

HELLO,

We, as „A Route To Connect” team and Universal Citizens of our planet, had the need to share some of the information with you through this **Passport**.

We hope that this **Passport** will follow you wherever you go. That is why we made it so small, so it can be practical and fit your pocket.

We hope that all the things you read inside these pages will help you throughout your life and whichever journey you take from this point on.

And also, we hope that you will remember this day you got the **Passport** from us. We, for sure, will not forget you!

Warm greetings,

Your „A Route To Connect” team

COLD WEATHER – what to do?

- Before you spend time outside in the cold, **do not drink alcohol or smoke**. Alcohol drops the core body temperature!
- **Drink plenty of (warm) fluids and get adequate food and rest**. Being well-fed meaning consuming more calories than you're burning, and it will help your body handle the cold better. It is important to keep your blood sugar up enough to provide the energy you need to keep warm in a cold situation.
- **Wear proper clothing** in cold temperatures to protect your body (hat, scarf, gloves, many-layered clothing, etc.). Also, wear clothing that is the right size for you!

FROSTBITE

Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet.

Early warning signs include: numbness, loss of feeling or a stinging sensation.

Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — **but don't rub it since that**

can damage your skin! Seek emergency care if numbness doesn't go away.

If your skin pales or turns red and is very cold, hard or waxy looking, you may have frostbite. You may also experience a prickling feeling or numbness. With severe or deep frostbite, you may experience blistering and pain.

FIRST-AID STEPS FOR FROSTBITE:

1. Check for hypothermia. Get emergency medical help (if possible) if you suspect hypothermia.

Signs and symptoms of hypothermia include: intense shivering, slurred speech, drowsiness and loss of coordination. If not sure, further in this booklet you can find more detailed symptoms of hypothermia.

2. Protect your skin from further exposure. If you're outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Don't rub the affected area and never rub snow on frostbitten skin.

3. Get out of the cold. Once you're indoors, remove wet clothes.

4. Gently rewarm frostbitten areas. Soak hands or feet in warm water — 99 to 108 F (37 to 42 C) — for 15 to 30 minutes.

Test the water by placing an uninjured hand or elbow in it — it should feel very warm, not hot. Don't rewarm frostbitten skin with direct heat, such as a stove, heat lamp, fireplace or heating pad. This can cause burns.

5. If there's any chance the affected areas will freeze again, don't thaw (un-freeze) them. If they're already thawed, wrap them up so that they don't re-freeze.

6. Take pain medicine. If you are in pain, take over-the-counter ibuprofen (Advil, Motrin IB, others) to reduce pain and inflammation.

7. Don't walk on frostbitten feet or toes if possible. This further damages the tissue.

8. Know what to expect as skin thaws. If the skin turns red and you feel tingling and burning as it warms, normal blood flow is returning. But seek emergency medical attention if the numbness or pain remains during warming or if blisters develop.

ALSO HAVE THIS IN MIND:

Stages of frostbite:

- 1. Frostnip** is mild frostbite that irritates the skin, causing redness, prickling and a cold feeling followed by numbness. Frostnip doesn't permanently damage the skin and can be treated with first-aid measures.
- 2. Superficial frostbite** - your skin feels warm, a sign of serious skin involvement. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.
- 3. Deep frostbite** - you may experience numbness. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

HYPOTHERMIA

Hypothermia is dangerously low body temperature, below 35 °C. Common causes include:

- Being outside without enough protective clothing in winter
- Falling overboard from a boat into cold water
- Wearing wet clothing in windy or cold weather

- Heavy exertion, not drinking enough fluids, or not eating enough in cold weather

As people develop hypothermia, they slowly lose the ability to think and move. In fact, they may even be unaware that they need emergency treatment. Someone with hypothermia also is likely to have frostbite!

Symptoms:

- Drowsiness
- Weakness and loss of coordination
- Pale and cold skin
- Confusion
- Uncontrollable shivering (although at extremely low body temperatures, shivering may stop)
- Slowed breathing or heart rate
- Lethargy, cardiac arrest, shock, and coma can set in without prompt treatment. Hypothermia can be fatal.

FIRST-AID STEPS FOR HYPOTHERMIA:

1. Take the person inside to room temperature and cover him or her with warm blankets. If going indoors is not possible, get the person out of the wind and use a blanket to

provide insulation from the cold ground. Cover the person's head and neck to help retain body heat.

2. Once inside, remove any wet or constricting clothes and replace them with dry clothing.

3. Warm the person. If necessary, use your own body heat to aid the warming. Apply warm compresses to the neck, chest wall, and groin.

If the person is alert and can easily swallow, give warm, sweetened, non-alcoholic fluids to aid the warming.

ALSO HAVE THIS IN MIND:

1. Do NOT assume that someone found lying motionless in the cold is already dead.

2. Do NOT use direct heat (such as hot water, a heating pad, or a heat lamp) to warm the person.

3. Do NOT give the person alcohol!

WARM WEATHER – what to do?

- Drink a lot of water, even if you don't feel thirsty!

- Avoid spicy food during hot weather. Sour foods like yogurt, cheese and sour cream all add too much heat. Also, limit excessively salty foods – they will leave you dehydrated and aggravate your skin. Stay away from tomatoes, garlic, onion, beets and spinach when you can. Alcohol has a heating effect on the body as well.

What is good to eat: green leafy vegetables (like cabbage), sweet and bitter foods, cherries, plums, grapes.

- Avoid ice cold drinks. While we need to keep cool, it is even more important to keep your digestion strong. Go for room temperature drinks. It will be assimilated into your body much faster and you will feel rehydrated more quickly. Avoid fluids that contain caffeine or alcohol!

HEAT STROKE

Heat stroke results from prolonged exposure to high temperatures, usually in combination with dehydration, which leads to failure of the body's temperature control system.

Symptoms:

- Headache
- Dizziness, light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness, cramps
- Nausea and vomiting
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

FIRST-AID STEPS FOR HEAT STROKE:

1. Fan air over the person while **wetting his or her skin with water**.
2. **Apply ice packs** to the person's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
IMPORTANT: Do not use ice for older people, young children and people with chronic illness. Doing so can be dangerous.
3. Immerse the person in a **shower or tub of cool water**.

ALSO HAVE THIS IN MIND:

Other risk factors associated with heat-related illness include:

- **Age:** Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.
- **Health conditions:** These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever.

How to prevent a heat stroke?

1. Wear lightweight, light-colored, loose-fitting clothing
2. Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day.
3. If possible, shift your time outdoors to the coolest times of the day, either early morning or after sunset.

DEHYDRATION

Dehydration is a condition that can occur when the loss of body fluids, mostly water, exceeds the amount that is taken in.

Signs and symptoms that you may be dehydrated:

- Increased thirst
- Dry mouth
- Tired or sleepy
- Decreased urine output
- Urine is low volume and more yellowish than normal
- Headache
- Dry skin
- Dizziness

FIRST-AID STEPS FOR DEHYDRATION

1. Sip **small amounts of water**.
2. Suck on **ice chips**.
3. **Try to cool the person**, if there has been heat exposure
4. **Remove any excess clothing** and loosen other clothing

ALSO HAVE THIS IN MIND:

- **If a person remains dehydrated**, confused, feverish, has persistently abnormal vital signs, signs of infection, or if the person is vomiting, immediately seek for medical assistance.

SUNBURN

HOME REMEDIES FOR SUNBURN:

- To get rid of sunburn fast, it's best to immediately **take a cool shower or pour cold water on yourself**. You can also use a wet cloth (shirt, towel) and apply it on the skin.

- Soak the **yoghurt** in cotton ball and apply it on burned skin. Wash it after 10-15 minutes. Repeat if necessary.

- **Black tea** can be really useful as well (use cooled tea bags and put it on the skin)

- Use **baking soda** – apply it on the burned areas

- Soak the **lemon juice** with cotton ball and apply it on your face, neck, hand, etc. where you have got sunburn. Leave it for 10-15 minutes and then wash it with cool water. You can also make ice cubes with this lemon water and rub it on your burnt skin.

- Aloe vera is also good for sunburns! If you find a lotion that contains this plant, it will help the skin to get moisturized and it will reduce the sunburn.

IF YOUR SKIN STARTS TO PEEL:

- **Cover your face with a washcloth soaked in very cold whole milk** and leave on for 10 minutes. Milk's lactic acid will help remove flakes and redness naturally, while the lipids in the milk can help hydrate your skin.

NOTE: All of those previous advices you just read on how to deal with warm and cold weather conditions are mostly first aid tips. You should always seek for medical assistance related to this health issues, and not rely just on these information you find here!

TIPS ON HOW TO RELEASE STRESS

If at any moment you feel stressed out or someone around you is in a state of panic or is feeling uncomfortable, here are some quick exercises you can do that have a very powerful and quick positive effect.

BREATHING

- Lie on your back on the floor, close your eyes, and focus the attention on the breath, settling into a regular, and gradual, „in and out” breath. The mouth is open, and use your whole lungs for the breath, not just our habitual, shallow breathing.
- Once this relaxed gradual breath has been achieved, and before the attention wanders, let a sigh happen on the out-breath. To simply let the breath make a sound, as it escapes from the body, and to let this sound come from a gradual release of the breath rather than a burst of sound.
- The in-breath gives us energy, and another sigh on the out-breath. Once you have your own rhythm, after a while, let the sighs on the out-breath get louder; then play with the

sound on the out-breath, so do not let it be just a sigh, but an opportunity to explore sound.

- Let the sounds become loud on the out-breath, lifting the roof off, without straining the voice, taking the strength from the breathing in the stomach. And finally, do some quieter noises, or some gibberish, a language which makes no sense, and so allows the emotional expression without the censorship of the mind.

- Finally, you relax and get back into the breathing rhythm, without the need to make any noise.

- An alternative to this would be counting the breath and focusing on getting the breath in in 4 counts, then hold in 4 counts, then breath out in 6 counts. You can do this as long as you want, until you feel more relaxed. You can also choose to change the counting to 6-6-6, or 4-6-6, or 8-4-8, etc.

GAMES

- Another thing you can do is to gather some of your friends or family members that you like and feel comfortable with

and play games together. These games can be physical - like football, basketball, run and catch, etc., but also it can be mental games.

Here is one game that is fun and also help us focus and be creative.

You will need:

1. pen
2. papers

or if you don't have this, then you can use the notes on your phone.

- You form a circle. In a circle, one person starts by saying one word, the person next to him/her says the first word that comes to mind after hearing the previous one, then the third bases his/her word on the second word, then the forth on the 3rd word and so on.

- Once you feel comfortable with this game, (it usually happens after 4 rounds or so) you start writing down the words you are saying. But, you write **ONLY YOUR WORDS**, and after 5 rounds you take the time to look at the words and come up with as many sentences as you can using them all. You are not allowed to add verbs or adjectives, but only use the 5 words you have (and you have to use them all!).

- Enjoy sharing your sentence(s) with the others and talk about it and about the connection this sentence has with you and your personality.

SCREAMING

Sometimes screaming helps releasing stress.

- There is one very easy way to do it - go far in the forest around you, and scream until you get all the bad energy out - but if you can't do that, then grab a pillow or a blanket and cover your head and mouth with it and scream as much as needed.

- Also, you can play run and catch with your friends and while you are the catcher you have to always scream until you catch someone.

OTHER USEFUL TIPS AND LINKS:

What to bring/what to do if you plan to walk a lot (besides food, water etc.):

- **Put vaseline inside your socks** if you are planning to walk for a long time! Vaseline will prevent creating blisters on your feet created from too much walking. Wear shoes that are as much comfortable as possible. Be sure that they're not too big, or too small.
- Always have in your bag **antibiotics and painkillers** in case of injury. Would be good to bring some **vitamins** as well. If you have some **spring allergies**, do not forget to bring some medications for that as well (of course, if it's that time of the year when the allergy appears).
- **Bring with you some warm clothes!** Even if it's hot during the day, temperatures can drop really low during the night.
- **Stick to the group** as much as possible.
- If possible, **bring a compass and a map**. It can happen that you cannot reach the map via your phone.

- Your health and well-being comes first, and hygiene plays a major role in it. Try to take **Antibacterial Dry Hand wash gel** to keep good hygiene when you won't have access to hygiene facilities.

- **Other things (If you feel like bringing them):** Sunscreen, chlorine tablets (for purifying the dodgy water), plasters, bandages, small scissors/knife.

Links:

- **w2eu.info - Welcome to Europe: Independent information for refugees and migrants coming to Europe** - Here you can inform yourself about current situation in European countries regarding law, asylum procedures, deportation and many more.



Read about **teargas** and what to do to protect yourself:



Also, feel free to follow our „A Route To Connect” project **blog** and get fresh updates on what we are doing:



(NOTE: you need to have a QR code scanner app installed in order to scan these codes!)

WE HOPE THESE INFORMATION WERE USEFUL TO YOU!

If you have any more questions, information or anything else that you feel like it's important to share with us, **you can always write us here:**

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and we will get back to you as soon as possible.