

The Mardini sisters

**Yusra
and Sara Mardini.**



SIMPL4ALL
Promoting inclusive learning



Co-funded by
the European Union



The main **aim** of the international project **Tools for an Inclusive Learning Mediation: Promoting inclusive learning (SIMPL4ALL)** is to develop a baseline and methodology for a simplified language version. The SIMPL4ALL Language is intended **for all people**. SIMPLE FOR ALL. It is a highly inclusive approach to making information accessible to all people.

We hope the SIMPL4ALL tools will help make communication, education, and understanding of the individual and society better.

Layout rules

Main characters are **bolded and colored**.

Difficult words are in **bold**.

A definition follows the difficult word.

Yusra and Sara Mardini

are sisters.

Yusra and Sara have a passion in common.

This passion is swimming.

They come from Damas in Syria.

Syria is a country from West Asia.



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There was a civil war in Syria from 2011 to 2016.

In 2015 the situation became too dangerous.

The two sisters **Yusra** and **Sara** convinced their father.
Yusra and **Sara** wanted to flee Syria to be able to swim.
Yusra and **Sara** wanted to live safely.

Yusra and **Sara** left Syria with their two cousins.



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They went from Syria to Turkey.

Turkey is a country in West Asia.

Turkey is next to

- the Black Sea
- the Mediterranean Sea.



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Then they went to the Greek Island of Lesbos on an inflatable boat.



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When they were on the Aegean Sea, the boat began to sink.

Too many people were on the boat. The boat was not solid enough.

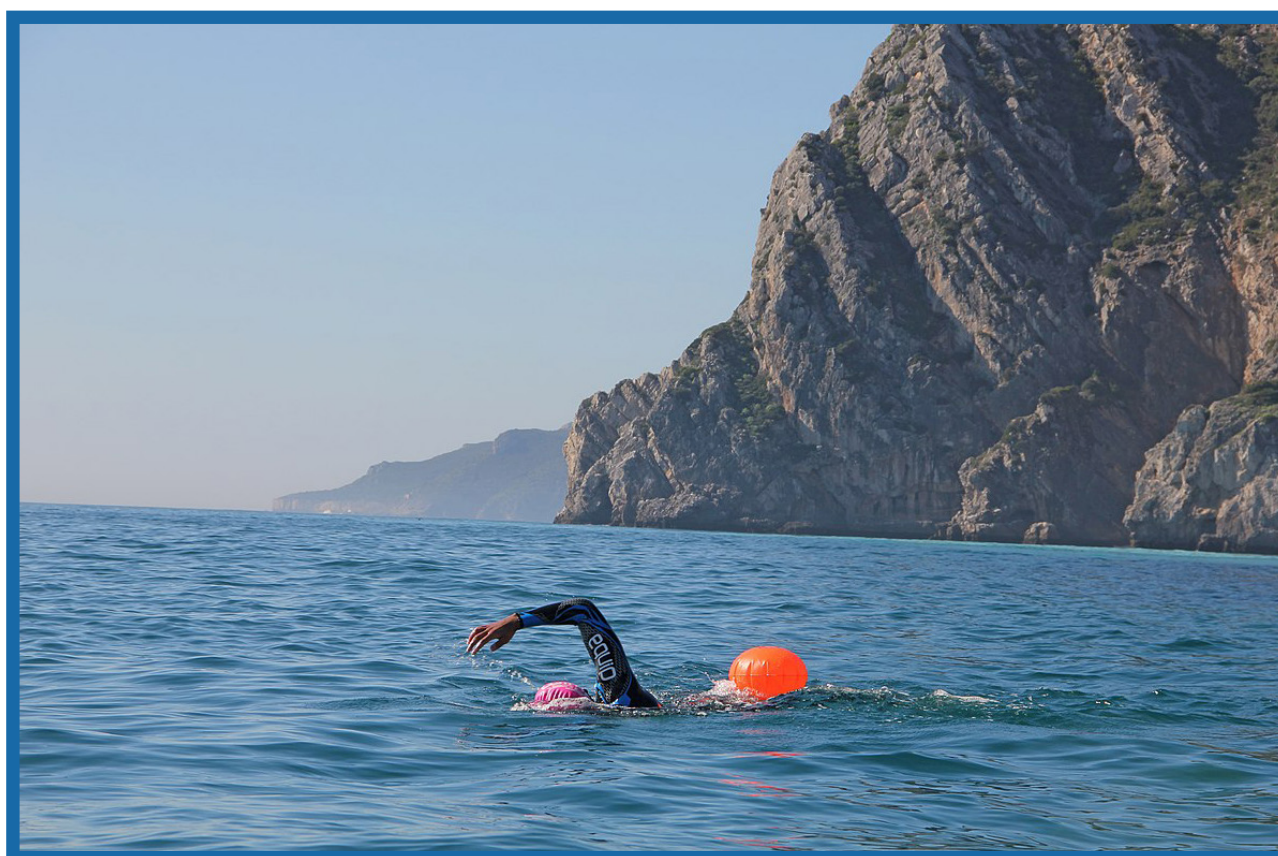
Yusra and **Sara** jumped into the sea with two other people.

Yusra and **Sara** swam for three hours.

Yusra and **Sara** helped the boat to move forward.

Yusra and **Sara** helped reduce the weight on the boat.

Yusra and **Sara** swam to Greek shore.



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They were welcomed by an association of migrants.

Then they went from Greece to **Berlin** by foot.
Berlin is the capital of Germany.



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They were housed in a shelter for migrants.

Yusra and **Sara** were competitive swimmers in Syria.
They convinced a German coach to train them for free.
In exchange Yusra promised to go to the **Olympic Games**.



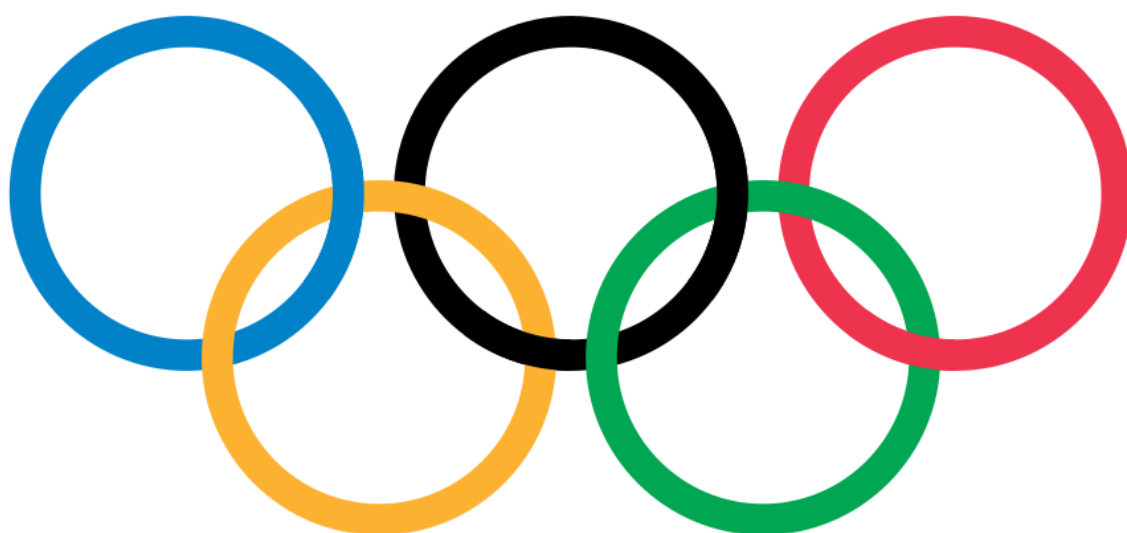
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The **Olympic Games** are the most famous sports competition in the world.

Almost all the sports are present.

Almost all the countries participate.

The **Olympic Games** are an important political and cultural event.



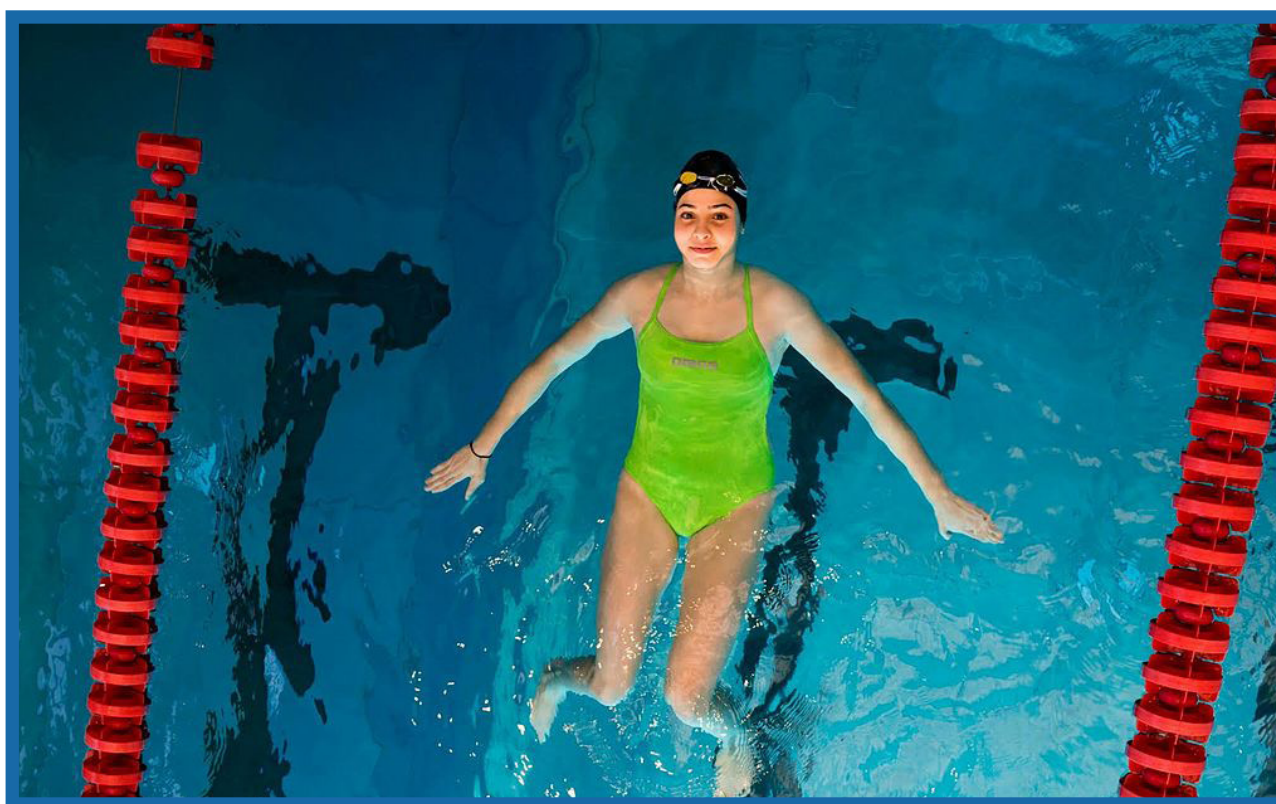
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Sara gave up her training.
She wanted to help people.
She decided to go back to Lesbos in Greece.
She wanted to work with the migrants organisation
that welcomed her group.



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Yusra won her place in the Olympic Games of Rio in Brazil.
In 2016 she swam for the first-ever **Refugee Olympic Team**.

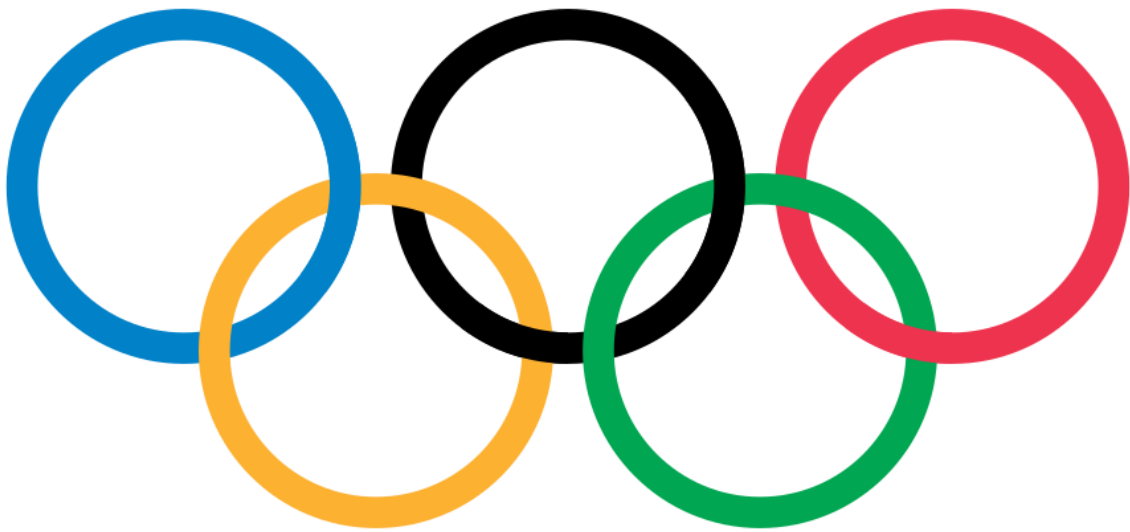


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The Refugee Olympic Team was born because of the migration crisis. In 2015 and 2016 a lot of migrants travelled across the world. They wanted to go to

- richer
- safer

countries.



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Refugees flee their countries because of:

- **war**



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- **poverty**



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- **political violence**



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- **lack of water**



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- **lack of food**



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- **pollution**



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In 2018 **Sara** and her team are accused of

- spying
- human trafficking.

They risk 25 years of jail.

Sara and 24 other volunteer activists spent 107 days in jail.

Activists are people who spend their time acting for social causes.

Volunteering means working for free.

Sara's medical tests diagnosed her with

- depression
- **post-traumatic** stress disorder

Post-traumatic stress disorder is a stress experienced after a trauma.

Post-traumatic stress disorder lasts for a long time.

Sara must give up her studies to take care of her health.



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Sara and **Yusra**'s family fled Syria.
Today, their family lives in Germany too.



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Yusra became a symbol of

- **hope**
- **resilience.**

Hope is the capacity to believe that better things are coming.

Resilience is the capacity to heal through the difficulties of life.

Yusra's story inspired a lot of people across the world.



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Sara came to see her in Rio.

Sara was very proud of her sister.

But **Yusra** is also very proud of **Sara**.

Because **Sara** risks her life to save people.

Sara is an example of

- **resilience**
- **courage**
- **solidarity.**



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Courage can be seen as
the capacity to do what you think is right.
Courage is acting to do the right things
even if you are scared.

Solidarity is a way of living together.
Solidarity is helping people in need.
Solidarity is acknowledging that
everyone's needs matter.

**Find all resources
on the SIMPL4ALL project website:
SIMPL4ALL.EU**



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