

CONVERSATION CARDS

Feast on food for thought! These cards are a list of questions and prompts to spark insightful conversations about the experiences of people seeking asylum.

During your feast, take turns to read the discussion point on the front of each card and listen to each other's response.

Once everyone has answered, turn the card over to see...

You have to leave town tonight urgently and you can only take five items with you.

What would they be and why?

FOOD for THOUGHT ASRC

Imagine that you don't have access to a hot meal, or the money to buy one. Where would you go for help?

FOOD for THOUGHT ASRC

What three significant milestones that have occurred in your life in the past five years?

FOOD for THOUGHT ASRC

Describe your favourite family meal from when you were a child.

FOOD for THOUGHT ASRC

Can you give the details of each residential address where you have lived in the last 20 years and the exact dates you lived there?

FOOD for THOUGHT ASRC

To apply for a protection visa in Australia, you need to provide information and evidence of your identity, travel history and education. This is easier with a passport, school records, birth certificate and, if married, a marriage certificate.

Did anyone mention one of those?

If you are facing persecution it may not be safe to apply for documentation from your government or you may not be recognised as a citizen. In times of conflict, you may not have time to apply for a passport and the institution that issues documentation may not be operational.

...how your answers are connected to the lives of people seeking asylum.



The Feast for Freedom hero cooks hand selected recipes for you to use. They include dishes that remind them of their childhood and of their homeland, which they may not be able to return to.

Separation from family is extremely hard. The ASRC tries to keep families together while they await a decision on their protection visa application. Sadly, this is not always possible, particularly if one family member is granted a protection visa and another is not.

If you don't have a support system to turn to, you might not know where to go for help.

At ASRC Footscray, the Community Food Team serves a hot, nutritional lunch. Annually we provide around 12,000 community meals and a space where people can gather together and break bread, forming new connections and friendships over a shared meal.

This question is on the application form for a protection visa and is closely matched to the person's statement for why they need protection.

Did you remember to include any periods of travel when you were away from home for more than a week or two? Neglecting to include periods of displacement, such as when a person goes into hiding for their safety, can lead a decision maker to doubt the accuracy of a person's entire claim for protection and may contribute to a refusal of a protection visa.

The refugee status determination process is complex and some families find themselves in limbo for many years.

The ASRC is currently supporting people who been waiting for an outcome for over 10 years. One can only imagine how many of life's milestones and opportunities they have missed in that time.

Without using the internet translate this Arabic sentence:

الوثائق القانونية المطولة معقدة

FOOD for THOUGHT ASRC

What is one issue you deeply care about that you would like to see changed through government policy, and which politician would you like to see champion this change?

FOOD for THOUGHT ASRC

You see something in the media about the continued poor treatment of refugees and people seeking asylum by the government.

Perhaps it's a story about a detention centre, a refugee family experiencing homelessness or a powerful speech by a refugee advocate on the news.

What do you do afterwards?

FOOD for THOUGHT ASRC

What are the top five ingredients you regularly have in your kitchen?

FOOD for THOUGHT ASRC


You have to start a new job, but it can't be the one you are trained for.

What would you do for work?
What obstacles would you face in getting that job?

FOOD for THOUGHT ASRC

How much does life saving medication for an adult with Type 1 diabetes cost?

FOOD for THOUGHT ASRC




The ASRC Foodbank provides culturally appropriate groceries and essentials for people seeking asylum. Some of the most sought after items include Basmati rice, fresh fruit, fresh vegetables, dried/tinned legumes, milk and honey.

Funds raised through Feast for Freedom will help fund our foodbank, which supports approx. 4,000 people annually.

Most adults who seek asylum in Australia have already worked for many years in their home countries across a wide range of industries and professions. If they are given the right to work in Australia, the ASRC supports them to understand and enter the Australian labour market. In some cases, highly educated pharmacists, engineers and teachers work in hospitality or administration while navigating a return to their chosen profession.


People seeking asylum often do not have work rights or access to Medicare. Not only does this make accessing general medical care difficult, it makes being able to pay for essential medications unaffordable. Without Medicare, people seeking asylum are not eligible for PBS (Pharmaceutical Benefits Scheme) funded medications.

Non PBS medication can cost hundreds of dollars, and for people seeking asylum with a chronic illness, this only elevates the trauma already being experienced. For example, unsubsidised costs for life saving insulin and health equipment needed for an adult with Type 1 diabetes can set you back an estimated \$200 - \$300 dollars a month.




Translation: Lengthy legal documents are complicated in any language.

The Protection Visa application form requests details of every area of your life, from where you have lived, to everywhere you have worked - including the addresses- and also your family history. If English is not your first language, how would you complete the application, prepare a detailed statement and submit evidence to support your application without the help of an interpreter and lawyer?



Our movement will only be powerful and successful when people from refugee backgrounds and people seeking asylum are leading it. They know from first hand experience and through community connection what their communities need and that makes them the best spokespeople and change makers for the refugee justice movement. This is why the ASRC provides the Refugee Leadership Program (RLP) to upskill refugees and people seeking asylum in community organising and advocacy.



Small actions have ripple effects that spread out into our community and make a difference.

You too can take action by joining the ASRC advocacy workshops and calling/emailing MPs.

Go to asrc.org.au for more details.