

Asylum seekers and refugees' experiences can be summarised as follows:

Pre-migration problems (causes to flee their home country)	Losses – Problems during migration	Post-migration
<ul style="list-style-type: none"> ✚ War ✚ Genocide/ethnic cleansing ✚ Human right abuses ✚ Persecution on grounds of politics, religion, race, gender, sexuality or ethnicity ✚ Detention ✚ Torture 	<ul style="list-style-type: none"> ✚ Family ✚ Friends ✚ Country ✚ Culture ✚ Profession/role ✚ Language ✚ Plans for future ✚ Human trafficking ✚ Sexual slavery ✚ Physical and sexual violence ✚ Gender-based abuses ✚ The experiences through the journey from country of origin 	<ul style="list-style-type: none"> ✚ Asylum claim process; fear of negative decision ✚ Multiple changes ✚ Psychological and practical adjustment (cultural shock) ✚ Uncertain future ✚ Traumatic life events ✚ Social disadvantage/exclusion ✚ Racism ✚ Stereotyping by host ✚ Community ✚ Unknown cultural traditions ✚ Language

Source: Uwamaliya (2015)