

迎接未知的挑戰：

**Returning to Afghanistan,
Confronting Uncertainty:**

阿富汗婦女返回的旅程

The Journey of Afghan Women



© UNHCR/Oxygen Empire Media Production

保護被迫逃離家園的人

Protecting People Forced To Flee Their Homes

迎接未知的挑戰： 阿富汗婦女返回的旅程

Returning to Afghanistan, Confronting Uncertainty: The Journey of Afghan Women

2025 年，超過 240 萬名阿富汗人被迫從鄰國返回阿富汗，這股湧入的人潮為本已飽受貧窮、動盪及基礎設施不足困擾的邊境省份帶來沉重壓力。許多返回者一無所有，急需援助以重建生活。

當中不少是返回的婦女及兒童，她們的權利和行動自由均受到限制，令許多婦女感到迷惘、被孤立，並對未來充滿恐懼。

In 2025, over 2.4 million Afghans were forced to return from neighbouring countries. This influx has placed enormous pressure on border provinces already strained by poverty, insecurity, and inadequate infrastructure. Many returnees arrived with nothing and urgently need assistance to rebuild their lives.

Among them are women and children returning to a society with restricted rights and mobility, leaving many women feeling disoriented, isolated, and fearful about their future.

~~教育~~ ~~EDUCATION~~



女孩年滿約13歲即被禁止上學。
Girls are banned from school after the age of about 13.

~~就業~~ ~~EMPLOYMENT~~



婦女被禁止從事大部分工作，
也無法參與政治活動。
Women are barred from most jobs
and political life.

~~阿富汗身份證~~ ~~TAZKIRA~~



大部份婦女和女孩無法獲得
阿富汗身份證(Tazkira)，這阻礙了
她們融入社會和獲得基本服務。
Most women and girls in Afghanistan
lack a Tazkira, the national ID card,
which hinders their access to essential
services and social integration.

~~行動自由~~ ~~FREEDOM OF MOVEMENT~~



阿富汗多數地區禁止婦女在沒有
男士陪同的情況下出入公共場所。
In many parts of the country, women
are prohibited from being in public
unless they are accompanied by a man.

「我擔心孩子們的學業會被耽誤。她們上學需要鞋子、上課需要筆和筆記簿。」

“I worry that my children might fall behind in their education. They need shoes, pens, and notebooks for school and for courses.”

迎接未知的挑戰：病患母親重返家園

A Mother's Uncertain Return Home Amid Fragile Health

來自馬扎里沙裡夫(Mazar-e-Sharif)的40歲母親Asma，育有兩名女兒，剛剛再次越過邊境返回阿富汗，對未知的前路充滿恐懼。

她於2021年前往巴基斯坦接受癌症治療。由於交通費高昂，她辭去了教師工作，舉家遷往巴基斯坦，以便求醫。但在最後一年即將完成療程之際，她的丈夫被拘留，家人被迫離開巴基斯坦。「我們無處容身，一無所有。」Asma說。

難民署正與夥伴合作，為返回家庭提供緊急經濟援助，讓他們能夠支付食物和交通費用。然而，在資金嚴重被削減的情況下，我們需要更多支持以提供進一步的援助，例如為面臨風險的婦女和兒童提供專門支援、醫療保健、法律援助和協助重新融入社會。

Asma, a 40-year-old mother of two daughters from Mazar-e-Sharif, recently crossed the border back into Afghanistan, fearful for what lies ahead.

She first went to Pakistan in 2021 to receive cancer treatment. When travel costs became too high, she gave up her job as a teacher and moved with her family to Pakistan to stay closer to medical care. But before completing her final year of treatment, her husband was detained, and the family was told to leave the country. “We have no place to stay and nothing at all.” Asma said.

UNHCR is working with its partners to help returning families with emergency financial support so they can pay for food and transport, but amid severe funding cuts, more support is needed to provide additional assistance, such as specialized support to women and children at risk, healthcare, legal assistance and help with reintegration.

阿富汗婦女當前面對的挑戰

Current Challenges for Women in Afghanistan



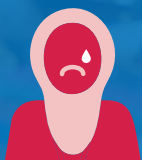
超過60%的婦女
擔心自身及女兒的安全

Over 60% of women fear for their safety and that of their daughters



74%以女性為主導的家庭
面臨嚴重糧食短缺

74% of female-headed households face severe food insecurity



超過40%的婦女表示
其精神健康狀況「非常惡劣」

More than 40% report experiencing “very bad” mental health



2/3 婦女缺乏
公民身份證明文件

Two in three women lack essential civil documentation

聯合國難民署對阿富汗婦女的主要支援

UNHCR's Key Support Areas for Afghan Women

截至2025年10月，難民署的保護項目已援助511,593名阿富汗有需要的民眾，其中306,800人為婦女及女孩。這些數字顯示了因應不同性別需求的支援迫切性，也讓難民署再次確認在所有評估、援助及服務提供各階段時，均優先保障婦女及女孩，特別是以女性為主導的家庭及面臨風險的婦女。

By October 2025, UNHCR's protection programmes had supported 511,593 people across Afghanistan, with 306,800 of them being women and girls. These figures underscore the significant demand for gender-responsive support and reaffirm our priority to include women and girls in all stages of assessment, assistance, and service delivery—especially female-headed households and those facing heightened risks.



法律援助及文件 Legal aid and documentation

協助婦女取得公民身份證明 (Tazkira) 及其他民事文件，讓她們能夠使用各項公共服務。同時，難民署安排合資格律師提供免費法律諮詢，並提供現金援助，特別用於支持獲取公民文件的需求。

Assist women in obtaining a Tazkira and other civil documentation needed for inclusion and access to public services. In addition, UNHCR offers free legal counselling through qualified lawyers, and provides cash assistance specifically to support civil documentation.

保護監測 Protection monitoring

透過以社區為本的保護監測收集數據，以了解獲得服務的限制，並招募返回婦女成為義工，以確保女性的觀點和需求得到重視。

Collect data through Community-Based Protection Monitoring (CBPM) to identify access barriers, and engage female returnee volunteers to ensure women's perspectives and needs are identified.

精神健康與心理支持 Mental health and psychosocial support (MHPSS)

提供精神健康與心理社會支援，並培訓社區義工，以幫助識別社區中婦女和女孩的需求並為其提供支持。

Provide mental health and psychosocial support, and train community volunteers to help identify needs and support women and girls in their communities.

轉介及資訊獲取 Referral and information access

加強社區外展，確保返回的婦女了解服務資訊以及尋求協助的途徑。

Strengthen local outreach to ensure that returnee women are informed about available services and know where to seek assistance.

技能與生計 Skills and livelihoods

提供培訓與就業機會，以增強婦女的自立能力，促進社區穩定。

Provide training and income opportunities to build women's self-reliance and community stability.

倡議與協調 Advocacy and coordination

與夥伴合作，向當局倡議解除對婦女和女孩的限制，並確保人道項目切合返回婦女的實際需要。

Collaborate with partners to advocate with the authorities for the removal of restrictions on women and girls, and ensure humanitarian programmes reflect the needs of female returnees.

社區參與 Community engagement

與區內女性及男性(包括社區領袖和當地宗教人士)合作，提高公眾對預防針對婦女和兒童的暴力行為的認識。

Work with both women and men, including community leaders, and local faith figures to raise awareness of preventing violence against women and children.

我們可以攜手保護婦女和女童的安全，確保她們在社區中獲得支援。
Together, we can protect women and girls, ensuring they are safe and supported in their communities.

教育：難民未來的希望之源

Education: A Lifeline for Refugee Futures

教育不僅是知識的獲取——它是通往保護、機遇與尊嚴的途徑。缺乏教育，整整一代人將面臨被排除在外的風險。聯合國難民署《2025年難民教育報告》展示了如何透過創新的項目、獎學金及與不同伙伴合作，協助年輕難民重返校園、獲得線上學習機會，並追求高等教育，將希望轉化為機遇。

今年的報告同時聚焦一些迫切的需求：全球仍有數百萬難民兒童與青年仍然缺乏接受優質教育的機會，尤其在中學和高等教育階段，入學率持續偏低。報告採用創新的漫畫形式，真實呈現衝突與流離失所如何剝奪學生接受教育的機會，以及難民署如何協助年輕人以希望及決心重返校園。

Education is more than learning—it's a pathway to protection, opportunity, and dignity. Without it, an entire generation risks being left behind. UNHCR's 2025 Refugee Education Report shows how, through innovative programmes, scholarships, and partnerships, we are helping young refugees return to classrooms, access digital learning and pursue higher education, transforming hope into opportunity.

This year's report also spotlights the urgent need: millions of refugee children and youth worldwide still lack access to quality education, particularly at the secondary and tertiary levels, where enrolment remains critically low. Presented through an illustrated comic, the report shows how conflict and displacement deprive students of the chance to learn, and how UNHCR helps young people return to school with hope and determination.

《2025年難民教育報告》的全球調查結果重點：

Key global findings from the 2025 Refugee Education Report :

67%

的難民兒童接受小學教育——
比例遠低於全球平均水平

of refugee children are enrolled in primary
education - well below global averages.

只有37%

難民學生入讀中學，凸顯
升學機會存在巨大差距

At the secondary level, enrolment drops
to 37%, highlighting major access gaps.

僅有9%

的難民青年能接受高等教育，反映出
他們正面對經濟困難、法律身份問題
及既有學歷不被承認等系統性障礙

Only 9% of refugee youth make it to tertiary
education, due to financial, legal, and
certification barriers.



請掃描二維碼閱讀完整報告，
了解更多有關堅毅與希望的故事

Scan the QR code to read the full report
and discover stories of resilience and hope.

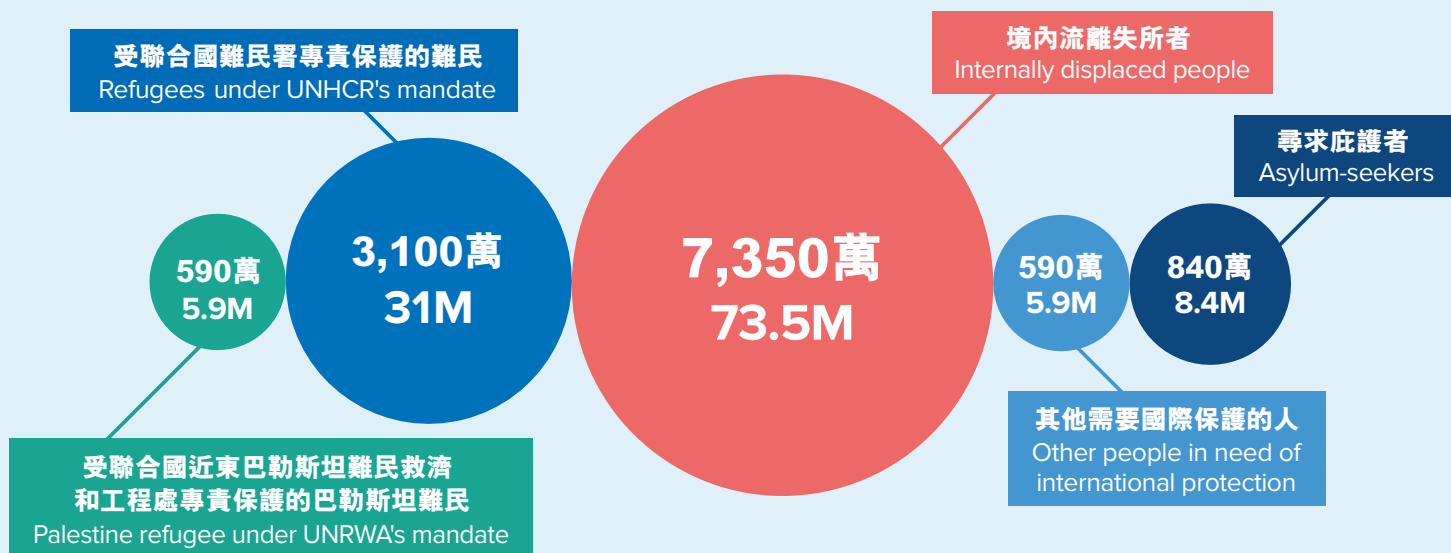
(只提供英文版報告 Available in English only)

2024 全球趨勢及財務報告一覽

Global Trends & Financial Report at a Glance

截至2024年底，因迫害、衝突、暴力及侵犯人權行為而被迫逃離家園的人數創新高，**達1.232億人**，較去年增加700萬。目前，全球每67人中便有1人被迫流離失所，而蘇丹、敘利亞、阿富汗及烏克蘭人合共佔所有流離失所者逾三分之一。兒童僅佔全球人口的29%，卻佔全球所有被迫流離失所者總數的40%。

As of the end of 2024, a record **123.2 million** people were forcibly displaced due to persecution, conflict, violence, and human rights violations—7 million more than the previous year. One in every 67 people worldwide is now uprooted, with Sudanese, Syrian, Afghan, and Ukrainian individuals making up over one-third of all those forced to flee. Children, who represent just 29 per cent of the global population, accounted for 40 per cent of all people displaced worldwide.



解決方案 Solutions

9,800,000

名流離失所者返回原籍國
Displaced people returned

47,200

名無國籍人士獲得公民身份
Stateless people received citizenship

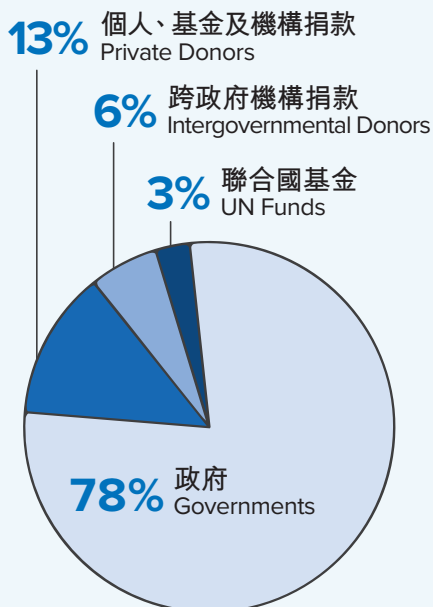
188,800

名難民被重新安置到第三國
Refugees resettled

2024年財政報告 Financial Report

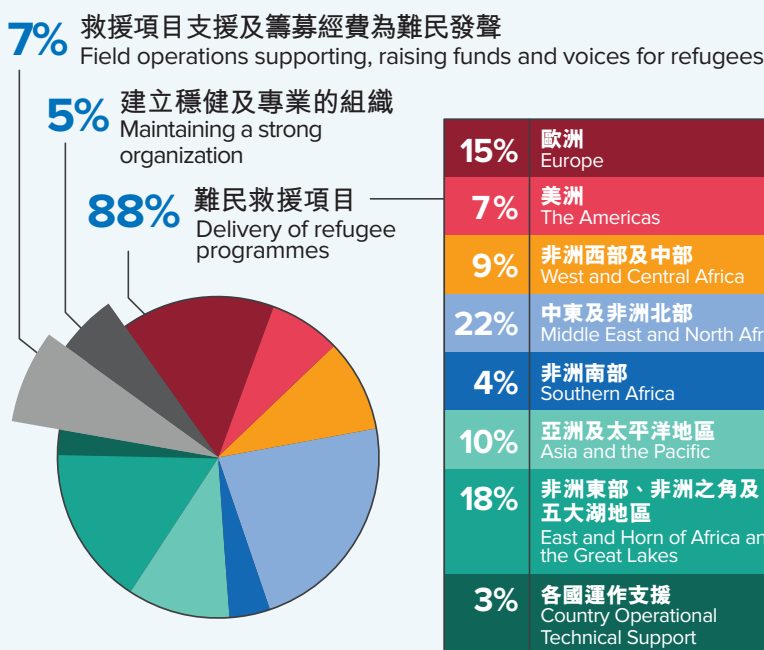
全球收入: **48.76億美元**

Overall Income: **USD 4.876 Billion**



全球支出: **49.33億美元**

Overall Expenditure: **USD 4.933 Billion**



*本頁中使用的所有百分比均四捨五入至最接近的整數

*Please note all percentages used in this page are rounded to the nearest whole number

「為難民而跑・步步同行」

Run with Refugees @ SPORTFEST 香港運動節 HK2025

在聯合國難民署的理念中，運動不僅是體育活動，更凝聚團結、增進理解，並彰顯被迫逃離家園者的堅毅精神。

今年八月，難民署香港辦事處參與香港運動節2025，舉辦了「為難民而跑・步步同行」活動。我們邀請市民在跑步機上步行或跑步，以行動累積步數，向全球流離失所的家庭表達支持。

持續三天的活動，獲得市民的熱烈支持，超過200名參加者接受挑戰。他們合計奔跑或步行了10小時44分鐘、全長約70.1公里——相等於三名流離失所者從剛果民主共和國的Sake步行至Mugunga尋找安全的距離。

這項活動既有趣又具互動性，更承載深遠意義。每一步都提醒着我們，難民為了安全所經歷漫長而危險的旅程。透過踏出每一步，參加者向難民的堅毅致敬，展現同理心支持及與被迫逃離的人們同行。

Sport at UNHCR goes beyond physical activity — it brings people together, builds understanding, and celebrates the strength of those forced to flee.

In August, UNHCR Hong Kong took part in Hong Kong SportFest 2025 with our **“Run with Refugees: Every Step Helps”** campaign. Members of the public were invited to walk or run on treadmills and track their steps, showing solidarity with displaced families around the world.

Over three energetic days, more than 200 participants accepted the challenge. Together they spent a total of 10 hours and 44 minutes on the move and covering 70.1 kilometres — roughly the distance three displaced people might **travel from Sake to Mugunga in the Democratic Republic of the Congo in search of safety.**

While the activity was fun and interactive, it carried a deeper meaning, each step served as a reminder of the long, dangerous journeys refugees take to find safety. Through every step, participants honoured their resilience and the power of coming together in compassion to support those forced to flee.



Wedding Favour Donation Programme

婚宴回禮捐款計劃

聯合國難民署誠邀您參加「**婚宴回禮捐款計劃**」，讓您在慶祝人生重要時刻的同時，為被迫流離失所者的生命帶來正面的改變。有別於傳統的婚宴回禮，「**婚宴回禮捐款計劃**」讓新人們能夠表達謝意，同時喚起親朋好友對全球流離失所者的關注，在這個特別的日子裏，讓我們一起傳播愛與希望、分享喜悅。

婚宴回禮捐款計劃只需捐出港幣\$3,888或以上的捐款，即可獲贈一系列獨家禮包，作為答謝。歡迎掃描二維碼瀏覽聯合國難民署網站了解更多。

Join UNHCR in making a difference through our **Wedding Favour Donation Programme**. This unique opportunity allows couples to celebrate their special day while making a positive impact on the lives of people forced to flee. Our programme goes beyond traditional wedding favours, enabling couples to express gratitude and create awareness about the global refugee crisis.

By participating, couples can inspire friends and loved ones to contribute to this important cause. On this special day, let us spread love and hope as we share our joy with others.

With a minimum donation of HKD3,888, donors will receive a range of exclusive tokens of our gratitude. Please scan the QR code and visit the UNHCR website for more details.



掃描二維碼了解更多
Scan the QR code
to learn more



讓我們為您做得更好! Help Us Serve You Better !

我們希望了解您的喜好，以便為您提供更理想的服務！請即掃描二維碼填寫簡短問卷。
The more we know about your preferences, the better we are able to serve you!
Please scan the QR code and fill out the survey now.



捐款者調查問卷



Donor Survey

鳴謝 Acknowledgements (按英文名稱字母順序排列 in alphabetical order)

我們衷心感謝以下支持者 Our heartfelt thanks to the following supporters

黃修平導演 Director Adam Wong Sau Ping

劉國瑞導演 Director Lau Kok Rui

香港都會大學李嘉誠專業進修學院 Hong Kong Metropolitan University Li Ka Shing School of Professional and Continuing Education

合和實業有限公司 Hopewell Holdings Limited

Sunshine Forever Limited

弘立書院 The Independent Schools Foundation Academy

芝蘭基金會 Zhilan Foundation