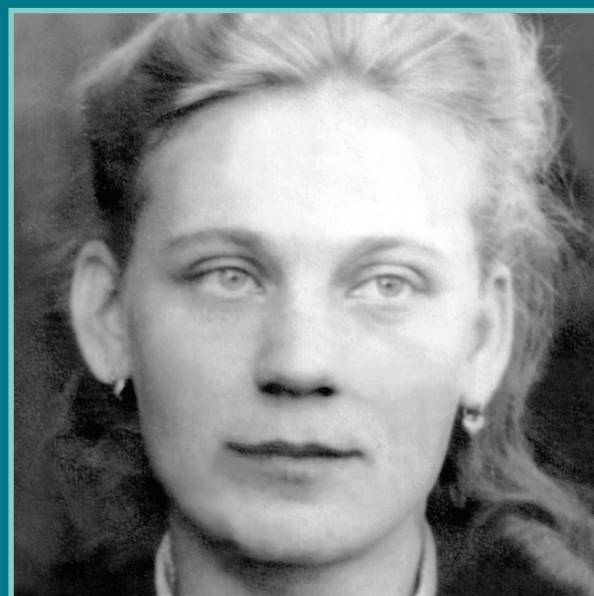




# Self-Sacrifice

Giving up  
personal  
wants and  
needs for  
the sake  
of others or  
for a cause.

**During the Holocaust there were individuals who showed self-sacrifice in rescuing Jews.**



**Jadviga Konochowicz**  
Poland

Jadviga, her parents, and her seven siblings sheltered a Jewish family on their farm for more than a year. Although they lived in poverty, Jadviga and her family put the welfare of the eight Jewish strangers before their own.



**Aristides de Sousa Mendes**  
France

A Portuguese diplomat in France, Aristides issued visas to thousands of Jews so they could travel through Spain to Portugal. Furious about his actions, the Portuguese government recalled Aristides and dismissed him from his post.

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THE JEWISH FOUNDATION *for the righteous*

The Jewish Foundation for the Righteous provides financial support to Christians and Muslims who rescued Jews during the Holocaust and preserves their legacy through its national Holocaust education program.

[www.jfr.org](http://www.jfr.org) 888.421.1221

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