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**1. Share a 20 second message of welcome**

We all know how much it means to feel welcomed when you’re new somewhere. On your first day at a new job or school, or in a new city. That one person who smiles and asks you what your name is. Who makes you feel like you’re in the right place.

After surviving war and leaving lives and loved ones behind, refugees need this welcome more than anyone. Here’s one simple thing you can do to show them your support.  
  
Set a timer, grab a friend (or selfie stick) and share your 20-second-long message of welcome. You might have some words of encouragement and solidarity for someone who has just arrived. Or maybe you want to say why you think it’s important that we welcome refugees.   
  
Post your video on Twitter or Instagram using the hashtag #SimpleActs (or [email us](mailto:emily@counterpointsarts.org.uk)) and be part of a big collective noise saying ‘we welcome refugees’ this Refugee Week.