



MÉDECINS SANS FRONTIÈRES 1971-2021 RESOURCES ANSWER BOOKLET



Baby Nubia, an Ebola survivor. Guinea, 2015.
©Tommy Trenchard



**YEARS
OF HUMANITY**

THE BIRTH OF MSF

GENERAL QUESTIONS:

1. What help does MSF give? **Medical emergency aid.**
2. What is the difference between impartial and neutral? **Impartial – MSF does not discriminate on race, religion, gender or politics. Neutral – MSF does not take sides in conflicts.**
3. When and why was MSF created? Why the French name? **1971. In response to an appeal to create an emergency group of doctors to help in crises across the globe.**
4. What is the French word for ‘speaking out’? **‘Témoignage’, a French word for ‘bearing witness’.** Why do you think speaking out is important? **If you see suffering people have to know about it in order to help.**
5. In your own words, what does Dr Orbinski mean when he says, ‘silence can certainly kill’? **That we have a responsibility to speak out as saying nothing will not inform people of the suffering of others. There is also a responsibility to speak out in a way that will not endanger the lives of others too.**



Founders of MSF. France, 1971.

ETHIOPIA IN 1994

GENERAL QUESTIONS:

1. In 1985, how did the Ethiopian government use food aid? **'As bait to attract people affected by famine and then forcibly resettle them in appalling conditions.'** Once moved to these resettlement camps, humanitarian organisations struggled to provide aid to these people.
2. Why was MSF France forced to leave Ethiopia in 1985? **For refusing to support the resettlement programmes.**
3. Watch the [video about food insecurity](#). What are the criteria for a famine? **A) 2 deaths per 10,000 people per day. B) 30% plus of the population suffering from acute malnutrition. C) One in five people not getting enough to eat.**

WHAT DO YOU THINK?

These questions are for wider study and there are a number of views. The idea is for students to debate the balance of immediate relief to suffering populations and the political power struggles. Older students will benefit from completing the Speaking Out case study provided.

1. What were the consequences of MSF speaking out about what the Ethiopian government was doing to its populations?
2. Do you think it was worth the risk?



Refugee camp, Ethiopia, 1985.
©Generic MSF



FOOD INSECURITY VIDEO TRANSCRIPT

At the end of February 2017, the United Nations declared that 20 million people are on the brink of famine.

The organisation estimates it will need 4.4 billion dollars to be able to assist the 4 countries at risk (Nigeria, South Sudan, Somalia and Yemen).

The nutrition situation in Nigeria, South Sudan, Somalia and Yemen is extremely worrying.

But the figures of 20 million people and 4.4 billion dollars do not suffice to declare a famine.

The definition of a famine is very precise and MSF's experience in the area should help provide some context.

ONSCREEN TEXT : 20 million – 4,4 billion FAMINE – PRECISE DEFINITION

There are five levels of food insecurity, with famine the worst.

ONSCREEN TEXT : FOOD INSECURITY – FAMINE

The term famine can be used when the following criteria are met:

- The mortality rate exceeds 2 deaths per 10,000 people per day
- Acute malnutrition exceeds 30%,
- And one person in every five is not getting enough to eat.

According to surveys held in these four countries this winter, only two counties in South Sudan fulfil these criteria. The others are considered as at risk.

ONSCREEN TEXT : 2 DEATHS PER DAY / 10,000 PEOPLE – RIP – ACUTE MALNUTRITION RATE

> 30% - NOT ENOUGH TO EAT – SURVEYS – FAMINE – 2016-2017 – AT RISK

MSF knows from experience that periods of actual famine are relatively rare. They are limited both in time and space and are marked by very high mortality, not just among those considered at risk (young children and the elderly) but the whole population.

ONSCREEN TEXT : PERIODS OF FAMINE – RARE – SPACE - TIME – VERY HIGH MORTALITY RATES – PEOPLE AT RISK – WHOLE POPULATION

The causes of famine are varied. They can be natural, but in the case of these four countries, the food insecurity is largely man-made with conflicts preventing people from cultivating their land, cutting off supply routes and pushing up food prices.

ONSCREEN TEXT : CAUSES OF FAMINE VARIED – FOOD INSECURITY MAN-MADE

There are three ways to respond to a food crisis:

- Re-establish access to adequate supplies of nutritious food. This can be achieved either by enabling local people to cultivate their fields, tend to their livestock and trade or by distributing food. All these require allowing civilians and aid workers to circulate freely.
- Provide nutritional support to the most vulnerable, particularly children. Timely distributions of food supplements adapted to their specific needs prevent the onset of acute malnutrition.
- Treat cases of severe acute malnutrition, either in the home with ready to use therapeutic foods or in hospital. Medical teams also treat malaria, respiratory infections and diarrhoea — illnesses triggered by malnutrition and that increase the likelihood of dying.

ONSCREEN TEXT : 3 WAYS TO RESPOND – FOOD STORE – CULTIVATE LAND – TEND TO LIVESTOCK – TRADE – DISTRIBUTE FOOD - NUTRITIONAL SUPPORT – SEVERE ACUTE MALNUTRITION – THERAPEUTIC FOODS – Malaria – Respiratory infections - diarrhoea

None of these are possible in some areas of Nigeria, South Sudan, Yemen and Somalia... Not through lack of funds but because their inhabitants are isolated and cut off from the world by warring parties who have little concern for their survival but on whom access to aid depends.

RWANDA IN 1994

GENERAL QUESTIONS:

1. What is a genocide? **This can be defined as the deliberate killing of a large number of people from a particular nation or ethnic group with the aim of destroying that nation or group. For information: <https://www.un.org/en/genocideprevention/genocide.shtml>**
2. What were the names of the two sides fighting in the Rwandan civil war? **Hutu and Tutsi.**
3. What did MSF do for the first time in its history? **Ask the UN for intervention and request the deployment of military troops.**
4. Which countries did the refugees go to? **Zaire (now Democratic Republic of Congo), Tanzania, Burundi.**
5. Who else fled to the refugee camps? **The perpetrators of the genocide.**
6. What decision did MSF have to make? **Whether to tolerate the tension caused by both sides being in the camps and treat the victims of the deadly cholera outbreak or to withdraw.**

WIDER READING

Watch the [Conflict and Health Video](#):

1. How many were killed by the 1918 flu pandemic? **Up to 100 million in one year.**
2. What do we need to stay healthy? **Clean water, enough food, shelter, working sanitation, a functioning health system with qualified staff and enough supplies.**
3. What happens to the health system during a war? **Weakens the health system and deadly diseases break out.**
4. In Yemen, what has happened because of the war? **The country has been destroyed, food prices have doubled, 18 million people cannot afford enough food, malnutrition has affected more than half the population.**

Extension Exercise for KS5 students:

Look at the 'What would you do?' resources. If MSF remained in the camps, would this be aiding some of those responsible for the genocide? However, given the cholera outbreak, should MSF not stay to provide medical care? What should MSF do? Decide what action you would have taken and find out what MSF did when faced with this difficult situation.

The decisions taken by the different sections of MSF are described in the answer booklet provided in the resource.

THE MSF ACCESS CAMPAIGN

GENERAL QUESTIONS:

1. Which Nobel Prize was awarded to MSF and when? **The Nobel Prize for Peace in 1999.**
2. How did MSF use the prize money? **To set up The Access Campaign.**
Watch [Video 1 about the Access Campaign](#):
3. What is the purpose of the Access Campaign? **The Access Campaign advocates for effective drugs, tests and vaccines so that these are:**
 - available,
 - affordable,
 - suitable for all MSF patients,
 - adapted to the places where MSF patients live.*Watch [Video 2 about the Access Campaign](#):*
4. How does MSF increase access to medicines? **3 things (30secs onwards) A) Keep cost of drugs down. B) Make sure treatments are available. C) Focus on the patient, not the profit for the Pharma company.**
5. What is the slogan of the Access Campaign? **Medicines shouldn't be a luxury.**



THE ASIAN TSUNAMI

IN-DEPTH QUESTIONS:

Use the internet to find out more and answer these questions:

1. What is a tsunami? **A tsunami is a large sea wave caused by the displacement of a large volume of water.** <https://www.nationalgeographic.com/environment/article/tsunamis>
2. How are they formed? **They can be caused by earthquakes triggered by moving plates of the Earth's crust under the ocean.** <https://www.nationalgeographic.com/environment/article/tsunamis>
3. What are the most urgent needs for people following a disaster like a tsunami? **Shelter, clean water, food, clothing, medical services, mental health services:** https://www.who.int/health-topics/tsunamis#tab=tab_1
4. Why can epidemics sometimes follow a natural disaster like a tsunami? **The collapse of the sanitation services and healthcare can lead to epidemics like cholera.** https://www.who.int/health-topics/tsunamis#tab=tab_1
5. How do countries protect against tsunamis?



Banda Aceh, 2004.
©MSF

HIV/AIDS

GENERAL QUESTIONS:

Watch [video 1 about HIV/AIDS](#):

1. What global proportion of AIDS deaths does the Central and Western Africa region account for? **27% (at time of video).**
2. What proportion of children born with HIV? **45%**
3. Why do you think the area is left behind in the fight against HIV/AIDS? **Poverty, lack of functioning health systems, cost of treatment.**

Watch the [video about Timmy](#):

4. What is stigma? **In a society it can be defined as a mark of disgrace associated with a particular circumstance, quality or person.**
5. How does MSF build trust with its patients? **In providing recreational facilities, organising games and health education sessions, adolescents would come to be part of the community.**



Advanced HIV project. DRC, 2017.
©Kris Pannecoucke

THE HAITI EARTHQUAKE

GENERAL QUESTIONS:

1. Locate Haiti on a map. What do you find surprising? **In the Caribbean – where luxury holidays take place.**



2. Watch the video '[Haiti animation](#)' about the Haiti Earthquake response by MSF and then answer the following questions:
 - In how many months did MSF treat 350,000 patients? **Ten months.**
 - What proportion of patients with cholera did MSF treat? **60%**
 - Why do you think cholera can follow a disaster like this? **Collapse of infrastructure, people crowded together in relief camps, no working sanitation systems and a collapsed healthcare system.**
 - How many people were made homeless? **1.5 million people.**
3. Listen to the podcast, '[The letter that changed me](#)' (23mins):
Transcript: <https://www.msf-me.org/article/letter-changed-me> and make a list of the issues that a humanitarian worker like Dr Javid faced during this time. Students listen and decide what they think but along the lines of:

Lack of preparation for so much avoidable death

Mental health impact

A feeling of helplessness

Lack of resources

Lack of staff

Fear of staff

Epidemics – Cholera followed

THE EBOLA VIRUS

GENERAL QUESTIONS:

Watch this [short animated film about MSF's response to the Ebola epidemic](#) in Western Africa, then answer the following questions:

1. In which three countries did Ebola first appear? **Guinea, Liberia, Sierra Leone.**
2. When did the World Health Organisation (WHO) say that Ebola was an 'international public health emergency'? **August 2014.**
3. How many cases were there in 2014 and how many people sadly died in that year? **24,000 cases and 10,000 deaths.**
4. When did this epidemic finally end and how long did it last for? **14 January 2016.**

WIDER READING

In your own words, what are the main differences between Ebola and Covid-19? You can use the internet to help you.

How it is caught?

Ebola - direct contact with bodily fluids or organs or a corpse - or an infected person.

Covid 19 - droplets spread by coughing and sneezing - maybe in other ways too.

Which is more easily caught?

COVID 19.

Which is more widespread?

COVID 19.

What are the symptoms?

Ebola - fever, feeling weak, muscle pain, headache, sore throat. Diarrhoea & vomiting & bleeding can follow.

Covid 19 - weakness, dry cough, fever.

Is there a cure?

No medical teams treat the symptoms for both.

Is there a test to see if you have the virus?

Yes for both.

What is the death rate?

Ebola - 50% now (was 90%).

Covid 19 - 3%.

Is there a vaccine?

Ebola - two vaccines approved.

Covid 19 - yes many now approved.

RESPONDING TO GLOBAL MIGRATION

GENERAL QUESTIONS:

True or false? <https://www.unhcr.org/uk/figures-at-a-glance.html>

1. Germany took in the most refugees last year - **FALSE** it was Turkey.
2. Colombia was second for taking in refugees - **TRUE** – More migration in the Americas.
3. Most refugees came from Syria - **TRUE** – Syria is in its tenth year of war, most towns are subject to bombing campaigns. Homes and most of the infrastructure have been destroyed.
4. 68% of all refugees came from just five countries - **TRUE** - Ask students to find out why citizens are displaced from these countries.
5. 85% of all refugees are hosted in developed countries - **FALSE** – 73% are hosted in neighbouring countries.

Answers dated 18 June 2020



Chios Camp, Greece, 2019.
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SEARCH AND RESCUE AT SEA

GENERAL QUESTIONS:

Look at this [interactive map of MSF rescues in the Mediterranean Sea](#):

1. To date, how many people have been assisted by MSF? **81,540 people assisted.**
2. How many rescue operations have there been? **456 rescue operations.**
3. How many transfer operations? **230 transfer operations.**

Figures dated 29 August 2020

IN-DEPTH QUESTIONS:

Listen to the podcast, '[How we rescued 580 people on the Mediterranean.](#)'

1. Why would refugees risk the trip across the Mediterranean? **Conditions in their country of origin; war, conflict, torture, famine. The situation in Libya, where many refugees are detained, is also dire, with torture and exploitation common place. At the beginning of the podcast Nicky tells his story of how he has been treated as a slave in Libya.**

Later in the podcast it is said: "If you're fleeing a place like Libya, you're no longer an "economic" migrant.

People move for lots of different reasons. Some need more urgent protection, but all deserve

to be treated with basic human dignity - just as those boys from Darfur, whose story Conor told earlier, helped each other.

Frankly, the majority of these people are not risking their lives on such a deadly journey because they want free schools and medical care.

It's because their lives are so unimaginably difficult and dangerous they truly feel it's their only option."

2. What are the steps involved in a rescue?
 - **2 scout boats sent out from ship with lifejackets**
 - **Cultural mediator explains in three languages what is happening and for everyone to stay calm**
 - **Children, women and vulnerable people taken off first (rescues can take time)**
 - **Medical assessment once on board the large ship**
 - **Rescue kits distributed**
 - **Refugees registered**
3. What will happen to the refugees once they have been rescued?

Travel to Italy or to another European port that will agree to accept them.

THE COVID-19 PANDEMIC

YOUR EXPERIENCES:

1. Without thinking or feeling judged write down three words to describe lockdown for you!
2. What did you miss most in lockdown?
3. What has been hard during the Pandemic?
4. What has surprised you during the Pandemic?
5. How do you think life will be different for you after Covid-19?

These questions are subjective for discussion and to help students to talk about their experiences. It may help to show the [following video](#).

Mental Health tips during Covid-19

Video transcript

Doctors Without Borders knows that all around the world COVID is taking a huge toll on our mental health.

Here are a few tips that can help us all cope.

They focus on the mind, the body, and social connections.

Give your thoughts a rest. Breathe deeply into the abdomen.

Hold.

Then slowly breathe out.

Deep breathing calms the mind.

If you want to go further, try meditation, even if it's just sitting quietly for 5 minutes.

Move your body! Dance around, ride a bike, go for a walk. When you use your body, you feel more in the moment.

Take care of your health and remember,
Everyone needs sleep, even superheroes.

Connect with other people virtually. Or meet outside where you can keep a safe distance. Talk about your day, laugh together.

Do something that brings you joy and be kind to each other



Further information on our life saving emergency medical work can be found at:

www.msf.org.uk