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My sister was killed by Daesh at the Brussels terrorist attacks in 2016.

When you become victim of a terrorist attack, your life, your values, and assurances get completely shaken up.

During the acute and post-acute phase, you cannot find words to describe your feelings and emotions. Some help was provided to us, but it was unsuitable to our needs.

With time you feel lonely and lost. You feel like an alien in the world, divided from society. And that is exactly what terrorism is seeking.

To understand the emotions and situation I was going through, I needed contact with fellow victims and survivors. But in Belgium there was no association of victims of terrorism.

Hence, I approached a French association of the victims of the Paris terrorist attacks.

Meeting them changed my whole situation: without needing to try to explain your feelings, you discover finally someone understands you! I was not alone anymore. Hope resurrected.

That was the moment I realized the need to create an association in Belgium. It would be called V-Europe.

Within 24 hours of our existence, more than 50 victims called me and discovered we all had the same needs. We organized a very first reunion where we could meet among ourselves, where we could safely share our deepest emotions. It was a first in Belgium's history.

With the association we could provide a general voice and were immediately received by the Belgian Parliamentary Enquiry Commission. The MP's were shocked by our witnessing; we were shocked they didn't know how bad our situation was. The Government immediately launched a Taskforce and together we could start to tackle the issues.

Providing an efficient support to victims of terrorism is a very complex matter. It can only be successfully achieved when involved parties, government and associations in particular, collaborate. To collaborate efficiently you need to trust your partners. Building trust takes time. A victim/survivor has no time, he needs appropriate support immediately.

In Belgium we learned this harsh reality the hard way. It was a long and difficult journey, but today significant progress has been made on the support for victims and survivors of terrorism. We still are far from an ideal situation, but we keep working, especially for eventual future victims.

As a Belgian minister told me once: we always think we know, until the day we really are confronted with it. I can only agree with his saying. Let us all be prepared; let us all learn from Member States who suffered terrorism.

V-Europe learned a lot from France and Spain in particular. Spain's ethical approach towards victims of terrorism can only be saluted. Europe provided also important steps forward with analyses of needs and Directives. V-Europe is now a member of the DG JUST Victims' Rights platform and is in continuous contact with the Victims' Coordinator. Our years of intensive work, listening and keeping learning, made us also become a member of the Steering Committee of the EUCVT. I also stand here today as a Co-Leader from the RAN Working Group Victims of Terrorism.

I was often in Iraq to support victims of ISIS. For us victims there is fraternity, and we all have the same needs: dignity, justice, truth and memory.

As some wise man said: "Human suffering anywhere concerns men and women everywhere".

Keep the company of those who seek the truth – run from those who claim to have found it. Let us continuously learn from each other and provide support to each other. Thanks to the UN and UNOCT we can do this, on a global scale.

We are not powerless. We have our solidarity and humanity.