

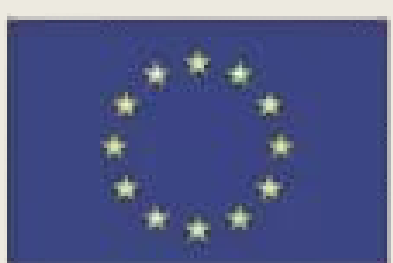
# ADVICE FOR MIGRANTS



# INTRODUCTION

**Fundacja FIRE** is a Polish NGO that helps foreigners integrate into Polish society. Its main goal is to promote cultural exchange practices between Poles and foreigners living in Kielce. Through cultural events organized in English, as well as artistic and sports activities involving both Poles and foreigners, the foundation encourages cohesion between them and prevents the isolation of newcomers.

To facilitate integration into Polish society, the FIRE NGO has launched this ambitious project of e-book. This book is designed to offer practical advice and helpful tips to guide you through the process of settling into your new surroundings. It will provide you with tools and strategies to overcome the initial hurdles, connect with others, and make the most of your experience. Each piece of advice is intended to support you in embracing the new opportunities before you, while helping you stay grounded and confident in your journey.



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# CHAPTER I: HELPFUL TIPS

Moving to a new country is an exciting adventure, but it can also feel overwhelming sometimes. You'll encounter new challenges, unfamiliar customs, and different ways of life. This chapter offers practical advice to help you adapt to your new surroundings and make the transition smoother.





# BE OPEN-MINDED

When adapting to a new culture, keeping an open mind is crucial. Things that may seem strange, confusing, or even uncomfortable at first often have deeper meanings tied to the local culture and history. Instead of judging or dismissing these differences, try to understand them. Why do people behave this way? What values do these practices reflect? By staying curious and open, you'll learn to appreciate the uniqueness of your new environment and build tolerance for things that initially seemed unfamiliar.



Even if you don't become fluent right away, learning basic phrases can make a big difference. Words like "hello," "thank you," and "excuse me" go a long way in showing respect and breaking down barriers. Language is more than just words, it's a window into how people think and live. By making an effort, you'll feel more confident interacting with locals and understanding their culture. Over time, improving your language skills can open doors to new friendships, job opportunities, and cultural experiences that you might otherwise miss.

**Buenos  
días**

**Hello**

**Dzień  
dobry**

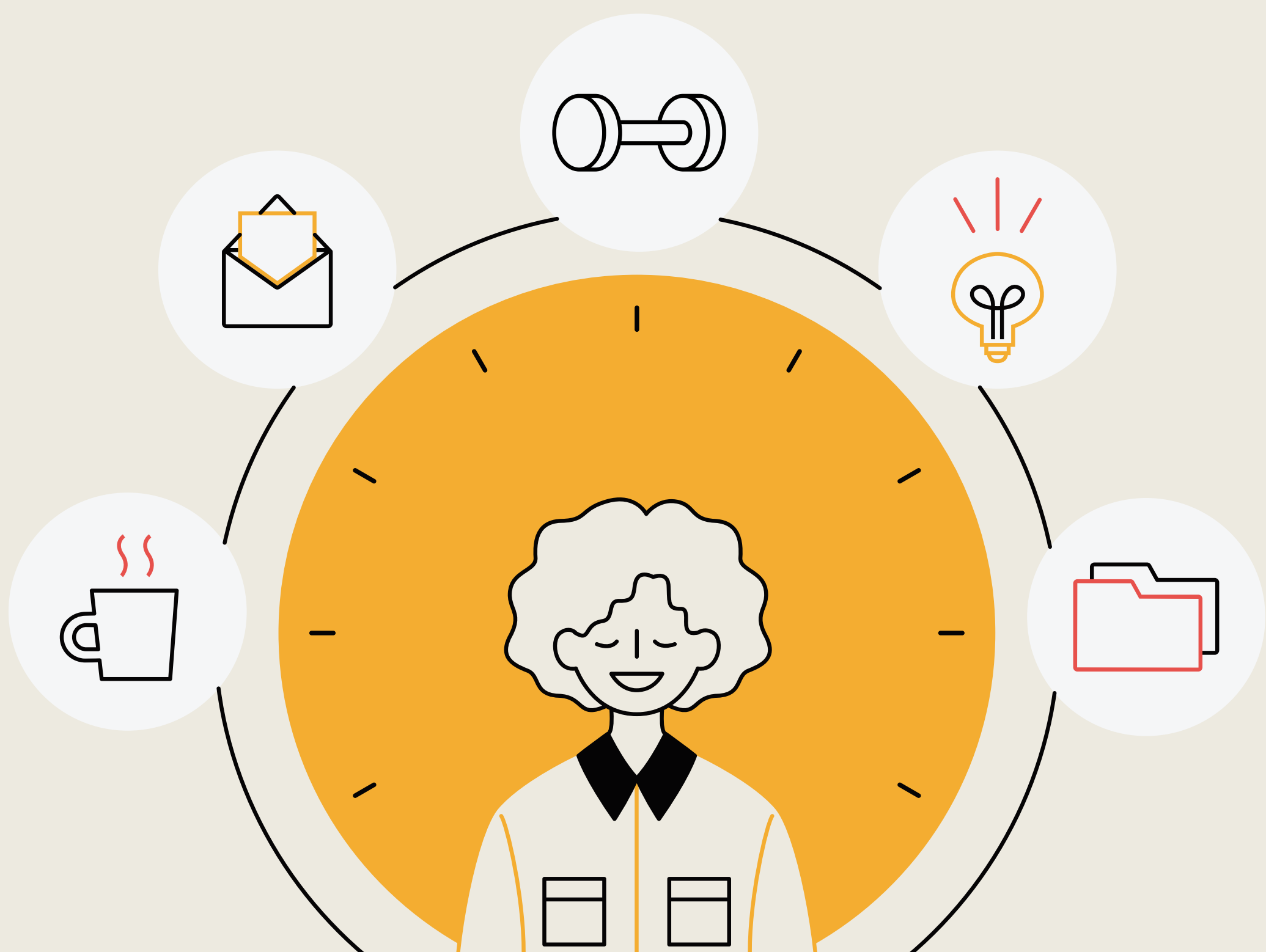
**Bonjour**

**LEARN THE  
LANGUAGE**

你好

# SET UP A ROUTINE

Creating a daily routine is a simple but powerful way to bring stability to your new life. When everything around you feels unfamiliar, a structured day can help you regain a sense of control. Plan regular times for meals, exercise, or exploring your new surroundings. Include activities that remind you of home, like preparing your favorite dish or listening to familiar music. At the same time, add something new, like practicing the local language or trying a cultural activity. Balancing the familiar with the unfamiliar can help you feel more grounded.







Navigating the legal and administrative side of migration can feel complicated, but it's an important step. Research your rights and responsibilities in your new country, including visa requirements, work permits, healthcare, and taxes. Understanding these rules will give you peace of mind and help you avoid unnecessary stress. For example, knowing how to access social services or register for local programs can make settling in much easier. If you're unsure, don't hesitate to ask for help from local organizations or professionals who assist migrants.

**UNDERSTAND  
LOCAL LAWS AND  
RULES**

# IMMERSE YOURSELF IN THE CULTURE

One of the best ways to adjust to a new country is by participating in its traditions and events. Attend cultural festivals, visit landmarks, and try local foods. These activities are not just fun—they also help you connect with the people and the place. Engaging with the culture shows respect and interest, making it easier to build relationships with locals. It's through these experiences that you'll begin to understand the nuances of your new home and feel more like part of the community.





Moving to a new country can sometimes feel lonely, but having a strong support network can make all the difference. Seek out expat groups, community organizations, or local meet-ups where you can meet people with similar experiences. Don't be afraid to reach out to neighbors or colleagues—they may be eager to help or share advice. Building connections will give you emotional support, practical guidance, and a sense of belonging. Remember, you're not alone in this journey, and others are often more than willing to lend a hand.

**BUILD  
A SUPPORT  
NETWORK**



# **STAY FLEXIBLE AND ADAPTABLE**

Life in a new country rarely goes exactly as planned. Unexpected challenges, cultural misunderstandings, or changes in your situation are normal parts of the process. Being flexible allows you to adapt to these changes without feeling defeated. Instead of focusing on what's going wrong, look for creative solutions and new opportunities. Every setback is a chance to learn and grow. By staying adaptable, you'll find it easier to navigate the twists and turns of your journey.



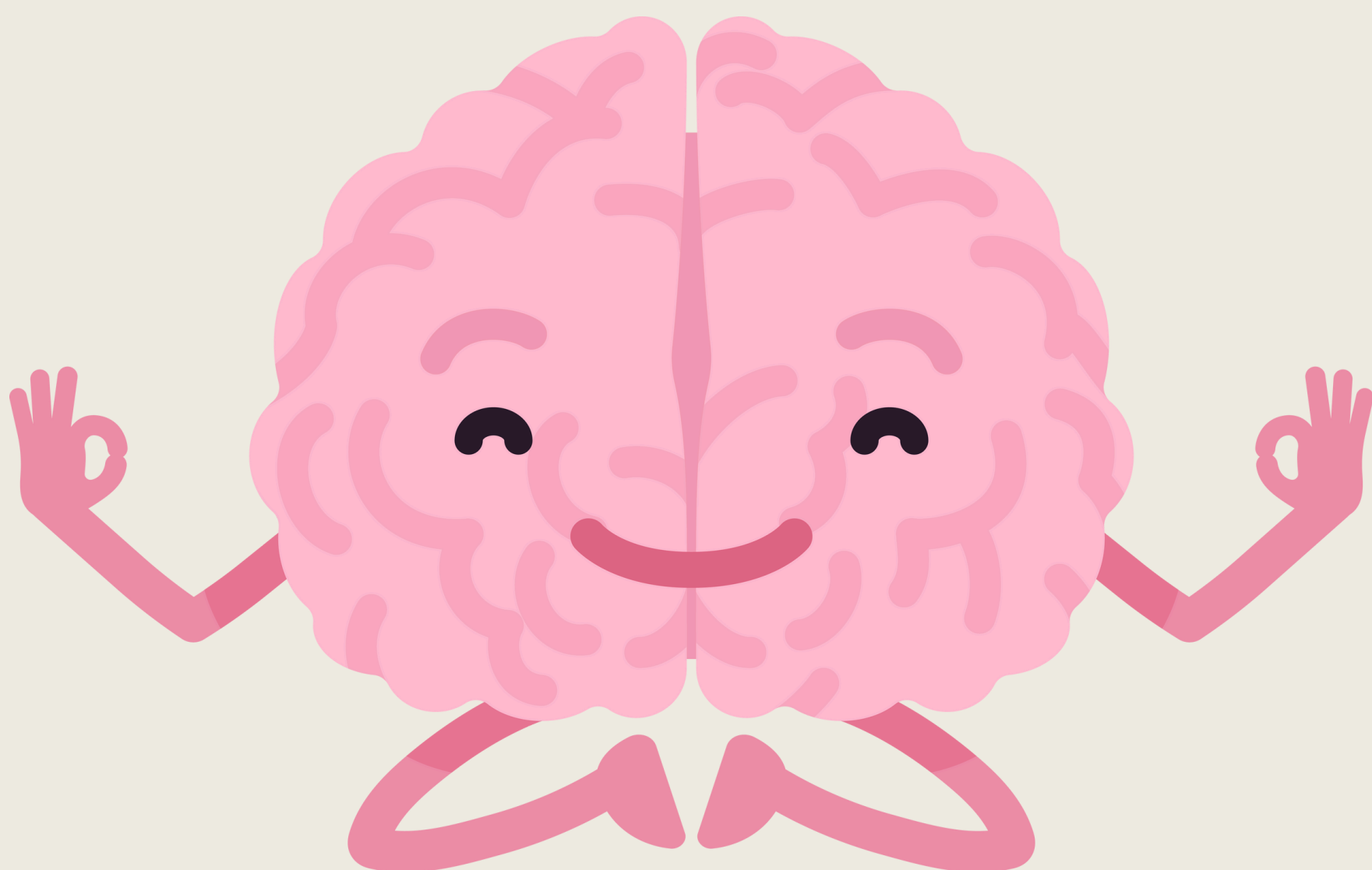


While it's important to embrace your new environment, staying in touch with your roots can provide emotional comfort. Regular calls, messages, or video chats with family and friends back home can help you feel connected and supported. Sharing your experiences with them and hearing about their lives can create a balance between your past and your present. It's a way to bridge the gap and remind yourself that you're still connected to the people and places that shaped you.



# TAKE CARE OF YOUR MENTAL HEALTH

Adapting to a new country can be emotionally challenging, so it's essential to prioritize your mental health. Homesickness, stress, and uncertainty are common, but there are ways to manage them. Take time to relax and recharge by doing activities that bring you joy. Practice mindfulness or meditation to stay grounded, and don't hesitate to seek professional help if needed. Many countries have support groups or counseling services specifically for migrants. Taking care of your emotional well-being will help you stay resilient and better equipped to handle the challenges of this transition.







**BE PATIENT WITH  
YOURSELF**

Adjusting to a new country takes time, and it's okay if things don't feel perfect right away. Mistakes, misunderstandings, and moments of frustration are all part of the process. Be kind to yourself and allow space for learning and growth. Celebrate small victories, like successfully navigating a new public transport system or making a new friend. Over time, these small steps will add up, and you'll find yourself feeling more confident and at home in your new surroundings.

# LEARN ABOUT CULTURAL ETIQUETTE

Every culture has unique social norms, and understanding these can help you navigate interactions with locals more confidently.

Research common greetings, gestures, dining customs, and even how people express emotions. For instance, in some cultures, being direct is appreciated, while in others, it's considered impolite. Knowing these subtleties can help you avoid misunderstandings and make a positive impression.





# **KEEP AN OPEN ATTITUDE TOWARD FOOD**

Food is a significant part of every culture, and trying local dishes is a fun way to immerse yourself. Even if the flavors or ingredients are unfamiliar, give them a chance. You might discover new favorites! If you're hesitant, start with smaller portions or dishes that seem closer to what you're used to. Engaging with the local cuisine not only enhances your experience but also creates opportunities to bond with locals over shared meals.





# EXPLORE PUBLIC TRANSPORTATION

Learning how to use public transportation in your new country can save time and money while helping you explore more of your surroundings. Take some time to understand the local transit system, whether it's buses, trains, or bike-sharing programs. Pay attention to rush hours, ticketing systems, and common etiquette, like offering your seat to elderly passengers. Using public transport will make you feel more independent and give you insight into daily life in your new home.



# TAKE ADVANTAGE OF FREE RESOURCES

Many cities and organizations offer free or low-cost resources to help migrants settle in. These could include language classes, cultural workshops, or community events. Libraries, local councils, and non-profits are great places to start. Some resources might even help you with employment opportunities or navigating legal requirements. Utilizing these tools will make your transition easier and help you connect with others who are in similar situations.





# DOCUMENT YOUR JOURNEY

Keeping a journal, blog, or photo diary of your experiences can help you process your emotions and reflect on your journey. Write about your challenges, achievements, and the things that surprise you. Not only will this serve as a personal outlet, but it can also become a source of encouragement when you look back and see how far you've come. Sharing your experiences with friends or online communities can also inspire and help others in similar situations.





# CHAPTER II: SOME TESTIMONIALS

To provide you with the best guidance, here are testimonials from people from various countries who have lived in Poland, whether for a few months or several years. They share their experiences and valuable advice to help you adapt successfully to a new environment.



# WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO INTEGRATE INTO A NEW COUNTRY ?

"Personally, I tried to learn about the family atmosphere of the Poles, their culture of eating, their civilization of behavior towards people."

**Nuray**



"Be open minded, never forget you are not home, so you have to integrate, don't be nervous to meet with local people, learn a lot about your new country, take time to appreciate things."

**Quentin**



"I can say that pubs and some local events helped me to communicate with polish people."

**Murat**



"Be free and open minded, do not have assumptions and stereotypes about people from different countries, put effort in learning the local language, show locals that you are willing to embrace their culture and language."

**Vignesh**



"Spend time with Poles to really discover the polish culture, go outside, go outdoor, try to meet Polish people, go to restaurants, to bars, to festivals, try to live a bit like them. And don't be afraid!"

**Guildo**



# HOW DID YOU OVERCOME THE CHALLENGES ASSOCIATED WITH YOUR MIGRATION ?

"I just try to adapt their culture and country. I paid attention to everything they did and tried to adapt myself, my culture and my daily life to theirs."

**Nuray**



"By staying in contact with French relatives and with my desire to discover new things, to learn new languages, to meet new people. Also to work around the world and embrace a better life."

**Quentin**



"I just accept the difficulties and I also learned a little bit of Polish."

**Murat**



Calling and talking to people back home helps a lot, meeting friends who are going through similar situations, making homemade Indian food/watching indian movies and series."

**Vignesh**



"About the language, customs and culture, I spent several years of my life playing music in pubs in bars in clubs so this is a great opportunity to meet new people, to connect people with some music."

**Guildo**





# WHAT HAS MOVING TO A NEW COUNTRY BROUGHT YOU ?

"Overcoming immigration challenges strengthens personal identity and adaptability. Also in my opinion, exposure to Polish customs and traditions blends with Azerbaijani heritage, creating a hybrid identity."

**Nuray**



"I am less individualist, I want to move more and see all the things it's possible to see, I am capable to adapt to a large type of countries."

**Quentin**



"It's the biggest opportunity to learn another language easily and learn about culture and traditions."

**Murat**



"It was one of my best decisions to move out and travel the world. It has been a great journey of self discovery."

**Vignesh**



"I realised that the world is so big but that we are so connected in it. Meeting new people in cultures makes you gain a lot. Tasting the local meal prepared by local person is priceless to me. I feel like a citizen of the world."

**Guildo**



# HOW HAS LIVING ABROAD SHAPED YOUR VIEWS ON IMMIGRATION AND CULTURAL DIVERSITY ?

"Living in Poland deepened my appreciation for immigration and cultural diversity, showing me the value of embracing different perspectives and the richness they bring to society."

**Nuray**



"We better understand our own culture when we are confronted to other ones. Also some stereotypes can be very false or very accurate."

**Quentin**



"After Poland I see that I can live in others countries and I will not feel uncomfortable, the perspective I earned is that we have so common things in our life with other people from different countries."

**Murat**



"There used to be a generalisation as "Westerners" for anyone with lighter skintone but there are so many diverse cultures, cuisines, traditions and also diverse people just like in India."

**Vignesh**



"My mind got open. In any case, wherever you are, you will be able to meet good and bad people, whatever the country."

**Guildo**

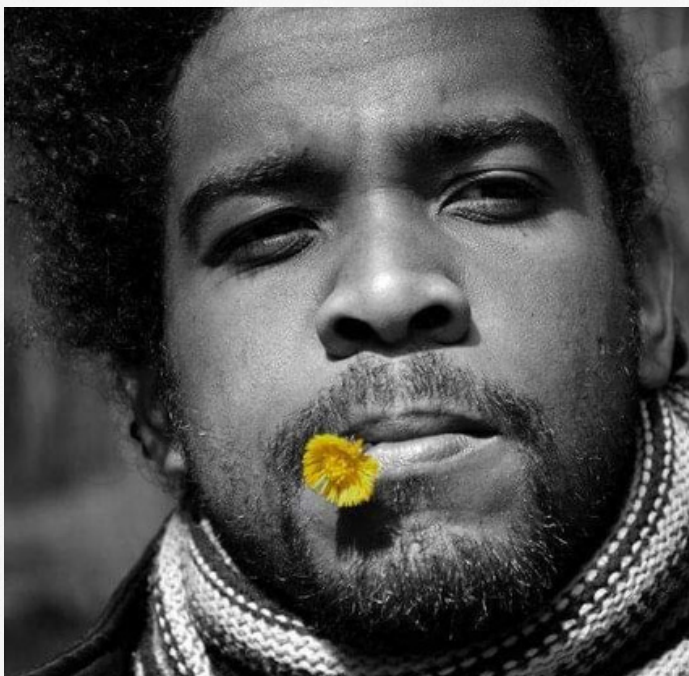




# VOICES OF EXPERIENCE

This e-book is enriched by the stories of individuals who have lived through the journey of adapting to a new culture. Their shared experiences, challenges, and successes offer valuable insights and inspiration to others navigating culture shock.

We thank them for sharing their journeys, reminding us that while every path is unique, the lessons learned are universal.





# CONCLUSION

Migrating to a new country is a courageous journey that brings both challenges and opportunities. While the process can feel overwhelming, it's also a chance to grow, learn, and discover new strengths within yourself. The tips shared in this chapter are designed to help you navigate this transition, whether by building connections, learning the language, or taking care of your mental health.

Remember, adapting to a new culture takes time and patience. Be gentle with yourself and stay open to new experiences. Each step you take brings you closer to feeling at home in your new environment. By embracing change, finding support, and staying resilient, you'll create a fulfilling and meaningful life in your new country.



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