

HEAL



Co-funded by the
AMIF Programme
of the European Union



Fanzines Book



About

Fanzines are small handmade publications of different formats that can be visual or include text; they can be about anything, such as personal stories, subcultures or collections; they can be produced by one person or a group of people at little or no cost. Fanzines are a form of individual expression within a community.

This **Fanzines Book** is a collection of 43 fanzines that were created by **women survivors of trafficking across 4 countries (Italy, Greece, Spain and Romania)**. These strong and powerful women were engaged in the creative and healing process guided by art experts and psychologists. They said that they loved creating fanzines, because it's something they did with their hands, they relaxed and had fun at the same time, they were surprised by how their thoughts and emotions can be transformed into images.

The fanzines were created during HEAL Recovery and Integration programme that was developed in the framework of the AMIF-funded project **HEAL - enHancing rEcovery and integrAtion through networking, employment training and psychological support for women victims of trafficking** (2019-2021). The general objective of the HEAL project is to facilitate the integration of third country national women victims of trafficking. To do so, the project developed a comprehensive healing process based on competence-building, psychological support to women, and enhanced cooperation between key actors.



Each fanzine is a story: from the past,
through the presence and to the future.

Agartha is a woman and a mother. In her fanzine she tells about her life through the images she selected: her children still very young in the stroller, the idea of a father who also takes care of them, and the furniture of a house.

In a page of her fanzine, she represents the colors of the Italian flag, and writes “Italy” under the image of a child, to underline the fact that she now feels a sense of belonging to the country where she lives and where her children were born.



Alima

is a very cheerful girl and a mother. In her fanzine she expressed her positive energy, her strength and determination. She likes to dance and, while creating her fanzine, she danced and sang and had a lot of fun using the collage technique and especially the brushes and watercolors.

She decorated the fanzine to the rhythm of music, each brushstroke is a dance move that expresses all its energy.

Her empowerment process is very powerful, and she tells it in the fanzine through the choice of selected images. She likes to work in contact with nature, to grow vegetables and flowers.

She would love to work as a nurse, to help people, or in education to help students to become aware of, understand and achieve their goals.



Belinda is 18 years old, she comes from Nigeria and is a student. In her fanzine she represents the dreams and desires of a girl who loves fashion, beauty, colorful things and her biggest hobbies, such as clothes and accessories, music and cooking.

She had never created a fanzine, nor did she know what it was, but she was happy to explore various languages of expression, such as collage, abstract painting and stamps for writing text.

She sprinkled her fanzine with glitter, to express her passion for glamorous things and fashion.

She also talked about her dreams and desires for her future, such as becoming a doctor and having a family to love, having children and ensuring a better future for them, perhaps moving to another country.



Cynthia is a woman and a mother. At first she was afraid to draw, to pick up the brush, she felt uncomfortable because she had never done anything like that.

She is not very familiar with writing, so writing her own name using letter stamps was one of the goals that she achieved in her fanzine. The collage technique initially helped her become more at ease to express her love for nature, for flowers and colors. But once she saw the other women painting, she too took the brush and began to decorate her fanzine, choosing the colors that best matched the images she had chosen.



Eunice is a young woman and a mother. In her fanzine, she tells about the love for her children and, through the images chosen from the newspapers, she reconstructs her everyday life: from the care of her children, to the passion for cooking.

For the fanzine cover she chose the photo of a nurse, representing the beginning of the story of her pregnancy, an event that was clearly very important for her.

In addition to the collage technique, she has decorated the fanzine with many lively brushstrokes, in fresh and pastel tones, in which she identifies her youth and freshness.



In her fanzine, **Loveth** focuses on health and well-being, healthy food and nature.

According to her story, the image chosen in the cover represents “the Cala” of Palermo, the place she loves most in the city where she lives, where one can see the sea.



Osaku with different techniques in her fanzine, from decorative painting to collage.

The choice of images represents her interests: make-up, beautiful clothes, furniture, but also nature, horseback riding by the sea.

She also experimented with combining glitter with painting to decorate his fanzine.



Progress

is a very determined woman, as she also shows in the choice of colors in her fanzine, flat and decisive colors, strong and bold colors.

She inserts representative images of the life of a couple and of daily life, the love for natural products and well-being.

The love for furnishings and for a dream house where everything is beautiful and tidy.



Rita

is 18 years old and comes from Nigeria. She is a student and dreams of becoming a lawyer. She lives with her parents and is the youngest of her siblings.

She had never made a fanzine, she did not know what it was and she was happy to explore various languages of expression, such as the technique of collage, abstract painting and stamps for writing text.

She loves cooking, discovering different foods and she has a great passion for fashion and accessories. She dreams of having a family and children in the future, of living in a beautiful big house.

In the fanzine, she used the collage technique, a technique mixed with painting, glitter and stamps.



M. comes from Bangladesh, she is a woman and is also a mother. M. speaks English, but her Italian has improved day by day over the course of the sessions. She likes design, music, cooking and traveling.

In her fanzine, she wanted to tell the story of the Bangladesh flag, because she is very attached to her country of origin, so starting from the meaning of the flag, she was able to tell more about her culture.

She chose the technique of collage mixed with painting, and her visual research, which encompassed the use of the the magazines provided during the HEAL sessions for the creation of collages, led to a selection of images that most represented female empowerment, the idea of independence, work, being free to travel, to make her own decisions and to have her own passions and ambitions.

Italy



N. is 18 years old and attends high school. She loves traveling, photography and music. Through her fanzine, she told her dream: she wants to go to university to become a doctor in the future.

Through drawing and collage, she tells about her hobbies. Her expressive language through drawing is remarkable, the colors and drawings express her freshness of being young. The details within the decorations and choice of images have been much studied and researched.

In her fanzine, she wanted to express what the world of a teenager means to her.



Colourful and happy life

M. wishes to have a colourful and happy life, which summarises her aspirations for the future. She wants to smile a lot and be surrounded by her family and the people close to her.

Another big aspiration of hers is for her to be a protagonist of her own life and trust her own self and her abilities and skills.

It is important to her to be able to stand on her own feet and focus on herself.



Safe home

When *B.* thinks of the future, she mostly focuses on a safe home, where she can live with her family and have friends come over.

This is what happiness means to her. She is proud of where she is coming from and she would like to be free to celebrate her country, her culture, and habits linked to the traditions of her country. She likes spending time outside and take walks in the nature.

For the future, she aspires to feel happy again and she highlights how important dreams and hopes are – it is very important to dream how you want your life to be, so that you can get there. As she underlined, “even though some days we might be sad and some days we might be happy, it is very important always to try”.



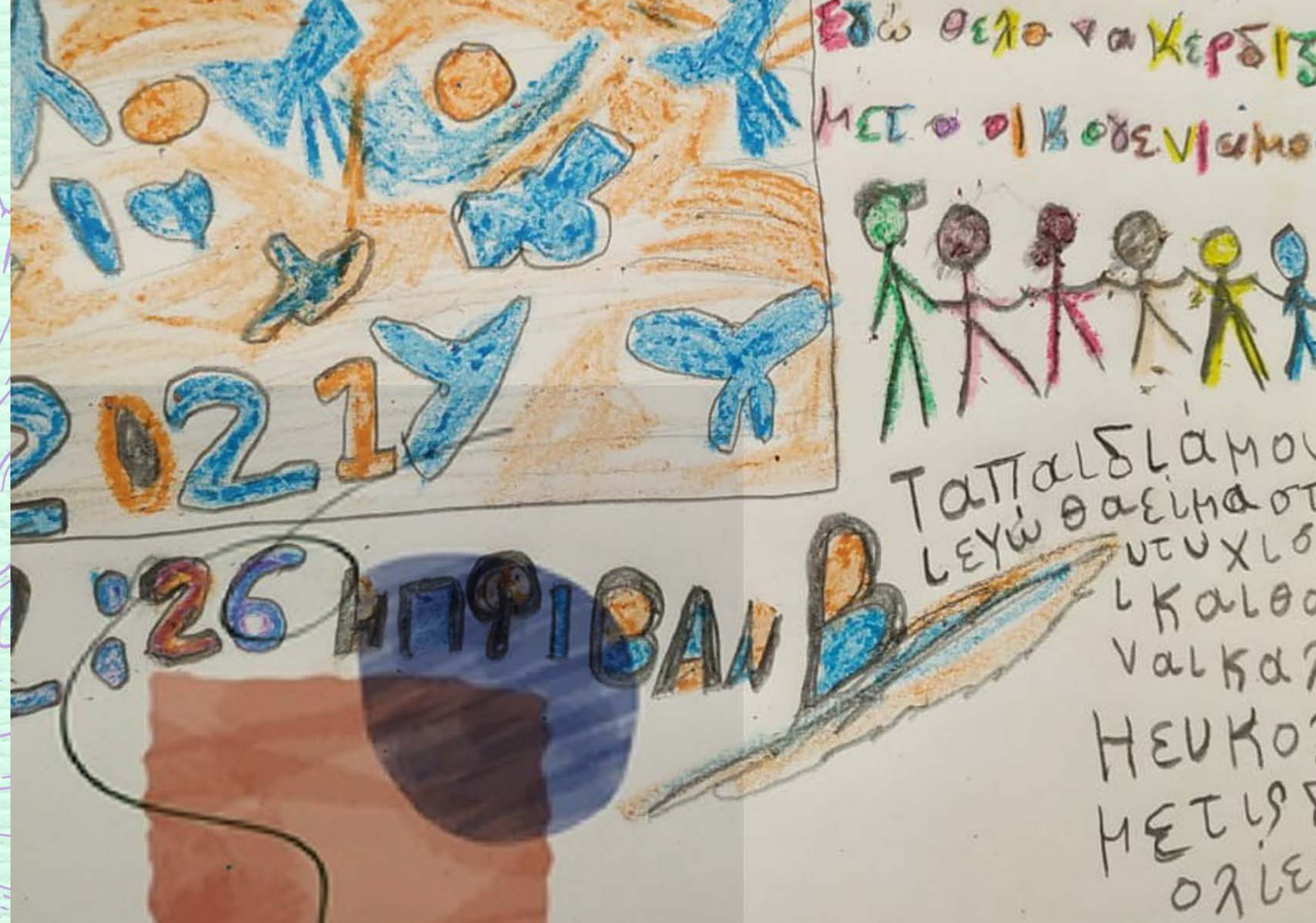
2021 - a year of blooming

The most important thing for *H.* is her family.

Her children mean the world to her and she wishes for them and herself to be happy and well, even after all the difficulties they had to face throughout their lives.

She wants for her and her family to win their lives back.

She sees 2021 as a year of blooming and happiness. She loves spring and nature and she wishes to see the “butterflies fly”.



Art can be found everywhere

S. loves coffee and she sees it as a nice beginning for her days.

She loves art and she likes to find art in all different places, like in nature, museums, in the town etc.

She likes to draw and she enjoys her artistic part in all aspects of her everyday life.

Love is a great value for her and she likes to give it and receive it by the people close to her.



Bravery

H. enjoys the fall and winter because she can enjoy the warmth of her home and be close to her loved ones. She likes to be close to nature and the rain calms her down.

One of her dreams is to build a snowman with her family and enjoy the snow.

She has seen people building snowmen in the movies and she anticipates to do it as well.

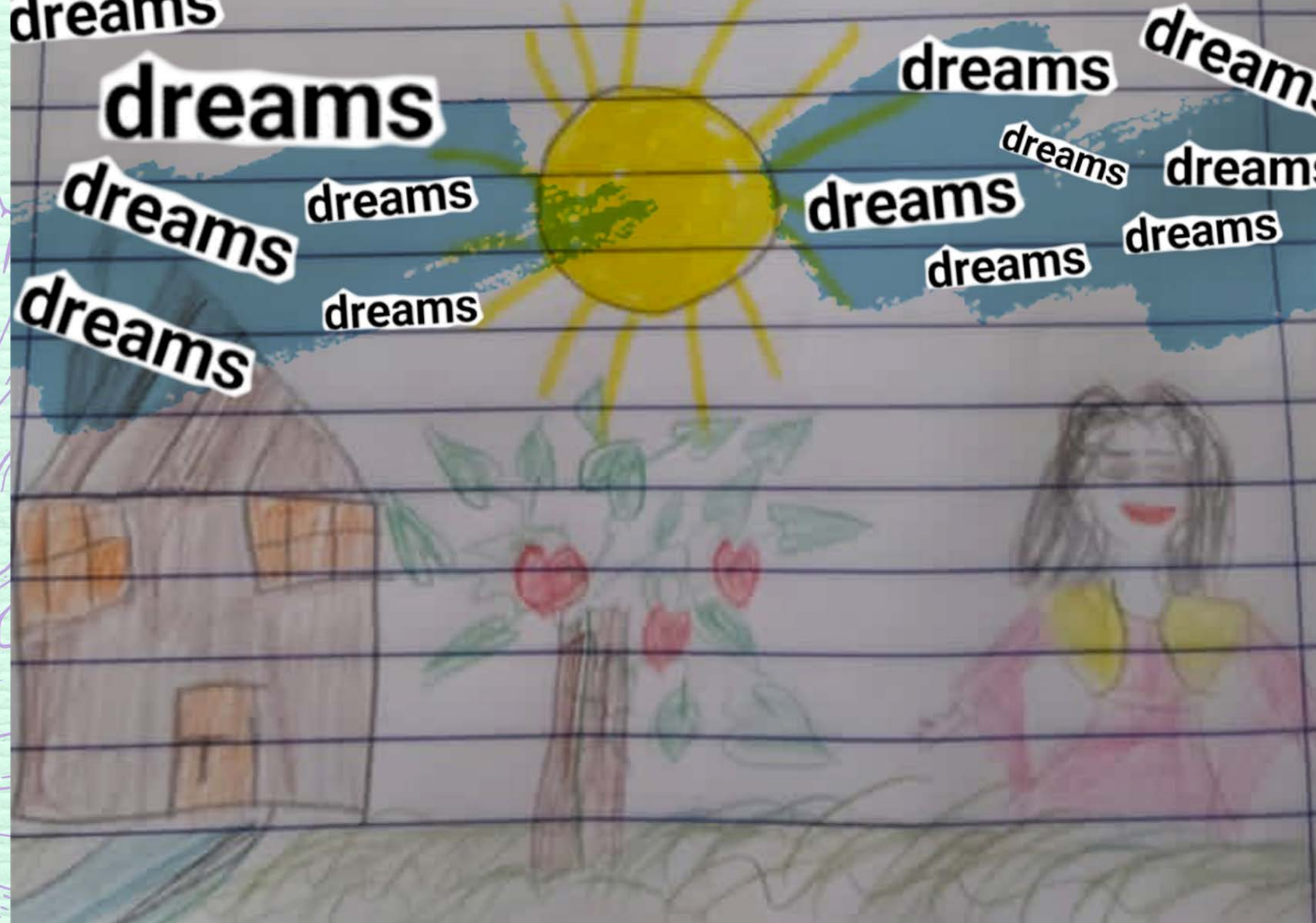
Love and bravery are the true values that guide her in life. Love and hope help her to keep moving forward and she is brave to have overcome all the difficulties and barriers that she has faced in her life.



The beautiful sunny days

R. dreams of her home back in her place. She remembers the beautiful sunny days she enjoyed back home. She loves fashion and sewing. She makes her own dresses and adds beautiful embroideries with flowers and nice beads of different kinds. It is very important for her to keep dreaming.

She is dreaming of going back to her home or building another home, to keep enjoying nature and the sunny days with her family. She has “so many dreams that they cannot fit in the box”.

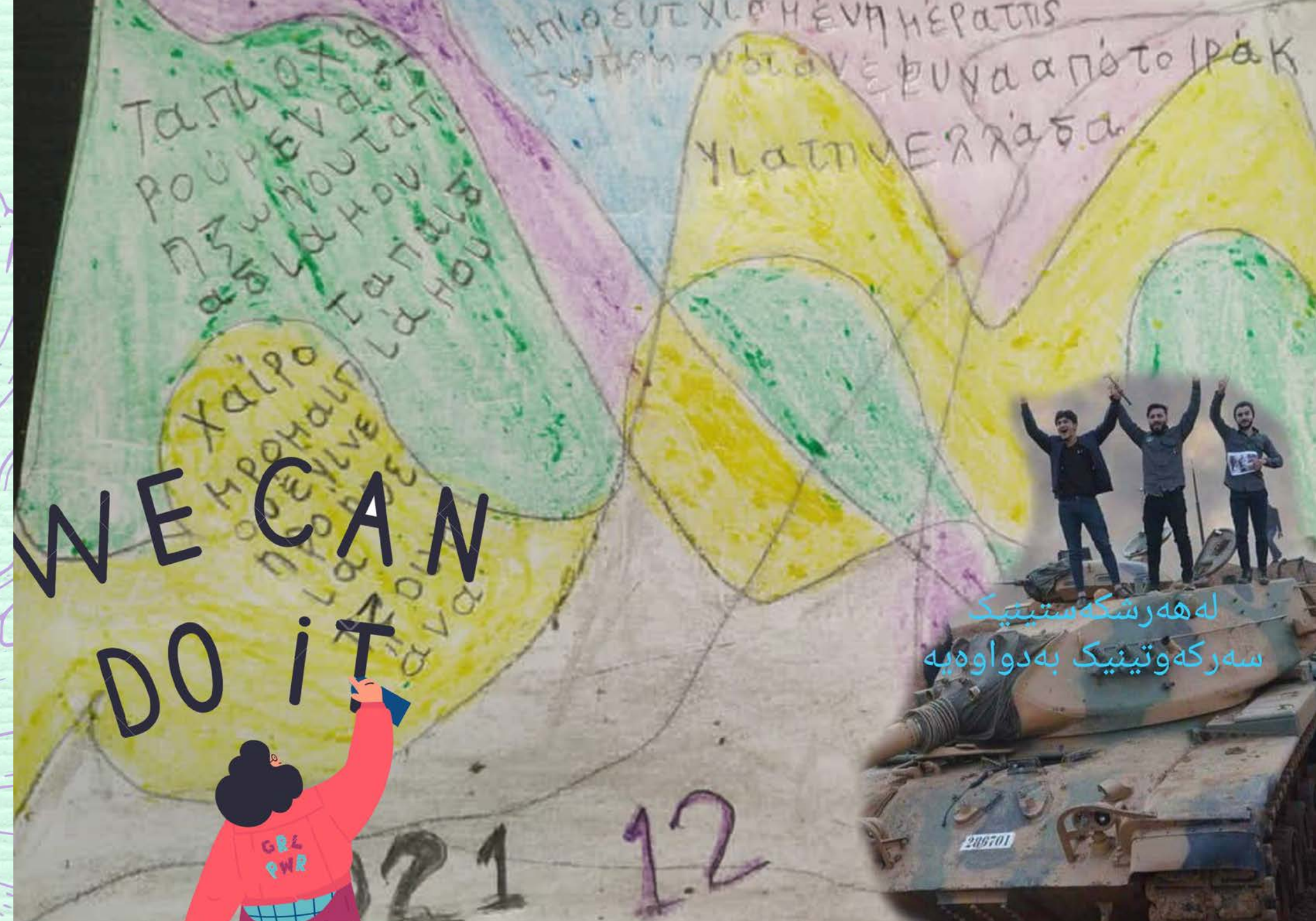


We had rough times, but we made it

We had rough times, but we made it: this is the title that S. gave to her fanzine. "War was tough and the most difficult thing that happened to us, but we faced it and we can do anything".

Women can do everything!

The happiest day of her life was the day that she left Iraq to come to Greece. She has travelled through the mountains and different roads to arrive in Greece, where herself and her children will be happy, away from tanks and guns.



I will no longer lose my time

Her children are the most important part of her life. Spending time with them is the most important value she abides by.

She doesn't want to lose her time over less important things and she wishes to spend her time in a qualitative way with those close to her.

Making this decision made her see life blooming.

Her children are the “flowers of her life”.



Home and family

Home is where the family is. Enjoying a meal together and children playing around is where R.'s heart is. And her heart and these beautiful emotions is where her home is.

Surrounded by nature, trees and flowers, she feels calm, while eating and laughing, and spending quality time with her family.

These are her aspirations for the future.



After every rainy day and a storm, the sun comes out

H., S. and B. have combined their inspirations to create a fanzine together, with some common elements they identified.

They have travelled through the sea to come to Greece, where they found their lighthouse.

In Greece they enjoy painting and expressing themselves through art. Their most favourite moment to paint is when it is raining outside. However, they also love the sun, because “after every rainy day and a storm, the sun comes out”.

They like winter and they can't wait for the next rain to come, so that they can get inspired to paint! They love going to the White Tower of Thessaloniki to enjoy the view and the calmness!



Bety is 24 years old and is from Eritrea. She is mother of a 1-and-a-half-year-old boy and dreams of becoming a fashion designer. *Bety* lives in rent with her little boy and a Romanian family. She works part-time as junior artist in different cinematographic productions.

She hasn't made a fanzine before, but she understood very quickly how she could use the new means of expression and also how to ask for help when she couldn't handle it. *Bety* painted, drew, wrote, and used collage and photographs.

Bety loves nature, animals and likes to cook traditional food. For the future, she wants to learn Romanian language very well, to do translations and to work as a clothing designer.

In the fanzine, *Bety* used painting, drawing, collage and written text.



Brenda

is 30 years old and is from Uganda. She is the mother of two becoming an interior designer and manicurist.

Brenda lives with her 7-year-old daughter. She hasn't made a fanzine before, but she understood very quickly how she can use the new methods of expression.

She painted, drew, wrote, and used collage and photographs. *Brenda* loves nature and she is very supportive with the people around her. In the future, she wants to get the custody of her older daughter and to live all 3 together in Romania.

In the fanzine, *Brenda* used painting, drawing, collage and written text.



Defratu

is 20 years old and is from Ethiopia. She came to Romania with her sister *Hanna*.

Defratu is a responsible person who wants to continue her studies and work in the IT field. Defratu lives in a rented studio with her sister. She works as a worker at a surgical mask making factory in Bucharest.

Defratu has never done a fanzine before, but she easily integrated into the group that made fanzines, being helped by a girl from Romania (Alice), also a beneficiary of the assistance program. Defratu, together with Alice, painted, drew, wrote and used collage.

Defratu loves spending her free time with young people from Romania, wanting to settle here, to learn the Romanian language, to continue working and to build a family.

In the fanzine, Defratu and Alice used painting, drawing, collage and written text.



Hanna is 18 years old and is from Ethiopia. She came to Romania with her sister Defratu.

Hanna is a cheerful and dreamy teenager who wants to become a fashion designer.

Hanna lives in a rented studio with her sister. She works as a worker at a surgical mask making factory in Bucharest. *Hanna* has never done a fanzine before, but she considered it an activity that she likes and relaxes her. *Hanna* painted, drew, wrote, and used collage and photos.

Hanna loves to spend her free time with other young people from her country.

For the future, she wants to settle in Romania, to continue working and to build a family. In the fanzine, *Hanna* used painting, drawing, collage and written text.



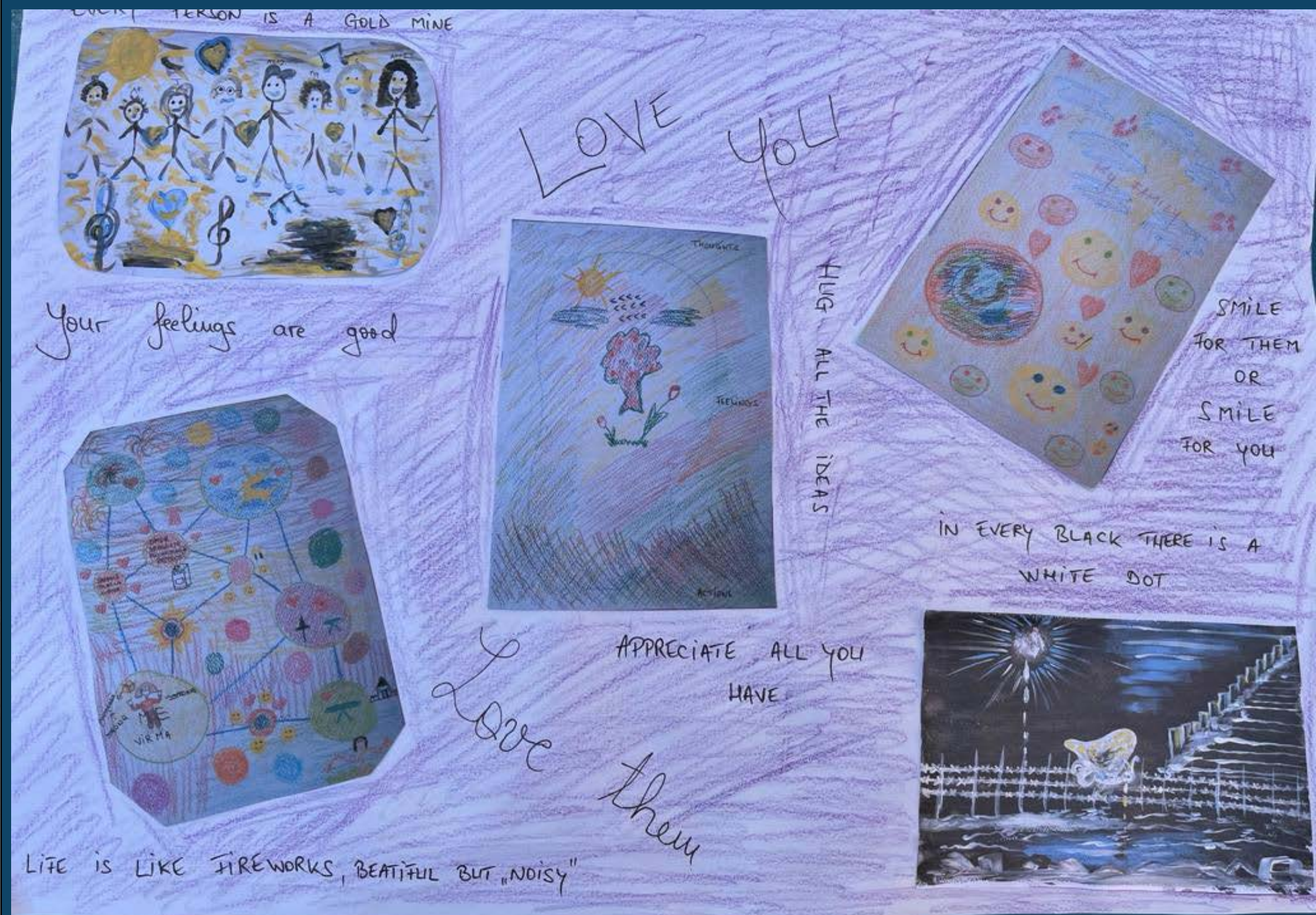
Mali is 47 years old, from Sri Lanka and the mother of an 11-year-old girl. She lives in a shelter for victims of trafficking and loves to paint and draw.

Mali's daughter is in her native country with her husband. Mali wants to find a job in Romania and bring her family to live here. Mali has never made a fanzine before, but she liked to use the colors and asked for help in finishing the fanzine.

Mali painted, drew, wrote and used collage.

Mali loves art and interacting with other people. Mali's biggest dream is to reunite the family in Romania.

In the fanzine, Mali used painting, drawing, collage and written text.



Nanu is 18 years old and is from Syria. She is a student and works as a commercial worker in a supermarket. *Nanu* lives in a sheltered housing with 2 other young women. She dreams of getting a Moto drive license and becoming an obstetrician.

She has never done a fanzine before, but she is very creative and has easily used the new means of expression. She painted, drew, wrote, and used collage and photographs.

Nanu loves music, dancing and has a contagious joy.

For the future, she wants to buy an apartment in Bucharest and build a family.

In the fanzine, *Nanu* used painting, drawing, collage and written text.



Rachel

is 20 years old and is from Ethiopia. She is a modest, shy girl who wants to learn as much as possible about the world and life. *Rachel* lives in rent in a private student camp. She works in the hospitality cleaning industry in a hotel in Bucharest.

She hasn't done a fanzine before, but she thought it was fun to "play" with creative materials. *Rachel* painted, drew, wrote, and used collage and photographs. *Rachel* loves music and nature.

For the future, she wants to learn the Romanian language very well and to settle in Romania where she can have a family.

In the fanzine, *Rachel* used painting, drawing, collage and written text.



Samy

is 26 years old and is from Ethiopia. In her country, Samy lived with her parents and wanted to come to a European country, so that she could help her family financially. Samy is a young woman who easily provides emotional support to those around her.

She wants to continue school and to work in agriculture, and afterwards to make a vegetable and fruit farm. Samy works in a nursing home where she lives, also. Samy has never done a fanzine before, it was not easy for her to express herself through art, but she was happy when she finished the fanzine.

Samy painted, drew, wrote and used collage. Samy loves traditional food and fashion. Samy wants to settle in Romania, learn the Romanian language, be a farmer and build a family. In the fanzine, Samy used painting, drawing, collage and written text.

Romania



Urge

is 20 years old and is from Ethiopia. In her native country she was a student and lived with her mother and her three older brothers. Currently, she works as a chambermaid at several hotels in Bucharest. *Urge* lives with a co-worker in a rented studio.

She did not make a fanzine, but she considered it interesting to use art for self-representation. *Urge* painted, drew, wrote, and used collage and photographs. *Urge* loves to dance, to make different dishes and she likes to be in tune with the fashion.

For the future, she wants to stay in Romania and continue working to support her family in Ethiopia.

Romania



Warda

is 25 years old and she is from Tanzania. In her home country, she was a reproductive health counselor at a medical clinic.

Currently, she works as a dishwasher in a restaurant in Bucharest. Warda lives in a center for tolerated people and is looking for a rented house.

She has never made a fanzine before, but she is creative and she really liked to use many colors in her work. Warda painted, drew, wrote, and used collage and photographs.

Warda loves to spend time with friends, she is spontaneous and intelligent; she loves nature, especially flowers and likes to make those around her happy.

For the future, she wants to finish school for trade and have a clothing store, as her father has in her native country.

Romania



A Queen is Queen even
without King..... Build your
own empire work hard
Life is too short.....

Enjoy your own company
Take yourself out
Buy expensive things such as
Shoes, Sunglasses, Clothes...
Buy yourself meals
Take care of your
weight



Sio kila anakwacha hakuta
kuwepo kwenye maisha yako
Amenenda ni wewe ndo hakuta
kuwepo kwenye maisha yako

Being In love with you
Makes every morning worth
getting up for... Good morning
Sweetheart

A friend made by heart and
not by skin colour & nationality
and Have to love

Word If I was not the
source of someone's pain please
forgive me and heal them.....

My mom told me "No matter
how thirsty you are, there are
some people you should never
ask for water, they will tell the
whole world they gave you



A gun
without
bullet it
Nothing
vise vise
A girl
without
education
Just like
A gun
without
bullet.



Zamby

is 26-years-old, from Ethiopia and the mother of 2 children.

She is an asylum seeker in Romania.

Zamby's children remained in their homeland with her parents. Zamby is a young woman with positive thinking who hopes to stay in Romania to work and to bring her two children here. She wants to find a job in the hospitality industry.

Zamby lives in a center for asylum seekers in Bucharest. Zamby has never done a fanzine before, but she adapted to group work and asked for help when she did not know how to express her desires and aspirations.

Zamby painted, drew, wrote and used collage. Zamby loves to relate to other people, to offer and receive support and to walk in nature. Zamby's biggest dream is to live with her children in a beautiful house.

In the fanzine, Zamby used painting, drawing, collage and written text.



My correspondence

My fanzine is called "my correspondence". I basically speak of things that happened to me in my childhood and my adolescence. I was carrying a lot of baggage.

These sessions made me remember these stages.

What I wanted to express in the fanzine is how you close the door on all that through therapy. What I've been trying to do all this time is to leave all this behind me. I wanted to do this not as a tribute, but to end this chapter and leave it in the past in some way.

I was really surprised that, although I found the first few sessions to be quite hard, finishing it has made me stronger. I found it really difficult to talk about it before, let alone make it public, but it doesn't hurt as much now.

SOLEDAD

Esta mal la soledad?

¿Qué dice la sociedad?

Es el refugio para quienes no encuentran su lugar. Una vía de escape, donde desconectan y encuentran paz.



Mi corrispondencia

Llavo mucha carga pesada. Esta llava de momentos, angustias, pasiones, encuentros y desencuentros. Pero tambien de crecimiento. Lo que fui, lo que soy y lo que seré.

En el camino voy dejando cargas 'prestadas', voy tirando lo que no necesito y cerrando ciclos.

Cerrar ciclos, un proceso que no es fácil pero que merece

Nos enseñan a sobrevivir
pero no a vivir.

Aprendiendo a vivir me
encontré.

Etapas

BLACK BOOK

Sobrevivir?

Catarsis
Doble cara, doble vida



Over a year! NO to CAPTIVE

El tiempo
ahora.

Resiliencia

¡VIVIR!

Piensa en
Positivo

Cuando una mujer desnuda el alma,
a quien lo desea ella le explica los misterios
de su deambular.

Pero no todo está perdido. El hablar la hace libre y es ahí donde surge su fortaleza.



Illumination: the thoughts of Eniola

Colours, art, words, meditations are ways to connect with your inner self, to connect with your inner circle, to connect with your ancestors and to find the light in you. This makes me see things in a different way because life is full of divine mystery.

Eniola ob.



My history book of short story

I can't sleep and that worries me a lot. I don't want to take any pills, but I spend nights on end awake thinking a lot about everything I've been through. I want to sleep and that is what I wanted to express here. I think about my family a lot.

I would have liked to see more of them. I've included them here in my fanzine, the memories I had with them. I really miss them. I like to draw; there is some scenery of my country. I also included the things that upset me, that hurt me, and that give me strength afterwards to be in the world. I wanted to thank the people and the organisations that have helped me.



Natural weapon

In my fanzine, I showed the image of a flower. A flower that reminds me of my childhood, of when I lived in my country.

These flowers are frequently easy to find on the roads, in the streets of my village. They are natural flowers that connect with my childhood, when I was on my way to school, with my friends from there.

For me, it is a natural weapon. It symbolises a lot about me and my village.

For me, they are a symbol that gives me strength and freedom.



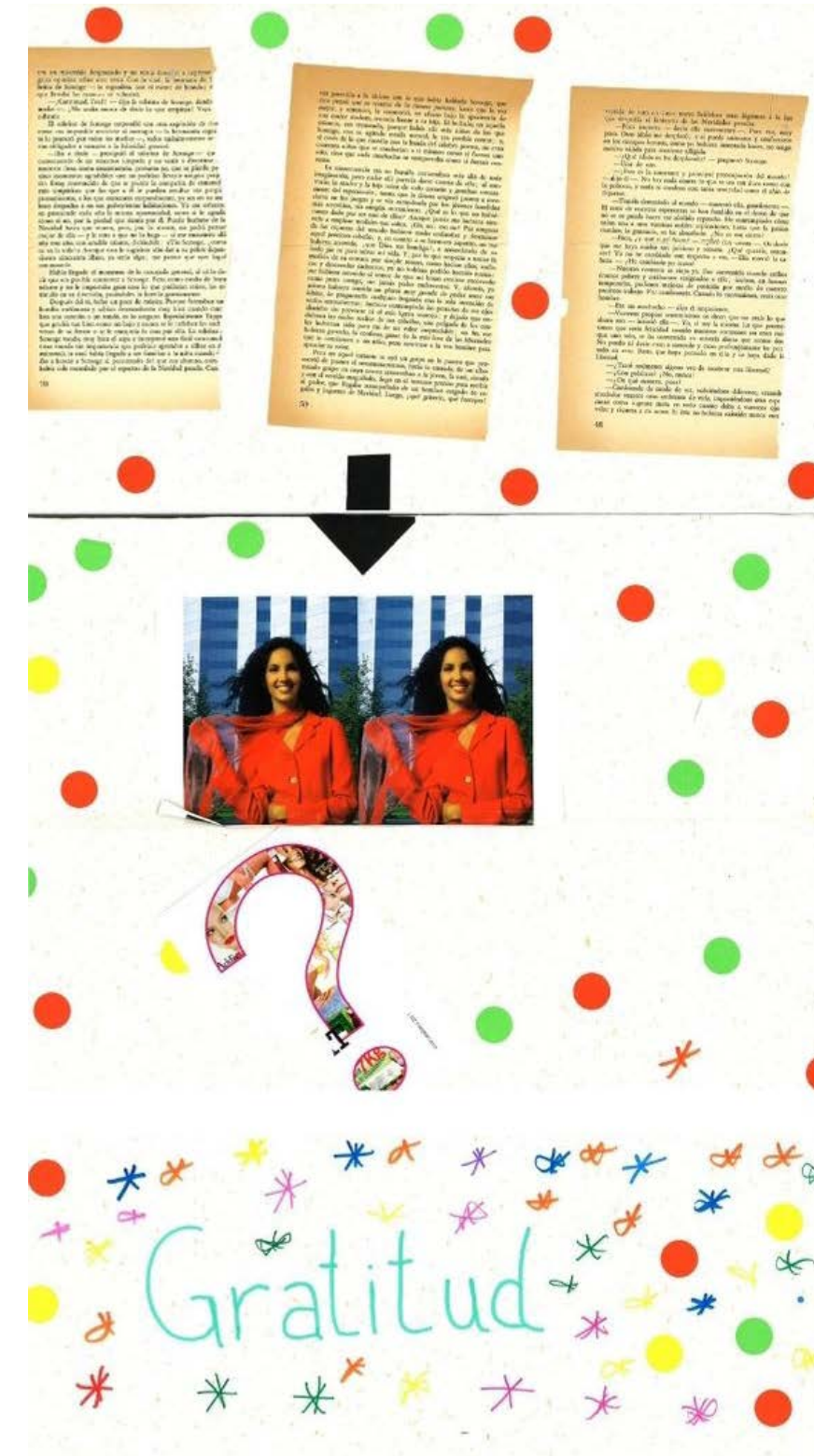
R's diary

When I was young, I took drugs. I wanted to be a star. A porn star, which is the only chance a trans women has. In the fanzine, I show the lowest point in my life, with drugs, prostitution, the street, because that's where I lived for half my life.

A completely dark world, cut off from society. Then I show the moment I'm at now. I'm meditating, I'm getting to know myself, I'm growing as a person, I'm writing my entire life. I still don't know where I'm going, but I'm learning about myself. I don't know what will happen on this path, but it's what I want.

I also included the word “gratitude” because I feel grateful for everything, and I've realised that I'm not the only one to have had problems, and that there might be a way out. I'm working on it, in my story of growth. One step at a time.

Spain



The women who shaped my life: my grandmother, my mother and me

My fanzine talks about me and the bad things around me.

When I was creating my fanzine, I also decided to talk about women who have been an example in my life. I talked about what they show and let people see, but also what can't be seen: coldness, harshness, lack of affection. Rural life. Sacrifice as a woman. Lack of opportunities.

Mother's fear of living in a poor world, with prostitution, drugs, and bad influences. My motherhood. The importance to me of the male figure I never had. The difficulty in finding a job to pay rent and education. You're constantly being told that there are faster ways of making money. Finally, I recovered words about what I would like to feel, what I would like to experience. But it's not easy. Bringing up a child and often waiting for the formalities you need. Sometimes you think you might relapse.

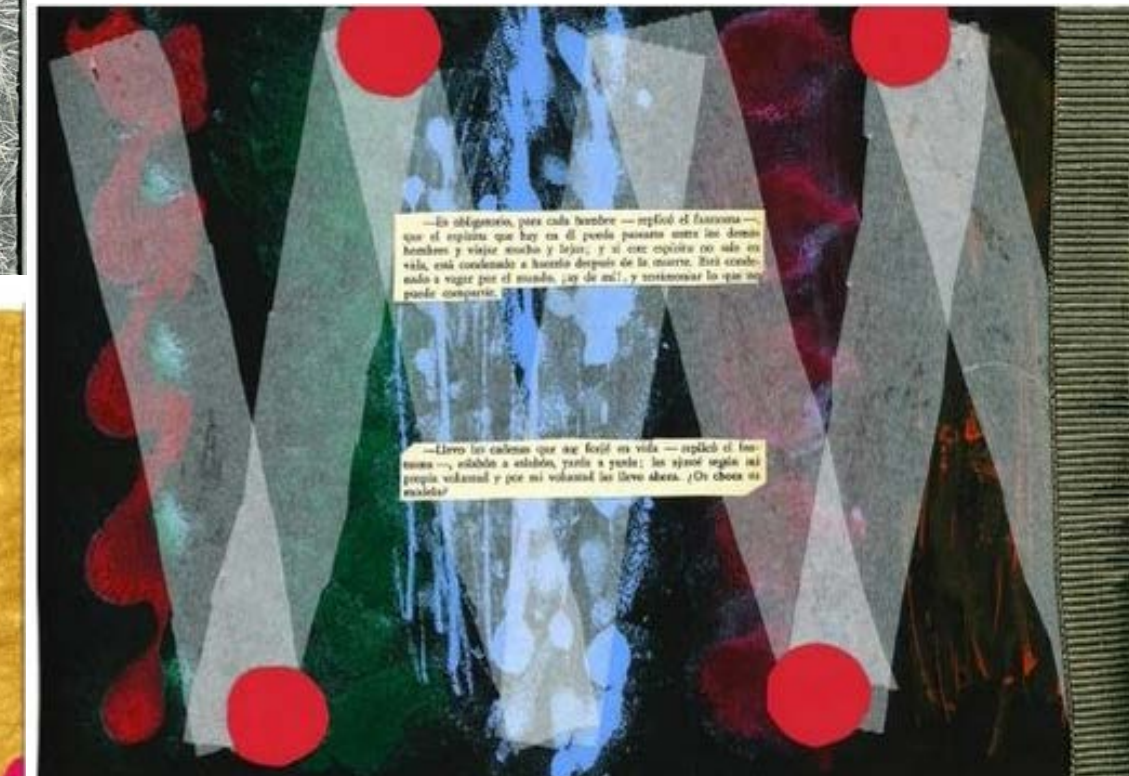
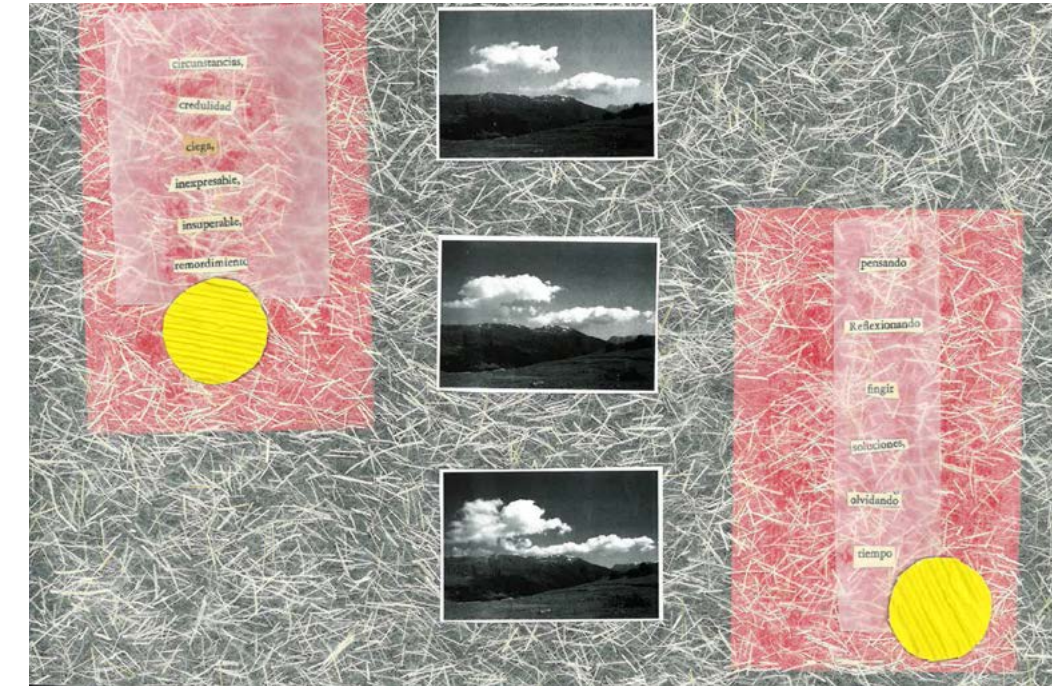


Resilience

My first fanzine is made up of three pieces of card joined together with thread. On the first piece of card you can see three pictures, taken at different times but from the same angle. For me, they represent the transition process.

To the side are different words that symbolise what I'm made of, what we're all made of, fragments of a woman. Experiences, life lessons, emotions, a mix of everything that don't necessarily have to combine as a result. Not everything has to fit, but there is a mix and that's where you come from.

On transparent paper are the words that are inside me but that are blocked. In colour, I've highlighted those that are now more relevant. I end the fanzine with a poem. A poem about a ghost, a ghost that is me. Whether I like it or not, that's what I'm made of, that's what I've always been like.



Therapy

In my second fanzine I refer to motherhood. The coloured part represents union, love, happiness, peace, hope. The colours of the chakra symbolise energy, the strong connection that exists in motherhood. An unexplainable connection that can't be broken for anything in the world.

The pastel colours and the flowers symbolise the roots of the fruit. The words included there have a lot to do with what I want to say. [On the rear I've included motherhood as a woman, linked to sacrifice, to time, to frustration, to tiredness. Because, as they say, love might be never-ending but patience is not.](#) Let's say it represents the other side of the same motherhood. You can be the best mum in the world, but that's part of it. I also used pictures of a face that becomes whole when the pieces of card are joined together.

Finally, I end with a poem that I've made using clippings of words that refer to respect for women, who shouldn't be judged, and of the sacrifices mothers make for their children, which in my case is reflected here.



Trafficked souls

My fanzine is about what happened to me. I'm talking about what Human Trafficking involves: drugs, weapons, abuse... It's also a case of escaping in a lot of ways, although many women can't.

My fanzine has two sides. The first describes how traffickers exploit women and children from poor neighbourhoods, with financial problems, who never had great options in life. As I wrote there, “people’s greatest enemy is ignorance and the lack of opportunity”. I also speak of my recovery.

About how we know this won't disappear, but we can confront it and have a more peaceful life: "writing your new history doesn't mean forgetting your past. It means using it all as fuel to progress. It means learning from your mistakes. It means knowing that life will always give you another chance. You just have to believe."



V. my World

The fanzine started with me thinking about the fact that sometimes I'm really tired and don't feel like doing anything. I find it hard to go places and be with people.

Then it kind of transforms and ends in an explosion. I don't know what shape the explosion might have. I just used different materials.

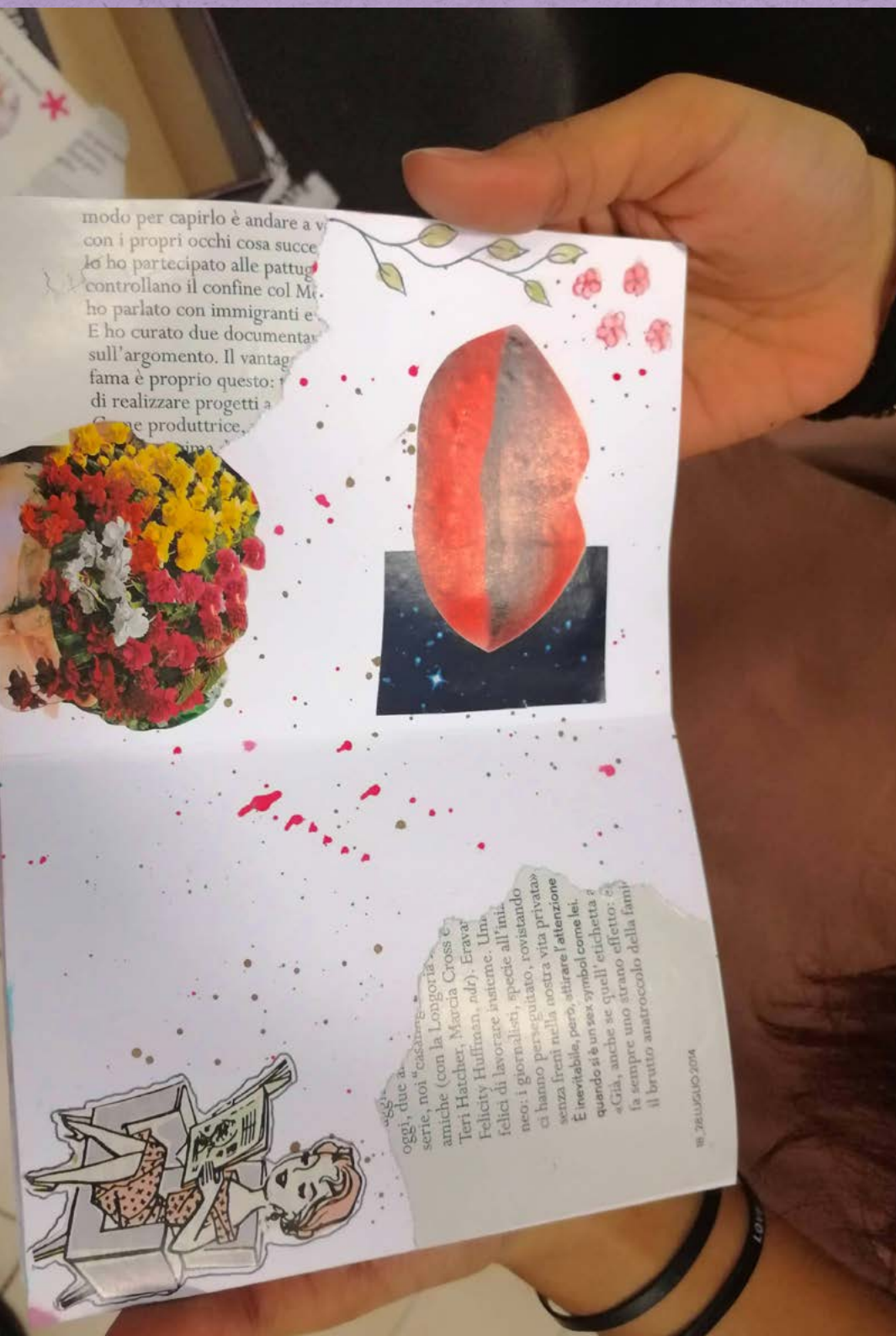
At the end I represented my inner world, the colours of V., the world of V.. It helps me express myself, and is useful for the past, the present, and the future.



Sadness embracing happiness

In this story, I have tried to reflect on the life of a woman who, although she has gone down to the darkest depths of the ocean, always tries to find a way to come back up.





"Fanzines, like art in general, are a means of giving form to the emotions and experiences of each person. Through artistic language, fanzines become a bridge of communication with the other, privileging the sphere of non-verbal language with the use of artistic techniques, such as collage, painting, photography. I therefore recommend following the participants' natural approach to artistic techniques and leading and guiding them in telling of the stories in a transversal way, not stating why you are doing it, but giving hints and input with images, with examples of visual communication, it will then be up to the participants themselves to take note and find their own way to express their emotions."

Marianna, Art expert from CESIE



Special THANKS

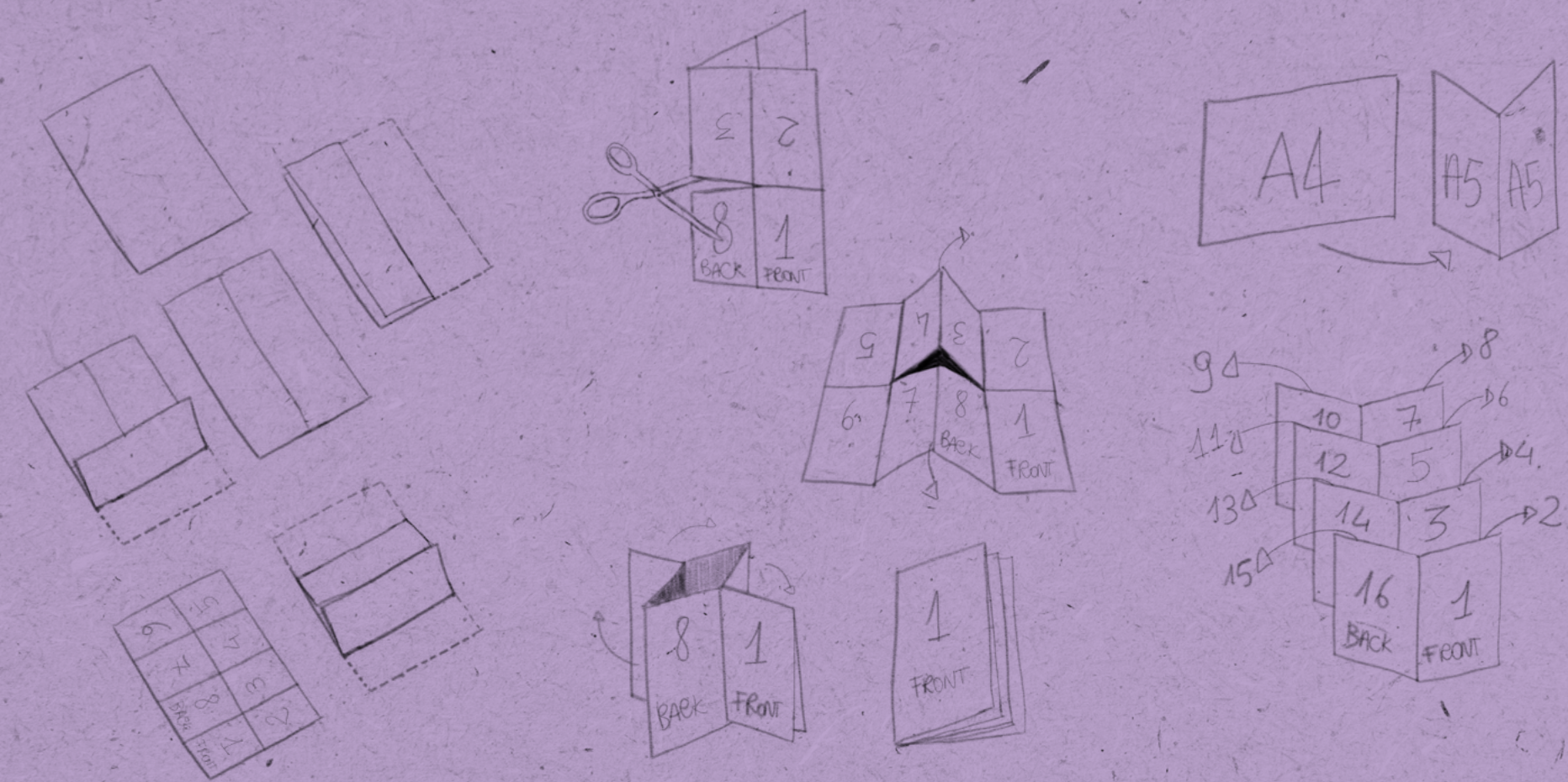
to all participant women for their effort, motivation, courage, smiles, stories and much more, as well as to all art experts and psychologists, support service providers, authorities and employers from Italy, Greece, Spain and Romania engaged during the project's lifetime.



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