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Mervat survived the escape in Sudan – gave birth to a healthy son

In Sudan, over 30 million people need humanitarian aid, something that Act, the Church of Sweden, is working on, among others. If you give a gift to their work during December, it will be doubled, so that even more people can receive support.

This page is a collaboration with **Act Swedish Church**



Photo: Photo: Thomas Mukoya/Reuters (f), Sameh Saad, BLESS/Ikon (h)

By: Partner

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The war in Sudan, which has been going on for over two and a half years, is primarily a conflict between the Sudanese army and paramilitary forces. It is about raw materials and has been exacerbated by the climate crisis and the involvement of foreign actors. The result is devastating and has developed into **the world's largest humanitarian disaster**.

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The population is starving, suffering from disease and forced to endure military violence on an enormous scale. Over 30 million people need humanitarian assistance and 14 million people have fled to other parts of the country, or to neighboring countries such as South Sudan, Ethiopia and Egypt.

Fled during pregnancy

Mervat is one of these people. She was three months pregnant when the rebels reached her hometown, looting houses, kidnapping girls and killing men who tried to defend their families.

“There was no water and no electricity,” says Mervat.

When Mervat started bleeding, she realized that her unborn son was in great danger.

“Because of the war, I couldn't get to a doctor. The anxiety and pressure I felt was enormous. So we left,” she explains.

Together with her three-year-old daughter, she began the trek towards Egypt. For several days, they survived on only dates and water.

Once they reached the border with Egypt, they were received by Act Sweden's local partner organization BLESS. They ensured that Mervat received care and medication. A few months later, she was able to give birth to her son – who survived against all odds.



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Mervat's son survived the long flight from Sudan. Photo: Sameh Saad, BLESS/Ikon

Mervat and her children are now living safely in Egypt. They receive support with food and livelihood while she looks for work. Through the church, she also receives conversational support to process her experiences. This was financed, among other things, by private donations to Act Swedish Church.

In Sudan, fighting and abuse continue, and Mervat's story is just one of millions. Behind every number is a person fighting for their survival, in a reality that is difficult to accept.



Mervat and his family currently live in Egypt, where they receive support from Act Church of Sweden's partner organization BLESS. Photo: Sameh Saad, BLESS/Ikonen

Act The Church of Sweden's support reaches

Together with its partner organizations, Act Church of Sweden supports those affected by the war in Sudan.

The first phase involves reaching out with food packages and clean water. People who have fled also receive cash support to buy the most essential things, and families in refugee camps are given a roof over their heads and safe places for their children to play.

People who have fled to neighboring countries receive healthcare, psychosocial support and protection. Children's right to education is a priority, as is reducing the risk of gender-based violence.



In the refugee camps in Maban in South Sudan, Act Church of Sweden is working, among other things, with school projects, for everyone's right to go to school. Photo: Magdalene Vogt/Act Church of Sweden

Make a contribution – your gift will be doubled during December

Due to the serious situation in Sudan, Act Church of Sweden is collaborating with the Akelius Foundation, a religiously and politically independent foundation that contributes to charity. During the period **December 1 to December 31, 2025, the Akelius Foundation is therefore doubling all donations to the Christmas Collection**. The doubling they give will be used to support people on the run, both in Sudan and in neighboring countries where Sudanese have taken refuge.

You can join the Christmas collection by lighting a digital candle for peace.

[Click here to light a candle for peace](#).



Your light will become a gift to the Christmas collection and will reach where it is needed most – in Sudan and other places where our fellow human beings have been affected by war and disasters.

Do you want to spread light in the darkness throughout the year?

If you choose to become a monthly donor, you are fighting for the right of all people to a dignified life, all year round.

Right now, as a monthly donor, you will receive a candle package with four hand-poured candles.

[Become a monthly donor here!](#)



Photo: Magnus Aronson/Ikon

About Act Church of Sweden

Act The work of the Church of Sweden is based on the equal value of all people and the right to a dignified life.

As part of the ACT alliance, Action by Churches Together, Act Church of Sweden is part of a global collaboration between churches and faith-based organizations that together constitute one of the world's largest aid actors. Thanks to this, Act Church of Sweden can respond quickly to disasters, work with long-term development cooperation and be a strong voice of advocacy.

[Read more about Act Church of Sweden's activities at svenskakyrkan.se/act.](https://svenskakyrkan.se/act)



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