

## **Women who have relocated share stories about the challenges they faced and offer advice to make your journey easier.**

**Interviewer:**

What would you say to people leaving their homeland?

**Kristie:**

I don't think that anyone is alone in this situation. So its finding the right networks, making an effort to integrate into wherever it is that you are at. Cause it's not home, it's not gonna be close to it, but you can make it home.

**Olya:**

I found a lot of friends here. A lot of opportunities have opened up for me, and I already feel Poznan as my second home. And it's cool when you have two homes—not just one—and do not be afraid of it.

**Olena:**

Do not hope that here someone will give you money just like that, that you will always be taken care of. That is, you must rely primarily on yourself, because only you can find a good home for yourself, only you can secure a good life.

**Vera:**

At some point you really know how everything works, but you always have to be open to try new things, learn new things and just always keep it in mind – it's never going to be the same at home, but maybe its going to be even better, if you are really open to new things.

**Anna:**

Create! Create joy around you! Create opportunities and help for other people around you. Multiply positive emotions, multiply the good in this world.

**Victoria:**

And look around for opportunities, look for opportunities and they will always find you.