisation des routes de la ville par le chlore, que nous avons sécurisé à nos propres frais et nous allons élaborer des campagnes de sensibilisation aux magasins et aux maisons pour faire face à cette maladie et sécuriser certains articles pour les familles pauvres.

Amicalement

Chadi Tounzi

Safi, Morocco

favourite books are the "Mistborn" trilogy by Brandon Sanderson.
favourite quote: " looking for a purpose to live is in itself a purpose "

~anonymous~

interesting fact: I like to write a lot but never finished a single draft or story.



Hey,

Hope you're as well as someone in these tough times can be.

So, how has life been treating you recently ? How is your mental health ?

I know some people discard their mental health to achieve whatever they're up to...but I personally believe that maybe it doesn't have any repercussions on the short term but can have catastrophic damage on the person in the future, as our minds are more complex than our minds can imagine (ignore the joke hehehe)...and traumas, shocks and mental illness and other similar stuff is way more common than what you'd believe, our brains are so sensitive that even the smallest act, word or thought can affect the way our mind think, the sense in which our thoughts go, whether or not we develop anxiety, depression or any other mental illness is solely based on how our mind interprets these informations, so even the smallest words can change so much be it for the better or the worst.

So as to conclude I would to invite you to talk about your issues or problems no matter how insignificant they may seem with anyone around you, or to talk about them in this letter or wherever, the only important thing is to talk about them. There is a reason why humans could only develop until they built societies, we were never to handle everything alone. :)

A.El Bou

from Casablanca, Morocco

favorite book "Les contemplations" by Victor Hugo



Cher ami,

J'aimerais partager avec vous un souvenir d'enfance qui me tenait beaucoup à cœur, je passais toujours mes vacances d'été au nord du Maroc soit à Tanger ou Al-Hoceima, mes neveux étaient moitiés espagnols et moitiés marocains, vraiment à cette époque je croquais la vie en belle dent, nous passions nos jours à jouer, faire des promenades au cœur de centre ville ou dans les montagnes, mais le souvenir que je n'ai jamais pu oublier c'étaient les matins où nous prenions nos affaires et partir à la mer à travers des gros montagnes, si jamais quelqu'un parmi nous tomber n'y survivrait pas, c'était dangereux mais nous y passons à travers quand même, j'étais entourée par mes cousins et cousines, mais malgré aujourd'hui aucun d'entre eux n'est là, ceux qui se sont partis vivre en Espagne, mon cousin qui avait mon âge est mort cela fait plus que 14 ans, je ne gardais que ces beaux souvenirs que je n'ai jamais oublié, la vie est tellement dure, les belles instants ne durent jamais long temps, c'est pourquoi il faut les saisir et tenter de faire du bien.

Maintenant quand je voyage à Tanger ou à al Hoceima, j'ai de la nostalgie, mélangée du chagrin, les montagnes, les plages sont là mais les personnes n'y sont plus.

Voilà, c'est tout, j'ai voulu partager avec vous ces sentiments,

Cordialement

Fatima Ezzahra Abourkia

from Morocco, Safi city.

favourite quote: "be the change you wish
see in the world." by Mahatma Gandhi



Salut! cher(ère) citoyen(ne) du monde,

J'espère que vous portez bien ainsi que vos proches !

J'ai choisi le sujet de ma lettre en se basant sur les idées qui me préoccupent ces deux dernières années à propos l'environnement et les changements climatiques.

Ce sujet d'actualité critique et très urgent, que l'être humain est le seul qui peut porter du changement positif car nous sommes la première génération qui ressent l'effet du changement climatique et certainement la dernière à pouvoir y faire quelque chose.

Que pouvons nous faire, alors?

Une question profonde qui pose encore des milliers d'interrogation.

A mon avis, pour commencer cette bataille contre les changements climatiques, on doit être conscient de la gravité de ce fléau sur notre survie et celles autres être vivants avec lesquels on partage notre mère terre.

La deuxième étape consiste à substituer tout nos gestes quotidiens polluants qui aggravent la situation actuelle, à titre d'exemple arrêter d'utiliser les bouteilles de plastique jetable et les remplacer par des gourdes en verre qui sont réutilisables, il suffit de la remplir à chaque fois elle est vide. Alors cette méthode consiste à réorienter notre mode de consommation, d'une consommation irresponsable vers une consommation éco-responsable et durable.

Et finalement si chacun de nous a pris conscience et exécuter ce qui a fait le colibri dans la légende (faire sa part), les effets négatifs des changements climatiques vont réduire sûrement, et comme a dit Cyril Dion : "Chacun d'entre nous a un talent, chacun d'entre nous peut faire sa part. Il suffit de trouver comment.".

Je clôture ma lettre avec une citation que je préfère citer quand je parle à ce propos.

"Nous n'héritons pas la Terre de nos ancêtres, nous l'empruntons à nos enfants." Antoine de Saint-Exupéry

A bientôt !

Jessica

from Luxembourg

favourite quote: Be the
change you want to see in
the world by Gandhi

interesting fact: She walked
the Camino de Santiago
with a 6 kg backpack!

Dear friend,

May this letter find you well and joyful, wherever you are in the Mediterranean area. I'm writing from tiny Luxembourg, where I live, while my roots are Atlantic. I feel like a pilgrim walking through life, not bound by any country, nationality nor language. Freedom has always been a big theme for me, as well as good company on my life's journey. I believe people are fundamentally good. And also that we are going to make it, no matter what. In times of crisis, when everything falls apart, we will find hidden strengths and resources.

At this moment, I pray for my sister. May her soul find a way back to life. She has a loving family, precious friends and school kids that are waiting for her. Three months ago, we almost lost her. It's a gift that she's alive. May we find ways of helping her to get back collectively. May we be brave enough to do our work, stretch and build a nurturing environment. I tell her, we are here for you. Sitting as a tribe around the fire. Now, you are a bit ill today, that's why we are gathering here and singing for you, while you can drop everything and just rest. As long as it takes. Today, it's you. Tomorrow, it might be grand-mother, mum or me. Or one of the men. Although, they are doing their work and showing up. We are learning to navigate this.

I am wondering where you live. What you do. What matters to you. What gifts did life give you. What makes you happy. What melts your heart. What makes you smile. When was the last time you danced. What brings you the most joy in life ?

This pandemic made me realise how important relationships are to me. I feel the happiest when I'm deeply connected with people. I used to lend my voice to people so they could talk and listen to each other, connect and, hopefully, do great things together. The magical moment when trust emerges. When a stranger is no longer a stranger. Connection happens beyond language. Holding space for alchemy. How does community feel like for you?

I feel such a fire within me. It transforms everything. I am not afraid anymore. Urgency silences fear. They can't coexist. Anger as well. Is there an emotion that you don't want to feel, ever ? For me, it was the dragon of anger. Until the age of 28, I lived the life that was expected of me. After 28, I started exploring all my soul was longing for. I can't imagine life without art, movement, exploration. I'm looking forward to the path ahead. Old structures are collapsing, may we be brave enough to build the new.

I would love to close this letter with poetry. As Rumi would say : « Stop the words now. Open the window in the centre of your chest and let the spirits fly in and out ». It's called « Kindness » and it was written by Naomi Shihab Nye, a Palestinian-American poet.

Jessica	KINDNESS
from Luxembourg	Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth.
favourite quote: Be the change you want to see in the world by Gandhi	What you held in your hand, what you counted and carefully saved, all this must go so you know how desolate the landscape can be between the regions of kindness. How you ride and ride thinking the bus will never stop, the passengers eating maize and chicken will stare out the window forever. Before you learn the tender gravity of kindness, you must travel where the Indian in a white poncho lies dead by the side of the road. You must see how this could be you, how he too was someone who journeyed through the night with plans and the simple breath that kept him alive. Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing. You must wake up with sorrow. You must speak to it till your voice catches the thread of all sorrows and you see the size of the cloth. Then it is only kindness that makes sense anymore, only kindness that ties your shoes and sends you out into the day to mail letters and purchase bread, only kindness that raises its head from the crowd of the world to say It is I you have been looking for, and then goes with you everywhere like a shadow or a friend.

I hope you will enjoy navigating through this letter as much as I enjoyed writing it. It feels like a tiny step into the unknown and my inner critic is telling me I should add facts, « concrete projects », « achievements » and stuff like that. Thank you, dear critic, but the safest place to be is not hiding anymore, but speaking up from a place of authenticity and dignity. (It's a constant practise, though ?).

A virtual hug or, as we say in Portuguese to dear ones and kids, um xi-coração.



Fatima Sekkak

From Morocco

favorite author is Victor Hugo

interesting fact: as a feminist and activist, she is proud of what she is doing for the Moroccan women, their social situation and the migrant population in Morocco.

Cher ami,

Tout d'abord permet moi de te souhaiter une bonne et heureuse année 2021, qu'elle soit marquée par ta prospérité, ta réussite et surtout par ta bonne santé.

Je t'écris ces quelques mots pour te dire combien c'était dur l'année 2020, cette année où un maudit virus a fait éruption dans le monde et a entraîné une épidémie, une pandémie qui a fait un ravage sur terre sans exception.

Oui à cause de ce virus on a vécu et on vit toujours des moments très difficiles, des moments où toutes les activités (travail, activité associative, visites familiales.....)les voyages, tout ce qui rend notre vie agréable, heureuse est bloqué, stoppé.

Un jeu très complexe: confinement, déconfinement, re-confinement.

Certes, toutes les mesures d'hygiène, de sécurité, de protections et de sensibilisation ont été prises, appliquées, mais cela avait un impact négatif sur nous, sur l'homme le plus faible de la nature: disparition des proches, d'amis, souffrance psychologique et corporelle, peur, stress, angoisse, perte de son travail...

Cher ami, malgré tout cela, je ne suis pas restée les bras croisés et grâce à la nouvelle technologie, d'abord j'essayais d'avoir des nouvelles de mes proches, amis....., ensuite participer à des activités de sensibilisation et d'éveil sur la pandémie, les mesures qui doivent être prises pour réduire l'impact, l'évolution du virus dans l'attente du remède qu'on attend impatiemment jusqu'à aujourd'hui.

Cher ami, j'espère que ça va de ton côté tout en espérant que la nouvelle année 2021 sera meilleure pour nous tous et nous permettra un retour à notre vie normale et dans de bonnes conditions.

Dans l'attente d'une prompte réponse, reçois mes sincères salutations et mes vœux les meilleurs. Bien à toi.

Anonymous

from Gothenburg, Sweden.

favorite quote is: "To share something separates and binds us together in the same movement" by Jonna Bornemark, Swedish philosopher.

Interesting fact: "If someone ask me if I can do something I always say Yes! Then I quickly learn how do do it. I just finished editing a movie and next month I'm going to host a big event online for the first time. And a couple months ago someone asked me to write a letter to a stranger, so I did. :)"



Dear friend,

I hope you are well.

I'm thinking about my relationship with my parents. We live 100 miles appart since I moved from my childhood home when I was 20 years old, now I'm 45. In the beginning I only felt freedom. I loved my new life with new friends and new views. The small town where I grew up was to small and familiar. I didn't have the courage to break free and become the new person that I felt was living inside me in that environment. I needed to change the scenery. Of course I hadn't formulated this to myself, I only had a very strong desire to go away. In the horizon I saw a promise of great new things and new wings to fly with.

Because of all this, I live far from two of my brothers and my parents. It's too far apart between our meetings and I miss the everyday contact, the Sunday dinners and the spontaneous get togethers. My parents are getting old and I fear for the day when they are no longer with us.

When I got children of my own I started to feel like this. Before I didn't see the distance as a problem. Now I mourn that my children hasn't got a close relationship to their grandparents.

I'm so sorry to burden you with all this, it wasn't my intention. When I sat down to write to you it just started to write itself. I could write about the weather but that is also a gloomy subject, in-between snow and rain. It's the worst weather there is, we call it "slask". I hope you never have to experience it.

So, I guess writing this letter to you got me thinking about actions and consequences. How they rarely can be predicted. I hope this letter finds you well, again I'm sorry for the blues.

Take care and be well.

Oumaima Fdil

from Safi, Morocco.

favourite poet: Emily Dickinson

The interesting fact: "I believe in me no matter how things get worst or hard."



من فتاة ولدت بالقرب من الماء ولا تخشى الغرق من فتاة اعتلت كدمات ركبتها كوسام لها في طفولتها لإظهار قوتها من فتاة ليست بذلك الجمال لتحبها من اول نظرة اوحديث لك معها بل عليك ان تحدد كثيرا في ماتكتبه لك حيث ستتعرف على صراحتها و ستشعر بانه عليك الحذر منها عند اكتشافك بانها لا تقدر شيئا غير نفسها مني الى من يقرأ حروف هذه الرسالة .

اكتبون ان أعرف من سوف تصله كلماتي دون تفكير فيما ما هو ابعد من السطر التالي. اكتب من عمق احزاني الى أقصى أفراحي. اكتب دون أحلام بجوائز أو تصفيق فقط لأنني محظوظة بهذا الشعور انني اكتب لك لكياعرفك بل لأعرف نفسي أيضا . الى عزيزي القارئ المجهول اتخيل محياك الانالبيثور في وجهك شيء عادي , الهالات حول عينيك شيء عادي وزنك زائد او نحافتك أيضا شيء عادي ويخلصك وحدك ثم لون بشرتك المختلف شيء عادي طول قامتك او قصرها أكد لك انهاأيضا شيء عادي . الشيء الوحيد الغير العادي هو ان تسمح لشخص وقح و سطحي مثلي انيحدد معايير شكلك و موصفاتك لأنني يغلبني الشوق لمعرفةك. عزيزي المجهول أكان عامك حافلا و مليئا بالنضج مثلي ؟ أجربت فيه العديد من الأشياء التي كانت لا شيءكبير و جعلتك تدرك قيمتك داخل محيطك البائس مثلي ؟ ان كان ذلك صحيح فأهنتك يا عزيزي. شخصيا دفعني هذا بان أومن أن كلما زاد العمر كلما ايقنت انه ما مضىكل قلة فهم مني او انني لست ناضجة كفاية لكي اتقبل فكرة التعايش في هذا العالمالغير رحيم , فاني اتشوق لأبلغ اشد في هذهالحياة واستوي لكي اصل الى ذروة التطورالفكري والعاطفي ألا تتفق معي يا عزيزيالمجهول؟ ففي كل لحظة تضعنا الحياة أمام درس جديد و عجن جديد و ها أنا هنا أوجهامند صغر سني الى الانفاس التي التقطها الان و انا اكتب لك .

سأقول شجاعة هذه انا. ليس هناك ما هو اشجع منتحمل مأساة وعمرك 96 شهرا فقط يا عزيزي جسد فض يجربي اليه جسد بذيء يحاول مقاومة حركاتيقتالا من تخالين نفسك انا القوي و انت الضعيفة لا صوت يسمع لصراخي لا نجدة لاستنجاديو صرت اخال لوهلت وأد البنات رحمة في مجتمع الكبت و الفضيحة انا الخطيئة و العن اليوم الذي ولدت فيه فتاة جميلة شيء غريب ! لم أستطعأن أذرف الدمع لكن روحي كانت تتمزق طوال هذه السنوات كانت لدي مسؤولية اتجاه نفسيأن اجعل صوتي الخافت و الغائب مسموعا أن ابوح بما مررت به , و لو لأميفكل مرة أحاول الصراخ اشعر بأبي يصعد متسلقا من حلقي الى فمي , اتعرف ياعزيزي ذلك الشعور ؟ عندما تخوض معركة مع نفسك مع تلك الذكريات التي تحس ان اثارها مازالت على جسدك. ليس هناك ما هو اشجع من عيش تلك الأيام و اغطيةالخوف من خرق قواعد محيطي تلتفبإحكام حول صدري شجاعة للغاية لإصراري كلمة للبوح ما بداخلي ولكن أكتشف في النهاية أن البوح ليس سهلا للمقربين كما يصورهاالاخرون بل صعب جدا, و البوح للغرباء مثلك يا عزيزي متعة و راحة و أمان لأن كل ما ستقوله سيذهبمعهم حيث يذهبون سيقفون بجانبك سيدعمونك يضحكون و يكون معك لأنهم لا يعرفون أحدا من الحكاية كلها الى أنت فأنت بطلهم لا عار عليهم, يقولونتجاوزي و لماذا لا تستطيعين, يقولون جميعا عليكيتجاوز الامر و هو تماما ما أحاول فعله , لكنني أتذكر فقط عندما أستلقي في السرير ليلا أو عندما أمشي لفترة أو أفكر لوقت طويل او اسمعأحدهم يتكلم أو عندما أتنفس أتذكر فقطعندما اعتقد اني بدأت أنسى لكن تجفيف المحيط ليس سهلا يتطلب الامر الوقت فتعلمكيفية تطهير روحك من سم المعاناة يتطلب وقتا و جهدا و هذا ما لا يفهمه كثيرون ليستقصه جيدة بما يكفي لتروى يا عزيزي لكن لا بد ان أضع لها نهاية و ها انا دا معبرتا عن صوتي متفائلة أمضي قدما كل الفوضى التي كنت أكسحها و أخيرا أختم كلامي يا عزيزي المجهول بمطر يهطلبغزارة خارج شرفتي بترام صوته المخيف الى أذني بينما أكتب لك اخر كلمات هذهالرسالة ممتنة لك على استحمال لغرابتي و اساليبي المختلفة في حديثي هذا عزيزيالمجهول .

كلالمودة و المحبة اليك.

Silva Blažulionienė

from Klaipeda, Lithuania

favourite quote: "your thoughts like a magnet attract everything you want in life."

interesting fact: she likes pets, especially dogs. She also likes gardening and traveling.



Hello,

I live in Lithuania, city Klaipeda, near Baltic sea. I love my city, my cold sea. live in a natural paradise with lots of forests, very green, in fact mushroom pickings a tradition in his town. Near my home is Curonian Spit National Park. Human habitation of this elongated sand dune peninsula, 98 km long and 0.4-4 km wide, dates back to prehistoric times. Throughout this period, it has been threatened by the natural forces of wind and waves. Its survival to the present day has been made possible only as a result of ceaseless human efforts to combat the erosion of the Spit, dramatically illustrated by continuing stabilisation and reforestation projects.

I lived for 27 years in the Soviet Union. Soviet System keep people in very close society, our thoughts had changed by soviet propaganda. In the cold war it caused a lot of pain and the separation of many families. Start live independent and in EU was big challenge for us. We should start live different, more open to other people, with different religious, different skin color. But we are moving forward to change our way of life and become a better country for people and for freedom of all kinds.

But the Russian influence is still strong in the press and in the culture, partly because of the presence of Kaliningrad. Russian people, who live in Lithuania, they are still under this propaganda, because they watch just Russian TV and listen just Russian news. They still believe USA is „bad“ country, and Russia is „good“, Putin is best president in all world.

I hope in freedom, in possibilities for people live friendly, make friendship with all of us. I support people from Belarus and Russia, who want to change something in their life. Today Russian propaganda is stronger than democratic people in Russia and Belarus.

But I still believe in our future.

Bonjour,

Amine Ghandouri

From Sebt Gzoula, Morocco.

He likes traditional Arabic poetry.



Comment ça marche chez toi ?

Je suis un jeune homme et j'aimerais bien partager mon style de vie artistique, spécifiquement musicale, durant la période de confinement difficile qu'a connue le monde entier à cause de la pandémie Covid-19.

Tout l'histoire à débuter en mars 2020, le mois où mon pays a annoncé la décision de confinement total. Nos activités sont arrêtées, mes relations ne sont donc disponibles qu'à distance, ainsi que mes activités préférées soit, l'éducation musicale, avec les enfants et adultes de notre association.

J'ai pris l'initiative de graver ces moments inattendus, j'ai contacté une fille de 10 ans, elle s'appelle SOUAD, et c'est vite conclu entre nous deux sur un petit projet décrivant la dite situation critique.

Et bien c'était une chanson en play back portant le sujet de virus Corona, et comment notre vie devient étrange à ce qu'on a vécu toujours, on a partagé les tâches, et après quelques jours de répétitions chacun depuis son foyer le résultat commence à naître.

On a pris le risque de se rencontrer afin de finaliser le travail tout en respectant les mesures de sécurité.

C'est plus qu'un travail, c'était un geste de défi envers le Covid-19.

Si tu es intéressé, je peux t'envoyer mon projet musical dès que j'aurai ta réponse.

À la prochaine.

Thank you for supporting the "Letter to a Friend" project!



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