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Guidebook on Success stories of migrants



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About the project

The “Success stories- guidebook” is part of the Integra project, which was created in cooperation between Stella Virium Qualifications Development Foundation from Poland and Hesed – Solidarity Volunteering Association from Italy. In this publication, you will get to know the stories of people who, for various reasons in life, had to leave their country of origin and emigrate to another, foreign country.

You will get to know the people who came to Poland or Italy and the reasons why they decided to make such a change in their lives. You will also find out how they managed to overcome difficulties and build their lives from scratch.

We hope you will find this book an interesting discovery.

The project partners are the Stella Virium Qualifications Development Foundation and the HESED Solidarity Volunteering Association.



The Stella Virium Qualifications Development Foundation, established in 2013, promotes the idea of continuous development and supports individuals at risk of professional exclusion.

The foundation implements projects in the areas of Life-Long Learning, enhancing professional skills, and providing support for individuals from various age and social groups. It collaborates with public institutions, experts, and international organizations.

The Foundation also supports the development of employee volunteering and promotes empathy towards marginalized communities.



The HESED Solidarity Volunteering association, established in 2010 within the Parish of Lumello (Novara), responds to new forms of poverty in collaboration with other associations and the Municipality of Novara's Social Services. HESED, an Aramaic term meaning Goodness, Loyalty, Mercy, and Beauty, became a Solidarity Association in 2019, adapting to ETS rules.

Activities include financial aid for rent, utilities, and school fees, free furnishing of apartments for needy families, assistance with rental contracts, bureaucratic support, Italian courses for immigrants and refugees, after-school support, free psychological services, and the collection and distribution of expiring fresh food from supermarkets.

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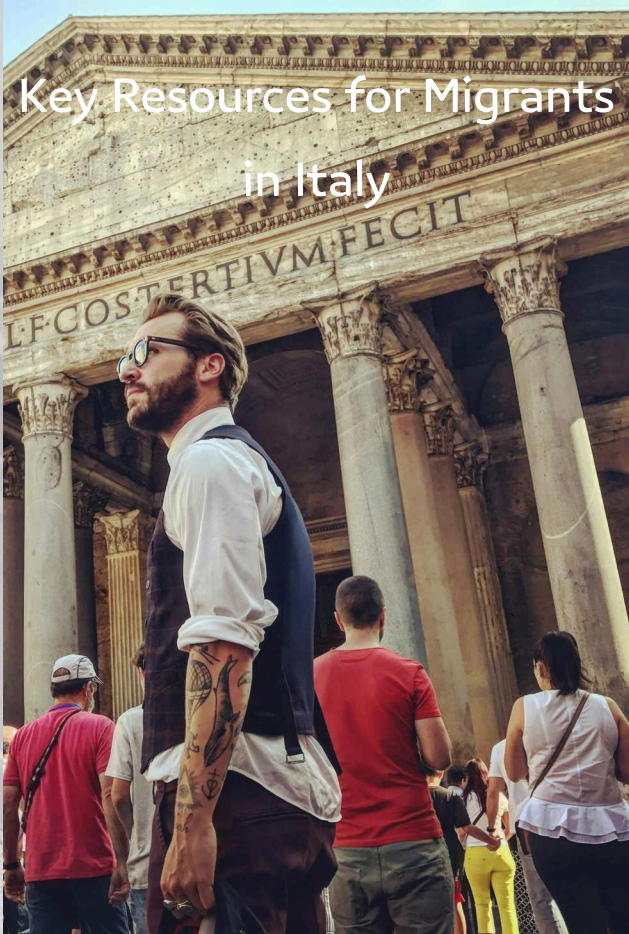
Success stories Italy



Key Resources for Migrants
in Poland



Key Resources for Migrants
in Italy



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Success stories Poland

Migration is more than just a physical move from one place to another; it's a journey through new cultures, languages, and life challenges. For many Ukrainians, Poland has become a new home where they found safety and opportunities for a fresh start. In this section, we present the stories of those who moved to Poland, whether to escape conflict or seek new prospects.

These stories illustrate the remarkable resilience and determination of individuals who faced obstacles but found their path to success in a new environment. From adapting to a new language and culture to achieving professional milestones, these stories serve as an inspiration and show how, with support, self-belief, and perseverance, one can overcome any challenge.

Discover these compelling stories and see how people who became part of Polish society not only adapted but also brought new ideas and energy to their new homes.



Nataliia Husiak

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: February 2022

Nataliia's peaceful life in a small Ukrainian town was abruptly shattered by the onset of war. With the sky lit up by explosions and the ground shaking from artillery fire, she faced the agonizing decision to leave her homeland for the safety of her children. After a grueling 26-hour journey, she and her family arrived in Poland, where they found a new home and a hopeful future.

Read more about her courageous journey, the challenges she faced, and how she is now helping others through her experiences.

[Read more](#)



Kateryna Stasiuk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: January 2017

Kateryna moved to Poland in search of new opportunities and fresh starts. Facing language barriers and financial challenges at the beginning, she overcame these obstacles with determination and the support of kind people. Today, she is the Deputy Director of a business incubator and runs her own language school, helping others break through language barriers.

Discover more about her journey to success, future plans, and how her experience can inspire you.

[Read more](#)



Kateryna Shukh

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Kateryna's life in Mariupol, a coastal city in Ukraine, was forever altered by the outbreak of war in 2014. For years, the conflict wreaked havoc on her region, but it wasn't until February 24, 2022, that the war fully consumed her city, forcing her to flee for her life. Her journey led her to Poland, where she faced the immense challenge of rebuilding her life and continuing her mission of helping others affected by the conflict.

Discover her story of resilience and dedication, and how she turned her personal struggles into a beacon of hope for others.

[Read more](#)



Oksana Priadko

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Oksana fled Ukraine due to war, arriving in Poland in March 2022. She adapted by volunteering and eventually found work assisting migrants in Wrocław. Despite challenges like discrimination, she has made significant strides, including speaking at Wrocław University.

Her goal is to start a family and inspire others.

Her motto: "Never give up. Believe in yourself."

[Read more](#)



Arpan Bhatia

Country of Origin: India

Country of Arrival: Poland

Migration Date: May 2013

Arpan moved to Krakow after a tourist visit. Despite bureaucratic hurdles and challenging jobs, he eventually found a leadership role in an Indian company. He has experience in various fields and is now focused on buying a home and expanding his photography business.

He advises others to focus on daily progress and offers help with adapting to local culture.

[Read more](#)



Bauyrzhan Syzdykov

Country of Origin: Kazakhstan

Country of Arrival: Poland

Migration Date: October 2021

Bayrzhan moved to Poland driven by his interest in English and Western lifestyle. Initially struggling with orientation and language barriers, a dormitory neighbor helped him adjust. After a difficult start at the University of Economics in Cracow, he transferred to Cracow Academy of Modrzewski, where he fit in better and improved academically. Currently, he's interning at the Consulate of Malta.

Bayrzhan's future plans include working in diplomacy and starting a business in Poland. His story encourages others to persevere through challenges, as success comes with persistence.

[Read more](#)



Nataliia Melnyk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Nataliia's peaceful life in northern Ukraine was disrupted by the threat of war in March 2022. Fleeing her home near the Belarusian border, she and her family made the difficult journey to Germany. After months of struggle, they moved to Krakow, where her children adapted to Polish schools, and Nataliia rebuilt her career, helping other refugees.

Read more about her inspiring journey, the challenges she overcame, and how she now supports others in pursuing their dreams.

[Read more](#)



Oleksandra ta Volodymyr Basyk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: April 2017

Oleksandra and Volodymyr moved to Poland for better financial opportunities. They faced challenges with an unreliable employer and language barriers but adapted quickly. Over time, they improved their financial situation and integrated well into Polish society.

Their advice: Overcome fear, learn the local language, and stay open to new opportunities.

[Read more](#)



Yevheniia Taradaika

Country of Origin: Ukraine

Country of Arrival: Kraków, Poland

Migration Date: March 2022

Yevheniia fled to Kraków due to the war. She started support groups for Ukrainian women with World Without Orphans. Despite challenges, she established the "Jest Nadzieja" Foundation, now supporting over 1,000 people.

Her work includes language courses, community events, and supporting local businesses. Yevheniia dreams of peace in Ukraine and continues to help others adapt and integrate.

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Tarik Bolat

Country of Origin: Turkey

Country of Arrival: Germany

Migration Date: September 2011

Tarik moved to Poland to study and experience new cultures. He adapted by learning Polish and skiing to handle the winter. With degrees in health sciences and project management, he worked with major companies like Google and Capgemini.

Now in Germany, he is pursuing a master's in organizational psychology and works as a Senior Talent Acquisition Partner. His goal is to lead an international HR department. Tarik encourages others to embrace new opportunities and overcome challenges.

[Read more](#)



Daria Dodonova

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Daria moved to Poland with her children to escape the war. She focused on finding work and learned Polish on her own to overcome language barriers.

Previously, she worked in lamp production in Ukraine but now creates lamps featuring Krakow views for tourists. Her goals include collaborating with interior designers and restoring old lamps.

Daria plans to help other refugees by offering jobs in lamp production and is thankful for the support she has received.

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Success stories Italy

Italy, with its rich cultural heritage and diverse opportunities, has become a new home for many migrants from around the world. In this section, we have gathered the stories of those who found their path to success in this beautiful country. Migrants arriving here in search of a better life have faced numerous challenges but have overcome them through determination and support from local organizations.

These stories highlight how adapting to a new country can be a crucial step in achieving personal and professional goals. From overcoming language barriers to creating new opportunities for themselves and their families, these individuals demonstrate the strength of spirit and ability to integrate into a new society.

Explore these stories and learn how migrants in Italy not only found a new home but also realized their dreams by navigating the obstacles on their path to success.



Bouna

Country of Origin: Senegal
Country of Arrival: Italy
Migration Date: July 2007

Bouna moved to Italy and was scammed by a music agent, losing his money and passport. He took an Italian language course and received support from HESED for accommodation and work.

Bouna's goal is to secure a stable job and advises other migrants to learn the local language and integrate into the host country's culture.

[Read more](#)



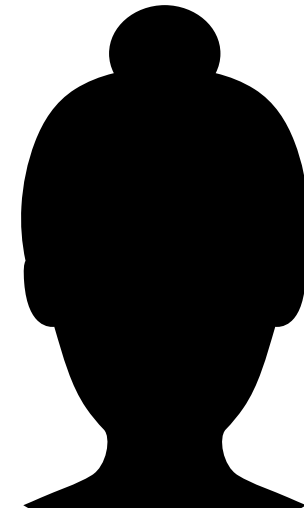
Ernest

Country of Origin: Nigeria
Country of Arrival: Italy
Migration Date: September 2001

Ernest arrived in Italy and was hosted by family. He faced no major challenges but struggled to continue his studies due to economic issues.

He took a forklift course and now works as a truck driver. Ernest's goal is to start his own business. He advises other migrants to pursue free technical courses and learn the local language quickly.

[Read more](#)



Rachida

Country of Origin: Morocco
Country of Arrival: Italy
Migration Date: 1999

Rachida arrived in Italy alone and joined her husband. She worked in Novi Ligure and overcame language barriers with S.Egidio courses. Despite limited education, she supported her family through various moves, seeing her daughter become a nurse.

Her goal is to obtain Italian citizenship and advises new migrants to quickly learn the language and understand strict immigration rules.

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Mahadou Mahadiou

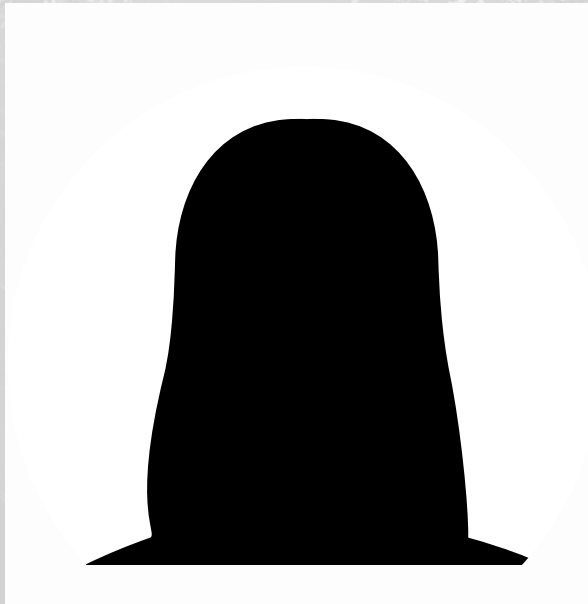
Country of Origin: Guinea
Country of Arrival: Italy
Migration Date: July 2016

Mahadou arrived by boat and was initially placed in Calabria before moving to Novara. After a failed asylum application, GRUPPO HESED helped him secure a humanitarian permit, find housing, and get a job in Parma.

Mahadou completed middle school in Italy and now enjoys stable employment and good living conditions. He plans to reunite with his family in Guinea.

He recommends seeking support from organizations like Hased for a smooth integration process.

[Read more](#)



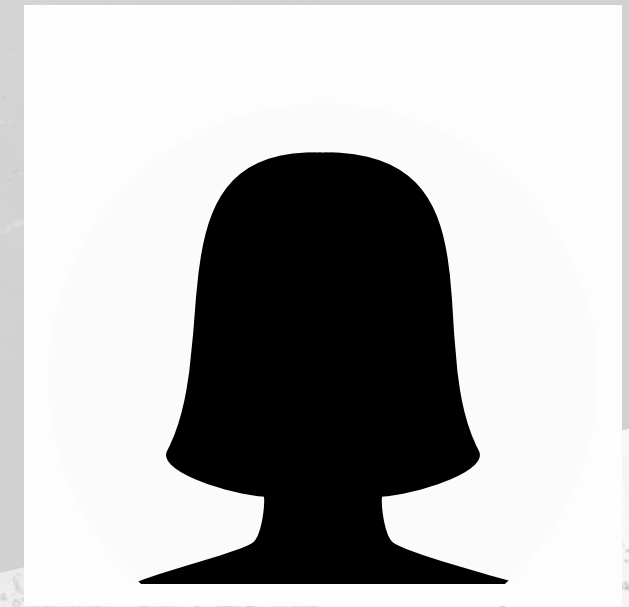
Elif

Country of Origin: Turkey
Country of Arrival: Italy
Migration Date: December 2008

Elif moved to Italy with her family to join her father. She overcame language barriers, completed her education, and secured a job, home, and car. She aims to advance her career and start a family.

Her advice for refugees: Learn the language, complete your education, and seek support, like she did from GRUPPO HESED.

[Read more](#)



Fatima

Country of Origin: Morocco
Country of Arrival: Italy
Migration Date: 2000

Fatima moved to Italy to join her husband. She faced challenges with language and transportation but has since settled with her family in Lumellogno. She achieved stable housing, her husband's regular employment, and Italian citizenship.

Her advice: Secure a job contract before migrating and learn the language quickly.

[Read more](#)



Ibrahim

Country of Origin: Somalia
Country of Arrival: Italy
Migration Date: August 2022

Ibrahim arrived in Italy by boat and initially stayed with Red Cross in Lampedusa. He faced challenges such as lack of funds and employment but improved his situation by learning the language and completing his education, including a course in IT and mediation.

His achievements include obtaining a regular job and aspiring to start his own family. He advises other refugees to stay patient, motivated, and to learn the language quickly.

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Željka

Country of Origin: Serbia
Country of Arrival: Italy
Migration Date: December 1998

Željka moved to Italy to study music. She initially struggled with the language and loneliness but adapted by learning Italian and building a support network.

She graduated from the conservatory, specialized in music therapy, and now works in public schools. Her achievements include a successful music career and personal integration into Italian society. She advises others to be dedicated and confident.

[Read more](#)



Nicola

Country of Origin: China
Country of Arrival: Italy
Migration Date: July 1983

Nicola was born in Italy to Chinese parents. After struggling with unstable work and housing, he received support from Sister Regina and HESED, who helped him build confidence and prepare a strong CV. In 2022, he secured a job at Amazon, where he is now training to become a manager.

Nicola advises other migrants to learn the language quickly, pursue technical courses, and integrate into the local culture.

[Read more](#)



Hassan

Country of Origin: Morocco
Country of Arrival: Italy
Migration Date: 2016

Hassan, 25, migrated from Morocco to Italy in 2016. Despite early challenges with housing and education, he learned Italian, completed a welding course, and secured an apprenticeship.

Hassan aspires to specialize in underwater welding and encourages other migrants to stay motivated and pursue education.

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Expanding the view: Detailed stories of migrant triumphs

Having provided a concise overview of the inspiring journeys of migrants in Poland and Italy, we now invite you to delve deeper into these remarkable stories. The shortened versions you have just read offer a snapshot of the challenges, achievements, and transformations experienced by these individuals. They highlight the essence of each story, providing a glimpse into their unique paths and the resilience they have shown.

In the following section, we present the full versions of these stories. Here, you will find a more comprehensive exploration of each individual's migration journey, including detailed accounts of their struggles, triumphs, and the profound impact they have made in their new communities. These full stories will offer you a richer understanding of their experiences, providing insights into how they navigated the complexities of migration and found success and fulfillment in their new homes.

As you read these detailed narratives, we encourage you to reflect on the common threads that run through each story—courage, perseverance, and the unwavering hope for a better future. By immersing yourself in these accounts, you will gain a deeper appreciation for the diverse ways in which migrants build new lives and contribute to their adopted countries.

This transition text serves to connect the summaries with the full stories, emphasizing the value of delving into the more detailed accounts and preparing the reader for a deeper exploration of each individual's journey.



Nataliia Husiak

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: February 2022

Nataliia Husiak lived a simple yet fulfilling life in a small town in western Ukraine. Her days were filled with work at a medical college, and her evenings were spent in the warm company of her family. But one day, this peaceful life was shattered. A war that once seemed distant and unreal suddenly became terrifyingly close. The sound of sirens and explosions forced her to make the most difficult decision of her life—to leave her home to protect her children. As she packed the essentials and said goodbye to her home, she also had to part from her loved ones—her husband, grandparents, and the familiar surroundings. The journey to Poland was long, lasting 26 hours, and filled with anxiety and uncertainty. However, after many hours on the road, they finally reached Poland, where they were welcomed with open arms. Kraków became their new home, providing not just shelter but also hope for a better future.

Her first steps in the new place were challenging, but Nataliia quickly realized that support and information were key to adaptation. She joined the UAinKraków group on Facebook and the Telegram community "Ukrainky w Krakowie," where she found the answers she needed. There, she learned about the necessary documents for legalizing her stay, chose the best schools for her children, and found support from other Ukrainians who were in similar situations. Faced with difficulties at every turn, Nataliia did not give up. To overcome the language barrier, she attended free Polish language courses and studied independently—reading books and watching movies in Polish. Over time, her communication skills improved, helping her to resolve many issues.

The isolation and loneliness that accompany every migrant were another challenge, but Nataliia found solace in communities supporting Ukrainians in Poland. She joined personal development courses and even discovered a new passion—coaching. This unexpected course became a turning point for Nataliia. She began actively developing in this new direction, completed a year-long coaching course, and joined the Stella Virium project, which helped her further enhance her skills. This led her to Warsaw, where she completed a course in systemic and group coaching.

Today, Nataliia not only conducts training sessions for women, focusing on developing their personal and professional skills, but she also dreams of opening her own personal development center. She aims to create a place where people can find support, motivation, and the tools they need to achieve their goals. Additionally, she plans to write a book that will reflect her experiences and the knowledge she has gained over the years.

Nataliia Husiak's story is not just about the challenges of migration but also about strength, resilience, and faith in the future. It shows that even in the most difficult circumstances, new opportunities can be found, potential can be unlocked, and a new, successful life can be built.

Would you like to learn more or receive support? Nataliia Husiak—a Doctor of Chemistry and a certified coach—is ready to share her experience and help you achieve your goals.

Contact her at: natalia.osadca@gmail.com.



Kateryna Stasiuk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: January 2017

Kateryna Stasiuk led a humble yet determined life in her homeland of Ukraine. Her days were filled with her work and the comforting presence of her family. However, her peaceful life was abruptly changed. Seeking better financial opportunities, she made the monumental decision to leave her home and start anew in Poland.

The journey was far from easy. With limited resources—200 dollars and 300 zł—Kateryna's immediate goal was to find work as quickly as possible. Her initial steps were daunting, from navigating the new city of Kraków to securing employment. She began working as a nanny for a two-year-old girl, marking the beginning of her new life.

The challenges she faced were numerous, with the language barrier being one of the most significant. Arriving in Poland without knowing any Polish made even simple tasks overwhelming. Finding an apartment, for instance, was particularly difficult. Yet, the kindness of others helped her immensely. People communicated with her in various ways—English, Russian, and even sign language. Her friend, with whom she stayed for the first month, offered valuable support. Gradually, as she connected with new people and families, she learned about essential resources and opportunities, such as finding medical care and improving her language skills. Back in Ukraine, Kateryna had completed her education in early childhood pedagogy and journalism. Upon moving to Poland, she pursued further education in accounting and finance during the COVID-19 pandemic. Now, she is considering higher education options in Poland to gain European qualifications.

Her professional journey has been diverse and transformative. Over seven years, she worked in various roles, including a cleaner, housekeeper, receptionist, and project coordinator. Today, she is the Deputy Director of a business incubator, where she supports entrepreneurs and manages a team of account managers. Additionally, she runs her own language school, helping hundreds overcome language barriers. Kateryna's journey was not without personal struggles. She faced significant emotional challenges and periods of isolation, but she has emerged stronger and more determined. Her current goals include pursuing further studies, expanding her language school, and launching a new training direction focused on the legalization of residence and work for foreigners. She believes these trainings will benefit both foreigners and Polish employers. She also plans to develop her personal blog to inspire others and share her experiences.

Kateryna's story exemplifies resilience and the power of pursuing one's dreams despite adversity. It illustrates that even in the toughest situations, opportunities for growth and success can be found.

Would you like to learn more or seek support? Kateryna Stasiuk, a dedicated entrepreneur and advocate for migrants, is ready to share her journey and help you achieve your goals. Contact her at: biuro@sk-akademia.com.



Kateryna Shukh

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Kateryna Shukh lived her whole life in the coastal city of Mariupol, in the Donetsk region of Ukraine. For years, her life was marked by the ongoing war in the region, which brought destruction and loss to many. Despite the proximity of the conflict, Mariupol endured, and life continued amidst the constant threat of violence. The situation in Mariupol worsened, and by February 24, 2022, the city was engulfed by the war. This devastating turn of events led to the destruction of Mariupol, claiming the lives of many of her friends and compelling Kateryna to flee for her safety. The choice of her new country became Poland, driven by the urgency to protect her life.

Upon arriving in Poland, Kateryna was overwhelmed by the shock of the situation. The journey to Warsaw took 72 hours, and she was deeply distressed by the news about her hometown and the lack of contact with her remaining family members. Determined to act, she immediately began volunteering, meeting others who had fled similar horrors. She organized evacuations and provided humanitarian aid, striving to help those in need. The hardest part for Kateryna was the separation from her family. Her grandparents chose to stay behind, unable to believe the severity of the conflict, while her mother remained in Mariupol to help evacuate people as the president of a women's association. The uncertainty and fear during the initial weeks were immense, exacerbated by the ongoing destruction of her city. Despite her best efforts to arrange evacuations and support from Poland, the scale of the disaster was overwhelming. Her involvement in volunteering and helping others became a crucial coping mechanism, preventing her from succumbing to despair.

In Ukraine, Kateryna was a psychologist and art therapist, working with individuals affected by war and violence. She conducted individual consultations, facilitated art therapy groups, and provided training on topics such as burnout prevention and domestic violence. Her work extended beyond Mariupol to the surrounding areas affected by the conflict. Upon her arrival in Poland, Kateryna quickly adapted to her new role. Within the first month, she secured a position as a psychologist working with Ukrainian refugees in a municipality near Warsaw. Her experience with displaced persons and involvement in international projects made her well-suited for this role. She successfully collaborated with others to create and implement five support projects for Ukrainian refugees. Additionally, she began studying psychotraumatology to understand local practices and gain Polish qualifications. One of her proudest achievements is finding balance and supporting her family amidst such adversity. She has been involved in charity projects, helping thousands of Ukrainian refugees and children. Her work has earned her recognition, including an invitation to present at the International Conference on Violence in London and being listed as a prominent refugee in the Visa Pioneer 20.

Looking to the future, Kateryna hopes for peace in her home country and dreams of finding a stable home where her family can live safely and happily together. Her greatest aspiration is to enjoy life with her loved ones close by and secure. Kateryna's experience offers valuable lessons for other refugees and migrants. She emphasizes that life and family are the most precious things, and despite the challenges, one can overcome almost anything. She advocates for the importance of communication and staying connected, which can help overcome isolation and fear. Additionally, she highlights that investing in oneself is crucial and that one's experiences and education remain valuable, even in the face of destruction.



Oksana Priadko

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Oksana Priadko's life was irrevocably altered by the onset of war in Ukraine, leading her to embark on a journey that would take her from her homeland to Poland. Originally from Ukraine, Oksana found herself forced to migrate due to the escalating conflict on her country's territory, with her official move occurring on March 1, 2022.

Upon arriving in Poland, Oksana faced a myriad of challenges as she adapted to her new environment. Her initial steps involved immersing herself in the local community by meeting new people and utilizing official sources of support. She began living with a Polish family, which provided her with a stable foundation while she navigated the complexities of her new country. Understanding local rules and regulations, including those related to employment, was crucial for her integration. Moreover, Oksana dedicated herself to volunteering, offering her support to other Ukrainian refugees who shared similar experiences of displacement.

The migration process was not without its difficulties. Oksana encountered several unforeseen challenges, such as dealing with employers who attempted to avoid fair compensation and confronting societal biases that perceived Ukrainians as less educated and poorer compared to their Polish counterparts. Additionally, although she had previously learned Polish in Kyiv, she had to further refine her language skills upon settling in Poland. Adapting to the different community laws and social norms also posed significant hurdles.

Despite these obstacles, Oksana's resilience shone through. Her professional journey in Poland began with a four-month volunteer position, supported by an American organization. Following this, she took on a temporary role as a sales consultant in a clothing store. While working in this capacity, she simultaneously searched for an office-based position, which led to her current role as a consultant at the municipal point for migrants and refugees in Wrocław. In this position, she assists migrants from across the globe in adapting to life in Wrocław, helping them with the legal aspects of their stay and work, and conducting informational meetings to support their integration. Oksana's commitment to her professional development is evident in her achievement of passing the government language exam with a B1 level in Polish. She has also made notable contributions through her public speaking engagements, including a significant presentation at Wrocław University of Science and Technology. There, she addressed an audience of 50 students from 19 different countries on the topic of legalization of stay for foreign students.

Looking ahead, Oksana aspires to build her own family and inspire others to reach their potential. Her personal motto reflects her optimistic outlook on life: "Success is not final. Failures are not fatal. All that matters is the courage to continue."

Oksana's experiences underscore the value of perseverance and self-belief. She encourages fellow refugees and migrants to remain resilient, embrace new opportunities, and connect with others, as these actions can lead to transformative and positive outcomes in their lives.



Arpan Bhatia

Country of Origin: India

Country of Arrival: Poland

Migration Date: May 2013

Arpan Bhatia's journey from India to Poland began with a summer visit to Krakow in 2013. Initially arriving as a tourist, Arpan was captivated by the city's vibrant atmosphere and tranquil environment, which inspired him to make a more permanent move. Upon his arrival in Poland, Arpan faced the complexities of bureaucratic processes. Navigating the paperwork was challenging, requiring multiple visits to the immigration office. He advises future migrants to arrive early to avoid long queues, a small but crucial tip for managing administrative hurdles.

Arpan's early experiences in Poland included settling into a modest apartment and starting a job in customer service. The position was demanding, as it required both leading a team and handling an eight-hour shift of constant phone calls. Despite the difficulties, Arpan was grateful for his first job in Europe and persevered through the challenges. Over time, he transitioned through several roles before finding satisfaction in a leadership position at an Indian-based company.

In Poland, Arpan has accumulated diverse professional experiences across customer service, finance, IT, and management. His career has also allowed him to explore his passion for photography through various side projects. Although Arpan did not pursue formal education in Poland, he engaged in continuous learning by taking random Polish language courses both online and offline. This ongoing effort has helped him adapt to his new environment.

Among his significant achievements, Arpan has upgraded to a larger apartment and aims to purchase a property soon. He has traveled abroad three times a year and secured a fulfilling job with supportive colleagues. These milestones reflect his successful adaptation to life in Poland. Looking ahead, Arpan envisions owning a house, expanding his travel experiences, and growing his photography business. He also has aspirations of starting a new business in the near future.

Arpan's experience underscores the value of gradual progress and perseverance. He offers support to fellow migrants by helping them become familiar with their new city and culture. His personal philosophy is to focus on daily progress rather than immediate success, emphasizing that consistent, incremental steps drive long-term achievements.



Bauyrzhan Syzdykov

Country of Origin: Kazakhstan

Country of Arrival: Poland

Migration Date: October 2021

Bauyrzhan Syzdykov's journey from Kazakhstan to Poland began with a deep interest in the English language and a desire to experience Western lifestyle, which contrasted with his country's mentality. This attraction ultimately led him to migrate in October 2021.

Upon arrival in Poland, Bauyrzhan's initial steps involved applying to university through an agency. On his first day, he was shown around the city and introduced to his dormitory, which helped him begin settling into his new environment.

One of the significant challenges Bauyrzhan faced was orienting himself in an unfamiliar city and dealing with university documentation while struggling with the Polish language. His situation improved with the help of a supportive dormitory neighbor who had been living in Poland for several years, offering invaluable assistance during this adjustment period.

Academically, Bauyrzhan started his studies at the University of Economics in Cracow. However, he initially struggled to integrate with the group due to shyness and the lack of Russian-speaking peers. After facing difficulties in his second semester, he decided to transfer to Cracow Academy of Modrzewskiego, where he quickly found a better fit and improved his academic performance. Currently, Bauyrzhan is gaining professional experience through an internship at the Consulate of Malta in Cracow.

In terms of requalification or further education in Poland, Bauyrzhan chose to start afresh rather than pursuing a Master's degree from his home university.

Among his achievements, Bauyrzhan is particularly proud of his successful integration into the Polish social circle, which is often challenging for new migrants. Professionally, his internship at the Consulate of Malta stands out as a significant accomplishment.

Looking forward, Bauyrzhan aims to continue working in the field of diplomacy, with aspirations towards positions in embassies of other countries and possibly starting his own business in Poland.

Bauyrzhan's experience offers hope and encouragement to other refugees and migrants. He emphasizes that even when situations seem overwhelming and discouraging, perseverance can eventually lead to success and rewards. His story highlights the importance of resilience and determination in overcoming the challenges of migration.



Nataliia Melnyk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Nataliia Melnyk migrated to Poland in March 2022. She comes from a small town in northern Ukraine, which was at high risk due to the threat of invasion from Belarus at the onset of the full-scale war in Ukraine. Her town was just 150 km from the border, creating a very dangerous situation. Concerned for the safety of her family, especially her sons, Nataliia did not know what to do. The manager of the company where her husband worked offered them an opportunity to stay in a small guesthouse in Germany to wait out the danger. They did not expect to be away for long. The journey to Berlin was very challenging due to long queues at the Polish border, but volunteers were very helpful. Upon arrival in Germany, they settled in small, fully-equipped apartments. The guesthouse owners were very supportive and helped them get started. Nataliia primarily focused on finding integration courses to learn German, which not only helped her with the language but also allowed her to connect with other Ukrainians.

The biggest challenge in Germany was the language barrier and the lengthy process of dealing with documentation. They lived in a small town with few Ukrainians, which limited their opportunities for integration and social interaction. The children rarely went outside, and finding work without knowing the language was nearly impossible. Seeing no professional prospects for herself, Nataliia decided to move to Krakow in October. There, her older son became a student at WSZiB, studying Computer Science, and her younger son quickly learned Polish and started attending a Polish school, where he made friends among other Ukrainians. In Ukraine, Nataliia worked as a teacher specializing in economics and IT at a vocational school. She also served as a career center manager and completed retraining courses to become a career advisor and coach.

While in Germany, Nataliia volunteered for a project called "Career Counseling for Ukrainians Abroad," helping Ukrainians who had moved to Germany and Poland. In both Germany and Poland, she intensively studied the language and gained knowledge in career counseling, career orientation, and starting a business. She enhanced her qualifications through various courses in Poland.

Her greatest achievements after migration include her dedication to helping Ukrainians and sharing her extensive experience. In February 2023, she became a volunteer at the Salam Lab Foundation in Krakow, assisting with organizing events for Ukrainians. From June 2023, she was offered a position as a career activation trainer, leading training sessions on career counseling and entrepreneurship at Miejscu Otwartym, the Intercultural Integration Center in Krakow. During this time, she organized over 40 events with more than 400 participants. These changes were significantly influenced by the "Spread Your Wings" project of the Stella Virium Foundation, which acted as a catalyst for transformation in her life. It gave her faith in her uniqueness, filled her with strength, and inspired further professional development. During this project, she acquired valuable knowledge and skills that helped her join the team of career activation trainers for Ukrainians at the Salam Lab Foundation. After completing the project, she received funding for coaching education and recently finished postgraduate studies, enhancing her recruitment skills. This month, she began working as a career advisor at the Polish Center for International Aid as part of the "Together to Independence" project.

Nataliia's future plans involve continuing her development in career counseling and coaching to assist even more people. As an Ambassador of Entrepreneurship, she dreams of supporting both youth and adults in starting their own businesses. She has tested this possibility at the Salam Lab Foundation, where she conducted weekly "My First Business" trainings and organized Business Intensives for women in a mastermind format over ten weeks. She aspires to further growth in this direction. Her experience can inspire other refugees and migrants to believe in their abilities, pursue development, and not give up in the face of challenges. She encourages others to believe in their dreams, as they can become a reality.

In addition to her success story, Nataliia has long studied and worked with dreams. Even in Krakow, she led several future planning workshops, such as "Dream Flower" and "Dream Letter."

She often repeats quotes like, "It is worth believing in your dream, and the possibilities around will blossom."



Oleksandra ta Volodymyr Basyk

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: April 2017

Oleksandra and Volodymyr Basyk migrated to Poland in April 2017 due to financial difficulties. Initially, Volodymyr was offered a job in Poland, and two years later, Oleksandra and their two daughters joined him. The long separation was a significant challenge for the family.

Upon arrival in Poland, Volodymyr focused on settling in. He received assistance from a contact already living in Poland, which helped him secure an apartment and a job. After settling in, Oleksandra rented an apartment for the family and traveled back to Ukraine to bring their daughters to Poland. Upon their arrival, they quickly arranged schooling for the children and completed all necessary paperwork. Oleksandra found work in her field through the support of friends.

The family faced several challenges. The first was Volodymyr's experience with dishonesty and lack of respect from his employer, who failed to pick him up from the bus station. Volodymyr was left alone with a dead phone, no money, and limited knowledge of the language. Fortunately, his brother, who had been living in Poland for several years, helped him by picking him up from another part of the country and assisted him in finding a new job. Another significant difficulty for the family was the lack of Polish language skills, which hindered communication. They each coped differently: the children learned the language at school, Volodymyr listened to Polish radio and watched Polish TV, and Oleksandra frequented stores not just for shopping but to listen to conversations in Polish. Over the years in Poland, the Basyk family achieved significant success. They improved their standard of living, enjoying the freedom to buy what they wanted, travel, and live comfortably. They now own two cars and a good apartment, and continue to pursue education and gain experience.

Oleksandra and Volodymyr have seen their careers and financial stability grow. Volodymyr's career development has led to an increase in his earnings, while Oleksandra has gained valuable professional experience and financial stability. Their greatest achievements include their language skills, experience, self-confidence, and overcoming their fears. Looking ahead, their plans involve learning more languages, perfecting their Polish and other skills, purchasing their own apartment, starting a business, and increasing their income.

Their experience can offer valuable insights to other refugees and migrants. They emphasize the importance of overcoming fear, being open to everything, being kind to others, and learning the language of the host country. This approach can open many doors, and people are often willing to help and accept newcomers. They stress that one must not expect others to do things for them; rather, one must actively work towards their goals and be good, fulfilling their duties.

In their story of success, they believe in the power of self-belief and dreaming. With great desire, anything can be achieved. If one does not know how to change a situation, changing one's attitude towards it will lead to adjustments and progress.



Yevheniia Taradaika

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Yevheniia Taradaika migrated to Krakow, Poland, on March 1, 2022, as the Russian Federation began its war against Ukraine. Concerned for the safety of her family, she decided to leave her country due to the escalating threat of conflict. Upon arriving in Krakow, Yevheniia quickly took steps to support her fellow Ukrainians. She collaborated with the organization World Without Orphans on a new project aimed at assisting Ukrainian women who had fled the war. This project involved organizing small support groups of 3-5 women and their children, where Yevheniia provided psychological support, guidance on maintaining physical and mental well-being during crises, and family protection strategies. She led these groups almost daily, helping them navigate their difficult situations and build coping skills. One of the main challenges she faced was finding a suitable location for these meetings. She reached out to a local Catholic priest, who generously allowed her to use his office in the church. Another difficulty was attracting participants to the project. Initially, she tried various methods to recruit women but found that social media was the most effective platform. To her surprise, dozens of women reached out daily, which led to a significant workload but also immense satisfaction from providing help.

When support from World Without Orphans for this project ended, Yevheniia continued the meetings on her own. At that time, around 500 women wanted to stay in touch and support each other in their new country. Despite the additional challenges, Yevheniia embraced this task, ensuring they received the needed support and a sense of community. Fortunately, there was enough space in the church to accommodate the growing community, which expanded to over a thousand people. They organized more support groups, Polish language courses, theater, art, and music classes, and regular communal breakfasts. Additionally, they hosted larger events for over a hundred participants, including concerts, talent shows, and expert talks by doctors, career advisors, and psychologists. To manage these activities and support Ukrainians effectively, they established the Jest Nadzieja Foundation.

The foundation has grown into a large, supportive community that continually aids its members, whether they need funds for medical operations, help starting anew in a foreign country, childcare, or job search assistance. They also focus on integration by teaching Polish language, history, and culture, collaborating with a Polish historian and guide. They run a café to build relationships with Polish locals, who also help knit socks for soldiers in Ukraine. More than 30 women regularly send knitted clothing to Ukraine, and a Polish woman leads therapeutic dance sessions to relieve stress through movement.

Although Yevheniia did not have the opportunity to pursue formal education in Poland, she completed free Polish language courses, entrepreneurship training, and accounting courses. She also participated in webinars and lectures on social work and NGO activities, which equipped her with the skills needed to support her community effectively. Despite her previous career as an English teacher and not utilizing her second degree in organizational management, Yevheniia found great satisfaction in applying her skills practically and supporting the community. Her greatest achievements after migration include founding and managing the Jest Nadzieja Foundation and leading a community of over 1,000 people. This shift from teaching English to managing a large-scale support organization has been transformative. Yevheniia's future plans involve continuing to create a safe space for the Ukrainian community to find support and integration. Her dream is to see the end of the war in Ukraine and to ensure that those who decide to stay in Poland, like herself, continue to benefit from the support and build a better future together.

Yevheniia's experience can inspire other refugees and migrants by showing that starting anew in a foreign country is possible. She demonstrates that building a business or organization in an unfamiliar environment is achievable and that many people are willing to offer support. Her story encourages courage, determination, and faith in one's abilities, proving that with an open heart and willingness to work, significant achievements are possible even in the most challenging circumstances.



Tarik Bolat

Country of Origin: Turkey

Country of Arrival: Germany

Migration Date: September 2011

Tarik Bolat migrated to Germany on September 1, 2011, with the aspiration to study abroad. From a young age, he dreamed of living in a foreign country, experiencing new cultures, and gaining international experience. Germany seemed like the perfect place to realize these dreams. Upon arrival, Tarik's initial focus was on learning the German language and observing daily life in his new environment. Coming from Turkey, he found the winter weather challenging. To cope with the cold, he took up skiing, which he learned while in Germany.

One of the first challenges Tarik faced was adapting to the weather conditions. Although he was aware of the climate differences before moving, he decided to follow local practices to handle the winter better. Additionally, learning German was difficult, especially since his English was not very strong at the time. To overcome this, he experimented with various learning methods beyond traditional classes. He immersed himself in popular culture, explored German cinema, and read local newspapers, which accelerated his language acquisition. By the end of his first year in Germany, he was able to speak German fluently.

Tarik completed his master's degree in health sciences and a postgraduate course in project management in Poland. Over eleven years, he gained experience working for global organizations like Google, Capgemini, and in the consulting and pharmaceutical sectors. Currently, he is continuing his studies in Germany, pursuing a master's degree in organizational psychology as he shifts his career towards human resources (HR).

One of Tarik's significant achievements post-migration was launching his career in finance despite not having a background in the field. The Career Turn program provided him with valuable insights into financial departments within global organizations and how he could leverage his existing skills. This knowledge paved the way for his transition into HR. He now works as a Senior Talent Acquisition Partner for a global pharmaceutical company, recruiting executives through psychodynamic assessments.

Tarik's future goal is to manage an HR department in a global organization on an international scale. He aims to enhance his skills and experience to lead an HR team effectively and support talent development worldwide.

Tarik's experience can offer valuable lessons to other refugees and migrants. He can share insights on language learning and adapting to new cultural and climatic conditions. Additionally, he can provide advice on acquiring new skills and re-skilling to find employment in a new country.

In his own words, Tarik believes that there are numerous opportunities for everyone. His advice is to take risks and explore new paths without fear. He encourages others to speak in the new language they are learning without embarrassment and to ask questions to the right people at the right time.



Daria Dodonova

Country of Origin: Ukraine

Country of Arrival: Poland

Migration Date: March 2022

Daria Dodonova, originally from Ukraine, made the difficult decision to migrate to Poland on March 1, 2022, due to the outbreak of war in her homeland. She arrived in Poland with her two children, facing the daunting challenge of rebuilding their lives in a new country amidst the uncertainty of displacement. Her primary concern upon arrival was securing financial stability for her family, which led her to immediately start searching for employment.

One of the initial hurdles Daria encountered was the language barrier. The Polish language was unfamiliar to her, and communicating effectively was crucial for finding work and integrating into her new community. Determined to overcome this challenge, she took matters into her own hands and began self-teaching Polish. Through persistence and dedication, she made significant progress in learning the language, which greatly facilitated her daily interactions and job search.

Before moving to Poland, Daria had worked in Ukraine for a company specializing in the production of lampshades. Drawing on her previous experience, she began creating unique lamps featuring views of Krakow for tourists. This creative endeavor not only provided a source of income but also allowed her to connect with the local culture and share a piece of Krakow with visitors. Her work quickly gained recognition, helping her establish a foothold in her new environment.

Daria's aspirations extend beyond her current achievements. She dreams of collaborating with interior designers to bring their projects to life, performing maintenance on vintage lamps, and crafting beautiful lighting designs. Her goal is to continue refining her skills and contributing to the field of lighting design, making a lasting impact through her work.

Her experience offers valuable insights to other refugees and migrants, particularly those interested in the field of lamp production. Daria is open to hiring individuals who are eager to work in this area, sharing her knowledge and helping others find their footing in a new country.

Daria is profoundly grateful for the support and kindness she has received during her journey. She appreciates the opportunity to meet compassionate and helpful people who have made her transition smoother. Her story is a testament to resilience and the power of community support, and she remains hopeful for the future as she continues to build a new life for herself and her children in Poland.



Bouna

Country of Origin: Senegal

Country of Arrival: Italy

Migration Date: July 2007

Bouna, a 57-year-old from Senegal, began a new chapter in his life when he migrated to Italy on July 11, 2007. He arrived via a regular flight, filled with hope and excitement about the opportunities that awaited him. His initial experience in Italy was marked by a mixture of promising beginnings and unexpected challenges.

Upon his arrival, Bouna was hosted in a hotel and had the opportunity to participate in a musical tour across Italy. This invitation seemed like a golden opportunity, but it soon turned into a significant setback. The agent who had invited Bouna, a Senegalese music promoter, betrayed his trust by scamming him. This individual not only took all of Bouna's money but also his passport, leaving him in a vulnerable and precarious situation.

Despite these hardships, Bouna's resilience shone through. He managed to navigate the complexities of his new environment and took the first steps towards rebuilding his life. In Italy, he enrolled in an Italian language course in Novara, recognizing the crucial role of mastering the local language in facilitating his integration and improving his prospects.

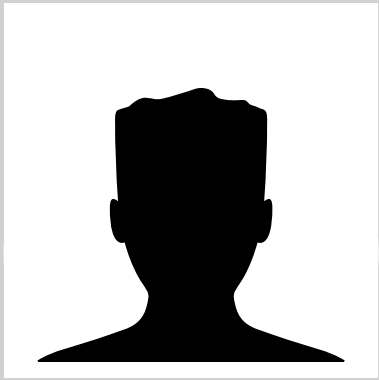
Bouna's educational background in Senegal was extensive and impressive. He had studied at the Conservatoire de l'École des Arts Chorographiques and the Ecole de Musique Traditionnelle et Costumes. Additionally, he earned a Diplôme de Gestion et de Comptabilité (DGC), showcasing his diverse talents and skills. However, despite his rich background, his professional and educational opportunities in Italy were somewhat limited to language studies.

One of the significant challenges Bouna faced was the economic difficulty that prevented him from pursuing further education or obtaining a driving license. However, his perseverance and the support of organizations like HESED played a pivotal role in his journey. HESED not only provided him with financial assistance but also helped him find accommodation and secure employment. This support was instrumental in stabilizing his life in Italy and provided him with a foundation to build upon.

Looking ahead, Bouna aspires to find a stable job rather than continuing with temporary employment. His dream is to establish a more secure and fulfilling career that aligns with his skills and experiences. He remains hopeful that with continued effort and support, he will achieve this goal.

Bouna's experience offers valuable insights for other refugees and migrants. He emphasizes the importance of learning the language of the host country as early as possible and taking advantage of free technical courses. Moreover, he stresses the need for immigrants to integrate into the cultural and social norms of their new country and to adhere strictly to local rules.

Bouna's journey is a powerful testament to resilience, adaptability, and the importance of support networks. His story highlights the challenges of migration and the strength required to overcome them, offering inspiration and practical advice to those facing similar circumstances.



Ernest

Country of Origin: Nigeria

Country of Arrival: Italy

Migration Date: September 2001

Ernest, a 50-year-old from Nigeria, embarked on a significant journey when he migrated to Italy on September 19, 2001. He arrived in Italy via a regular flight, beginning his new chapter with the support of family members already residing in the country.

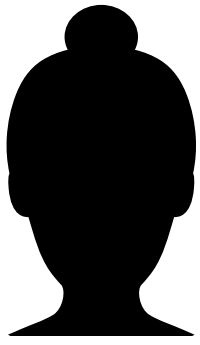
Upon his arrival, Ernest was warmly welcomed and hosted by his family in Italy. This initial support was crucial as it provided him with a stable base from which to start his new life. Despite the change in environment, Ernest did not encounter any major challenges during his early days in Italy. His smooth transition can be attributed to the strong family support system he had in place.

In Nigeria, Ernest had attended a technical school and gained hands-on experience working in a family workshop. This background equipped him with valuable skills and a solid foundation in technical work. However, upon arriving in Italy, he faced economic challenges that prevented him from continuing his education or retraining in his new country. Despite this, he remained committed to advancing his career.

Ernest's greatest achievement post-migration has been his successful transition into the workforce in Italy. He took advantage of technical courses available to him, specifically training to operate a forklift. This qualification led him to a career as a truck driver, marking a significant step in his professional development and stability. Looking forward, Ernest aspires to establish his own business. This goal reflects his desire for greater autonomy and success, building on the skills and experience he has accumulated over the years.

Ernest's experience provides valuable insights for other refugees and migrants. He emphasizes the importance of enrolling in technical courses, many of which are available for free, as a means to develop skills and pursue one's dreams. Additionally, he underscores the critical need to learn the local language as quickly as possible to facilitate integration and improve career prospects.

Ernest's story is a testament to resilience and the importance of leveraging available resources and support networks. His journey highlights the role of family support, the value of technical training, and the significance of language acquisition in achieving success as a migrant.



Rachida

Country of Origin: Morocco

Country of Arrival: Italy

Migration Date: 1999

Rachida, a 45-year-old woman from Morocco, embarked on her migration journey to Italy in 1999. She traveled alone by regular flight, joining her husband, who had already established himself in the country. They initially settled in Novi Ligure, where Rachida began working and the family found a home.

Upon her arrival, one of the biggest challenges Rachida faced was the language barrier. Coming from Morocco with only three years of primary school education, she had limited formal education and struggled with Italian. However, determined to overcome this obstacle, she enrolled in language courses provided by the S.Egidio organization, gradually learning Italian and gaining the ability to navigate life more confidently in her new country.

In Morocco, Rachida had primarily worked in private households, providing cleaning and housekeeping services. Although she did not pursue further formal education in Italy, her commitment to supporting her family never wavered. She worked tirelessly in similar roles, ensuring her family had a stable foundation as they adapted to life in Italy.

After some time in Novi Ligure, Rachida and her husband relocated to Turin, where their first daughter, Fatwa, was born. Later, they moved to Pagliate, where they received significant support from the local community. In Pagliate, Rachida gave birth to two more children, and despite the challenges of daily life—such as walking several kilometers to get the children to school—she remained devoted to her family and their future.

In 2013, the family moved to Lumello, marking the beginning of a more settled chapter in their lives. Rachida's hard work paid off as her children began to achieve their own successes. Her eldest daughter, Fatwa, graduated in 2023 and now works as a nurse in a clinic. Another daughter is married, and her youngest child is still pursuing their education. Rachida's sacrifices and relentless dedication have ensured that her children have the opportunities she dreamed of.

Looking toward the future, Rachida's primary goal is to continue living in Italy and obtain Italian citizenship after 10 years of residency. She is deeply invested in her new country, and obtaining citizenship would solidify her connection to the place she now calls home. Rachida's experience offers valuable insights for other migrants. She highlights the importance of learning the language as soon as possible, as it is essential for integration and success in a new country. She also acknowledges that it has become more challenging to migrate to Italy, especially for family reunification, where only close relatives like siblings can be brought over with a work contract.

Reflecting on her journey, Rachida emphasizes that while the path to success is not always easy, determination, hard work, and support from the community can make all the difference. Her story is a testament to the resilience of migrants and the importance of education, family, and perseverance.



Mahadou Mahadiou

Country of Origin: Guinea

Country of Arrival: Italy

Migration Date: July 2016

Mahadou Mahadiou, a 26-year-old man from Guinea, embarked on a perilous journey to Italy in search of a better life on July 7, 2016. His migration was not easy—he arrived as a clandestine, traveling by boat and facing the dangers that many migrants experience on their way to Europe. After landing in Calabria, he was transferred first to Turin and then to Novara, where he was placed in a cooperative for minors.

Upon arrival in Novara, Mahadou began the difficult process of regularizing his stay. With the support of the cooperative, he applied for asylum, citing political reasons. However, his initial request was denied. Fortunately, the GRUPPO HESED stepped in to help him. A lawyer from the group presented an appeal to the Turin minor court, and through their efforts, Mahadou was granted a residency permit on humanitarian grounds.

Despite gaining legal status, Mahadou faced other significant challenges. One of the most pressing issues was finding stable housing and employment. Once again, with the help of the Hased group, Mahadou found work at a bakery. A volunteer from the association provided him with temporary housing, ensuring that he had a place to stay while he built his new life. Over time, Mahadou was able to secure a permanent job, though it required him to relocate to Parma. The association helped him find a house there by acting as a guarantor with the property owner, ensuring that he could settle in comfortably.

Mahadou's educational background was limited—he had no formal schooling in Guinea. However, after arriving in Italy, he completed middle school, an accomplishment that set him on a path toward self-sufficiency. Although he has no immediate plans to continue his education further, completing his schooling in Italy was a significant achievement for him.

In Italy, Mahadou found not only the stability of a fixed job but also a good home where he could live comfortably. One of his greatest achievements post-migration has been finding everything he needed to establish a stable and fulfilling life. He is grateful for the opportunities that came his way, thanks to the support of organizations like Hased.

Looking ahead, Mahadou has plans to reunite with his loved ones. He has a girlfriend in Guinea, with whom he shares a daughter. His current focus is on preparing the necessary documentation to bring them to Italy so they can live together as a family.

Reflecting on his journey, Mahadou believes that his experience can be valuable for other refugees or migrants. For him, the turning point was finding an association like Hased, which supported him through each step of the process, from obtaining legal documents to finding housing and employment. He emphasizes that having such support is crucial for anyone trying to build a normal life in a new country.

Although Mahadou's path to success has been filled with challenges, his determination, combined with the assistance of key organizations, has allowed him to thrive in Italy. He hopes that by sharing his story, he can inspire others who are facing similar struggles.



Elif

Country of Origin: Turkey

Country of Arrival: Italy

Migration Date: December 2008

Elif, now 28 years old, began a transformative journey when she arrived in Italy on December 17, 2008. She traveled from Turkey with her mother and three brothers to reunite with their father, who had already established himself in Italy. This significant move represented a fresh start for the family, but it also came with a host of challenges. The immediate priority was to secure the necessary residency permits and other documentation essential for settling into their new life. Elif's initial struggles were compounded by a significant language barrier, which made it difficult for her to communicate effectively and integrate into the local community.

Despite these hurdles, Elif's determination to succeed was evident. Her educational journey had been interrupted in Turkey, as she had not completed middle school. Upon arriving in Italy, she committed herself to bridging this educational gap. Through perseverance and hard work, Elif successfully completed both middle and high school, a remarkable accomplishment given the obstacles she faced. She initially pursued higher education at a university, but financial constraints necessitated a pause in her studies. Nevertheless, her resilience enabled her to achieve significant milestones, including securing stable employment, purchasing a car, and acquiring her own home. These achievements marked important steps toward independence and stability.

Elif's story is a testament to the power of perseverance and the critical role of community support in the migration experience. Her ability to integrate into Italian society was greatly facilitated by the encouragement and assistance she received from those around her. This support was instrumental in helping her overcome the language barrier and adapt to her new environment. Elif's accomplishments are a reflection of her unwavering determination and the importance of having a supportive network during times of transition.

Looking to the future, Elif has clear aspirations. She hopes to advance her career and establish a stable family life. Her journey serves as a beacon of hope for other migrants, demonstrating that with resilience, determination, and strong community support, it is possible to overcome significant challenges and build a successful and fulfilling life in a new country. Elif's experience underscores the value of embracing educational opportunities, integrating into the local society, and continuing to strive for personal and professional growth. Her story is a powerful example of how dedication and support can lead to profound transformation and success.



Fatima

Country of Origin: Morocco

Country of Arrival: Italy

Migration Date: 2000

Fatima, a 44-year-old woman from Morocco, began a new chapter of her life in Italy in 2000. She arrived with her husband, who had already established himself in the country. Fatima's migration journey was relatively straightforward as she arrived on a regular flight. Upon reaching Italy, the family settled in Pagliate, marking the beginning of their new life in a foreign land.

Despite the smooth arrival, Fatima faced several challenges as she adapted to her new environment. One of the primary difficulties was the language barrier, which made it hard for her to communicate and integrate fully into Italian society. Additionally, transportation issues posed a significant obstacle, complicating daily life and mobility. These challenges were particularly daunting given that Fatima had never studied in Morocco and had started working at a young age, marrying at 17. Her educational background was limited, and she did not continue her studies upon arriving in Italy.

Fatima's journey in Italy was marked by perseverance and resilience. She and her family eventually moved to Lumellogno, where they established a stable home. Her husband secured regular employment, which provided financial stability for the family. One of Fatima's greatest achievements post-migration was obtaining Italian citizenship, a milestone that symbolized her successful integration into Italian society. Despite the hardships, Fatima's family was able to achieve a regular life, including owning a home and maintaining steady employment.

Looking to the future, Fatima's aspirations revolve around providing her children with opportunities for education and employment. She hopes that her children will have the chance to pursue their dreams and build successful careers, reflecting her commitment to their well-being and future.

Fatima's experience can offer valuable insights to other refugees and migrants. She emphasizes the importance of securing a regular job contract from the outset and highlights the significant impact of overcoming language barriers. Fatima believes that learning the language as soon as possible is crucial for effective integration and success in a new country.

In summary, Fatima's story is a testament to her determination and resilience. Her journey illustrates the importance of adapting to new environments, the challenges faced by migrants, and the rewards of achieving stability and citizenship in a new country. Her experience serves as a beacon of hope and guidance for others navigating similar paths.



Ibrahim

Country of Origin: Somalia

Country of Arrival: Italy

Migration Date: August 2022

Ibrahim, a 20-year-old from Somalia, embarked on his journey to Italy on August 1, 2022, seeking a safer and more stable life. His arrival was marked by significant challenges, as he made the perilous journey by boat and landed clandestinely in Lampedusa. Upon arrival, Ibrahim spent two days with the Red Cross organization, which provided initial support and assistance. He was then transferred to a reception center where he began the process of preparing his asylum request.

The initial phase of Ibrahim's stay in Italy was fraught with difficulties. He was moved to a community where he faced a period of hardship without financial resources or employment opportunities. Despite these challenges, Ibrahim remained determined to build a better future. He enrolled in language courses to learn Italian, which was crucial for his integration and communication. Additionally, he participated in vocational training to acquire skills for future employment.

Throughout his time in Italy, Ibrahim committed himself to education and skill development. He completed his middle and high school education, which provided him with a solid academic foundation. He also undertook courses in information technology and mediation, further enhancing his qualifications and prospects in the job market.

One of Ibrahim's significant achievements since his arrival in Italy has been his ability to secure a regular job, marking a substantial step towards achieving financial independence. His primary dream is to improve his living conditions and eventually establish his own family, reflecting his long-term aspirations for stability and personal fulfillment.

Looking forward, Ibrahim's plans include continuing to advance his career and securing a better quality of life. He emphasizes the importance of patience and motivation for other refugees and migrants navigating similar challenges. His experience underscores the critical role of language acquisition in facilitating integration and opening doors to opportunities in a new country.

In summary, Ibrahim's journey highlights the resilience and determination required to overcome the difficulties of migration. His story serves as an inspiration to others, demonstrating that with perseverance and the right support, it is possible to build a successful and fulfilling life in a new country.



Željka

Country of Origin: Serbia

Country of Arrival: Italy

Migration Date: December 1998

Željka, a 45-year-old from Serbia, embarked on her journey to Italy in December 1998 with a clear goal: to study music at the conservatory. At the age of 19, Željka moved to Italy, equipped with the necessary documents for a residency permit, a place to live, and a bank account. Her first challenge was to acclimate to her new environment and start integrating into the local community, which was complicated by her limited knowledge of the Italian language.

Upon her arrival, Željka faced several hurdles. Learning Italian was a significant obstacle, and she struggled with the lack of a support network. Although she attempted to communicate in English, it was challenging to find people fluent in the language. The absence of friends and family made her feel isolated and lonely. Despite these difficulties, Željka's determination drove her to persevere and adapt to her new surroundings.

Željka's educational journey in Italy was both rigorous and rewarding. She studied at the Conservatory, where she earned her degree and specialized in music therapy and educational support for children with disabilities. To support herself while studying, she worked in a pizzeria and a call center. Her hard work and dedication eventually led to a position teaching in a public school, where she continues to work today. Her musical education, which began at the age of 7, was furthered through these experiences, showcasing her commitment to her passion.

Among her greatest achievements, Željka considers her successful completion of her studies and the establishment of a fulfilling career in music as her most significant accomplishments. Overcoming the challenges of migration, she has built a life where she feels integrated and accepted. Creating meaningful relationships and finding friends who made her feel loved were crucial aspects of her journey. She takes pride in having built her personal and professional life in a foreign country through her own efforts.

Looking forward, Željka hopes to find a partner to share her happiness and continue building her life. She believes that moving to a new country has reinforced her personality and boosted her confidence. Željka's experience underscores the importance of believing in oneself and one's goals to achieve success. She advises other refugees and migrants to remain dedicated to their dreams and to persist through the challenges they face.



Nicola

Country of Origin: China

Country of Arrival: Italy

Migration Date: July 1983

Nicola, a 41-year-old of Chinese descent, was born and raised in Italy. His migration journey began as a child, living with his parents who had moved from China. Initially, Nicola worked in his father's restaurant without a salary or pension benefits. After his father's disappearance, Nicola found himself in a challenging situation, struggling to secure stable work and housing. This period was marked by frustration and uncertainty, as he lacked both a permanent home and financial security.

Nicola's turning point came when he met Sister Regina, who offered him shelter at the Sacro Cuore Institute. Through her, he was introduced to Ezio from the organization HESED, who became a mentor to Nicola. Ezio helped him gain confidence, guided him in preparing a professional CV, and shared valuable insights on how to successfully navigate the job market. In 2022, with Ezio's support, Nicola secured a position at Amazon, where he has achieved strong work results and is now participating in internal courses to advance into a managerial role.

Nicola's educational background in Italy includes studying at ISTITUTO IPP.NIEVO in Belluno, where he began building his skills. Over time, he pursued further training in professional and IT courses to adapt to the evolving job market. These courses not only strengthened his technical skills but also prepared him for a competitive work environment.

Among Nicola's most significant achievements, he counts his successful transition into a stable job, his ongoing professional growth, and his journey toward a managerial position. Grateful for the people who supported him, he is now focused on building his future in Italy and hopes one day to open his own restaurant.

For Nicola, integrating into Italian society was essential. He advises other migrants to learn the language quickly, take advantage of free technical courses, and make an effort to adapt to the cultural norms of the host country. He firmly believes that persistence, adaptability, and a commitment to self-improvement are key to overcoming the challenges of migration.



Hassan

Country of Origin: Morocco

Country of Arrival: Italy

Migration Date: 2016

Hassan, a 25-year-old from Morocco, began his journey to Italy around 2016-2017, hoping to find better opportunities. Traveling through Spain, France, and Switzerland, he eventually reached Italy by train. Hassan initially struggled with housing and language barriers, as he arrived alone and without a permanent place to live. His journey became even more challenging when he accidentally ended up in Switzerland due to a train misdirection, but a kind train controller helped him find his way back to Italy.

Once settled, Hassan took it upon himself to learn Italian. At the age of 14, he worked as a cook in Morocco but wanted to further his education in Italy. He attempted to enroll in the eighth grade, missing the start of the school year on his first try but successfully joining the following year. Determined to build a stable future, he studied during the day and took a mechanics course in the afternoons at Enaip school, although his plans to work in the field were stalled due to document issues.

Hassan's hard work and perseverance paid off when he finally obtained his Moroccan passport, which opened new doors for him. He enrolled in a two-year welding course at the Omar school, which included an internship in Cameri. During this internship, Hassan impressed his supervisors, leading to an apprenticeship offer, which he accepted enthusiastically. He is now working toward becoming a specialized welder, with dreams of taking an underwater welding course to enhance his skills further.

Looking ahead, Hassan's ultimate goal is to advance his career in welding and continue his growth in Italy. His journey has taught him the importance of determination and adaptability. Hassan's advice to other migrants and refugees is to learn the language as quickly as possible and to pursue technical education, as these skills can significantly improve one's chances of finding stable employment and integrating into a new country.

The most important resources for migrants in Poland

1. FUNDACJA ROZWOJU KWALIFIKACJI STELLA VIRIUM

Description: Stella Virium Foundation was established in 2013 to support and promote the idea of lifelong learning. The foundation focuses on projects that enhance professional qualifications, assist marginalized individuals in adapting to new job markets and environments, and encourage diversity and volunteerism in organizations.

- Professional qualification courses
- Support for individuals in socially challenging situations
- Volunteer programs Link: [Stella Virium](#)

2. International Organization for Migration (IOM) in Poland

Description: IOM supports migrants through refugee aid programs, educational projects, and consultations on legalizing their stay in Poland.

- Legal consultations
- Educational programs for integration
- Employment assistance Link: [IOM Poland](#)

3. Office for Foreigners in Poland

Description: This government agency provides official information on obtaining residency and refugee status in Poland.

- Information on residence permits
- Consultations regarding the rights and responsibilities of migrants Link: [Office for Foreigners](#)

4. Association for Legal Intervention

Description: Offers legal aid to migrants and refugees in Poland.

- Legal support
- Assistance in administrative matters Link: [SIP](#)

5. Polish Red Cross

Description: The Polish Red Cross provides humanitarian assistance, legal aid, and support to refugees and migrants arriving in Poland.

- Humanitarian aid
- Legal support
- Crisis intervention services Link: [Polish Red Cross](#)

The most important resources for migrants in Italy

1. GRUPPO HESED

Description: Hesed works to combat food waste by collecting near-expiry products from supermarkets and distributing them to local charity centers for people in need.

- Food collection for redistribution to those in need
- Assistance to individuals in difficult economic situations Link: [Gruppo Hesed](#)

2. CIR – Italian Refugee Council (Consiglio Italiano per i Rifugiati)

Description: CIR provides support to migrants and refugees in Italy through legal advice and integration assistance.

- Legal assistance for asylum seekers
- Educational programs and Italian language courses Link: [CIR](#)

3. ASGI – Association for Juridical Studies on Immigration

Description: ASGI deals with the legal aspects of immigration, providing consultations regarding migrant rights.

- Legal support for migrants
- Assistance with integration Link: [ASGI](#)

4. Refugees Welcome Italy

Description: This social organization helps refugees integrate into Italian society. They offer housing assistance programs, connections with local residents, and support in building social networks.

- Housing assistance
- Social integration programs
- Networking opportunities with local communities Link: [Refugees Welcome Italy](#)

5. Caritas Italiana

Description: Caritas Italiana provides humanitarian assistance, social integration programs, and legal support for migrants and refugees across Italy.

- Social assistance
- Legal help
- Educational support Link: [Caritas Italiana](#)

Pathways to Successful Integration

Migrating to countries like Poland and Italy can be a challenging journey, but with the right resources and support, the transition becomes much smoother. Organizations like Stella Virium in Poland and Hesed in Italy play a crucial role in providing vital services such as education, job training, and humanitarian aid to migrants and refugees.

For migrants in Poland, one of the first steps to success is learning the Polish language, as it opens doors to employment and social integration. Organizations like Stella Virium help individuals build the necessary skills to navigate the Polish labor market, while IOM and the Office for Foreigners offer legal guidance on obtaining residence permits and integrating into Polish society. For those who find themselves in difficult economic situations, organizations such as the Polish Red Cross provide essential humanitarian aid and legal support.

In Italy, migrants face similar challenges, but they are supported by organizations like Gruppo Hesed, which addresses food insecurity and provides practical assistance to those in need. In addition, the Italian Refugee Council (CIR) and ASGI ensure that migrants receive proper legal aid and help with asylum procedures, while Caritas Italiana provides comprehensive social services, from language courses to job placement assistance. Learning the Italian language and adapting to local customs is crucial for building a stable life in Italy, and programs like Reception and Integration assist in that process.

In both countries, patience, persistence, and motivation are key to overcoming obstacles. The stories of migrants like Fatima El Fadili and Ibrahim Diallo serve as an inspiration to others, showing that with the right mindset and resources, it is possible to build a successful and fulfilling life in a new country. Whether it's through education, legal aid, or community support, there are numerous paths to integration, and organizations across Poland and Italy are dedicated to helping migrants succeed.

Final Recommendations:

1. Learn the language as soon as possible—it's the foundation for effective communication and social integration.
2. Seek out legal assistance from reputable organizations like CIR, IOM, or ASGI, which can help navigate the complexities of asylum and residency.
3. Build a support network by getting involved in local communities, volunteer organizations, and programs designed for migrants.
4. Stay patient and motivated—the migration journey is long and challenging, but with persistence, success is within reach.

Migrants should remember that building a new life in a foreign country is a step-by-step process, and with the right resources and support, they can overcome challenges and achieve their dreams.



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