

# The Naked Don't Fear the Water

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*An Underground Journey  
with Afghan Refugees*

Matthieu Aikins



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## A Note on Sources and Methods

In writing this book, I've stuck to what John Hersey called "the legend on the license"—none of this was made up. The only details I've changed are the pseudonyms I've used to protect people, beginning with Omar and his family.

We left Kabul for Nimroz on August 29, 2016. My principal source for our journey was the more than sixty thousand words of notes I took with my smartphone—an almost daily task I found easier than expected, since everyone's so busy with their phones these days—along with photos and videos I recorded and collected from other people. We finished our journey in late 2016 and, over the next four years, I conducted follow-up interviews and made numerous reporting trips back to the places we'd been. I provided these materials to a fact-checker.

I've also relied on the work of experts in fields like history, anthropology, and migration studies, as well as reports from journalists and other contemporary sources. I've cited references in the endnotes section.

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