

Polish Humanitarian Action (PAH)

The **Polish Humanitarian Action (PAH)**, pl. *Polska Akcja Humanitarna*) is a Polish [non-governmental organisation](#) which operates in Poland and other countries. Janina Ochojska-Okońska is the president of Polish Humanitarian Action from its foundation

Polish Humanitarian Action (PAH) helps people in crisis situations to become self-reliant and regain responsibility for their future as soon as possible. At the same time, PAH concentrates its efforts on Polish society, with a view to shape humanitarian attitudes and create a modern culture of aid. The guiding principle of PAH is to act efficiently in due respect of human dignity. PAH's principle, applied from the very moment of foundation, is to provide aid regardless of nationality, race, religion or party of conflict. [\[1\]](#)

Polish Humanitarian Action was established on 12 December 1992, initially as the EquiLibre Foundation, and from December 1994 under its present name. In 1992, Janina Ochojska started organizing convoys with donations for the inhabitants of Sarajevo. It was the first initiative of this kind, which provided an opportunity for Polish society to provide aid to people suffering as a result of war, which was taking place not far away from their own country. PAH's activity served as a mobilizing factor for people from different social backgrounds. They were determined to help and to show their solidarity with people in need. Thanks to their commitment, PAH was able to organize a series of spontaneous aid actions which concentrated mainly on immediate aid, by sending convoys with donations to satisfy the basic needs - food, medicine, rehabilitation equipment and other necessities indispensable to survive in the situation of war or natural disaster.

They express their aims saying:

“.....Our mission is to make the world a better place by alleviating human suffering and promoting humanitarian values. We understand responsibility for the world as the possibility for each PAH employee and volunteer to actually participate in the aid process and influence it. The work of any of us contributes to saving people's lives. This obliges us to develop ourselves and to raise the quality of our aid.....”

They are describing the situation and their latest actions in Ukraine:

Almost 800 thousand people were forced to abandon their home in wake of the conflict which started in the spring of 2014. Many have limited access to food, water and health care, Almost 5 million people live in the conflict zone, requiring immediate help.

As a result of the conflict which started in Ukraine in April 2014 3 707 people died and 9 075 were wounded. There is around 415 000 internally displaced people, while 427 000 ran to neighbouring countries. The situation of civilians living in the Donbas is the most difficult. We assist civilians in terms of access to healthcare and appropriate living conditions to help them survive the coming winter. We provide them with food and with emergency supplies.

We fundraise to help Ukrainian civilians directly, to supply hospitals and first aid points with medicines and equipment, to provide food, kitchen utensils, cleaning agents, toiletries, as well as school aids for their school-age children.

http://en.wikipedia.org/wiki/Polish_Humanitarian_Organisation

<http://www.pah.org.pl/>

I. Read the text above and answer the questions:

1. Number 4 the most important aims of PAH.
2. When did PAH start using its current name?
3. What did the first initiative of PAH involve?
4. What are the things does PAH usually send to those in need?

II .Match the words on the left with the words on the right to make the collocations that appear in the text and find their Polish translations.

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| 1. crisis | a. supplies |
| 2. regain | b. zone |
| 3. concentrate | c. utensils |

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|--------------------|-------------------|
| 4. humanitarian | d. suffering |
| 5. guiding | e. equipment |
| 6. act | f. needs |
| 7. provide | g. factor. |
| 8. social | h. background |
| 9. mobilizing | i. aid |
| 10. satisfy | j. efficiently |
| 11. rehabilitation | k. principle |
| 12. alleviate | l. attitude |
| 13. kitchen | m. efforts |
| 14. conflict | n. situation |
| 15. emergency | o. responsibility |

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