



Resilience in 7 principles

1

Each individual and community, even in precarious situations, has the right to be respected as well as to keep hope and prospects for improving their situation, enjoying a safe life, and a more serene future.

Resilience enables strengthening individuals and communities' reasons to hope, to have prospects for the future and to transform these hopes into mobilizations and actions.

3

Resilience is a long-term, proactive process.

Resilience in its various forms makes it possible to perceive opportunities differently and to act in the long term.

Resilience takes different forms. Immediate survival (coping) is necessary to face of emergencies, but looks for possibilities to move towards adapting to present conditions and aiming at a transformation of one's environment to reach lasting impact.

5

Drivers of resilience are based on collective mutual support which enables a better mobilization of forces.

The better individuals and communities are connected, the more resilient they can be.

Resilience depends on bridging, linking and bonding social capital. Internal cohesion within the community or group (bonding) enables collective mobilization. Links between groups or communities (bridging) allow the sharing of resources and experiences. The ability to mobilize external actors (linking), especially humanitarian actors, allows access to complementary skills, resources and knowledge.

2

Resilience initiatives respect individuals and communities as actors of their own choices rather than dependent and passive victims.

Resilience initiatives put at the center the aspirations of individuals or communities and the capacities to conceive and influence their own future. It thus strengthens self-esteem, social recognition as well as individual and collective dignity.

4

Drivers of resilience are based on opportunities and strengths that individuals or communities - and those who want to support them - seek to mobilize to go beyond survival, to improve their everyday living conditions.

Resilience is a capacity, even under difficult living conditions and even though this may at times seem overwhelming, based and built on the strengths that individuals and communities possess and seek to mobilize in a manner that corresponds to their values and their environments in order to improve their living conditions according to their hopes and objectives.

6

Drivers of resilience are embedded in cultures and adapt to environmental conditions. Resilience is therefore localized.

Transformative resilience needs to be culture sensitive. As essential factors in building resilience, culture and environment help to restore social meaning to relationships and improve understanding of crises.

7

Building resilience consists of finding the right balance between immediate support and accompaniment of individuals and communities in synergy with their hopes and own perspectives by creating a space in which everyone feels comfortable, respected and recognized for their strengths and fragilities, their rights and achievements.