

# Nice

**Identity:**

My name is Nice.

**Address:**

I've been living in Goma for three years. Previously, I lived in Masisi.

**Start of the wars:**

The wars started when I was 8 years old.

**Consequences of the wars:**

These wars brought a lot of suffering to me and my family because we had to flee and lived in the forest. My relatives were in difficulty; we had separated, each had taken an unknown destination, and some children were separated from their parents. Our brothers were killed, our houses were burned, and our parents no longer went to the field to search for food. Studies were stopped; my brothers stopped studying, and so did I. Everything had stopped.

These armed conflicts caused me troubles such as repeated flashbacks; I couldn't stop thinking about the war. I spent too much time thinking about my brothers who were killed, our belongings that were looted, our houses burned, and remembering how we didn't continue our studies. All these things had an impact on life. When we study now, we don't grasp the subject well because we remember these things, and they are very present in our minds.

These wars plunged me into suffering and fear because when I remember them, I have flashbacks, I dream about them, I constantly have memories of the events I experienced, especially when I am alone. When I suddenly encounter someone without being previously informed of their presence, I startle, and the fear that overtook me when the bandits encountered us in the forest where we fled returns. It's also enough to see something move in the distance, like a piece of wood or something, to think that someone is coming to attack, to feel that fear. When we returned home, it was enough for something to fall, like a pot, for example, or for a rat to move a plank of the house, for me to feel a lot of fear and tend to flee. Seeing something, I thought it was a person coming to attack us, especially if there was no one to tell me that it was something that fell, and it made me flee to the forest and spend the night there.

There are times, in class, while the teacher is giving a lesson, where I can't concentrate on anything, especially when I remember past events. When I am at home, I want to study or review my notes, these things come back to my mind. I can't study, and they have a lot of impact on my body and mind because of the regular flashbacks, and they cause insomnia all night, and the next day they cause distraction in class.