

SCRIPTS

# SIMPLY LISTEN TO ME: WHAT'S IT ALL ABOUT



Hello everyone, and welcome to our podcast series “SIMPLY listen to me”. We are happy to have you joining us and to share inspirational stories of young VET students with you.

Once upon a time, there were ambitious NGOs and VET schools throughout Europe that were eager to change the inclusion within the vocational education system for the better. But then the fairytale stops abruptly here, as the corona virus popped up and changed our lives from one day to the next.

This podcast was recorded in the framework of the “SIMPLY digitally INCLUDED” project which is funded by the Erasmus+ program of the European Union. From years of experience in the field, the project partners’ objective was to empower VET students with migration or refugee backgrounds to continue in the educational system despite online schooling during the pandemic and obligatory isolation. To reduce dropouts, students need to continue to be motivated and eager to stay in the system but it’s also crucial to equip teachers with the necessary competences and comfort to deliver their lessons successfully in digital settings.

Even though covid hit hard, there were many opportunities given to learn and enhance life competences during the pandemic, the isolation, the loss of daily structure. This podcast series wishes to focus on the good and on the learnings we take from the struggles. Take some time and reflect: Did you get better on self-management maybe? How did you motivate yourself when nobody else was around to do it? Did you come up with creative solutions to seemingly insurmountable difficulties?

Our guests have much to tell about their learnings! And what could be a better way to spread inspiration than through sharing personal success stories? Real life experiences can motivate you to continue seeking for the best and to fulfil your dream despite the obstacles ahead. Therefore, we hope that we managed to take something positive from difficult times and let’s give a voice to wonderful young people and their very interesting stories.



# SCRIPT

## MY WAY

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Interviewer: »This is episode MY WAY. I am Tina and I will be talking with Vita. She comes from Ukraine. Let's listen to her story.  
Hello Vita!

Hello.

I am very happy that you agreed to share your story. Let's start with first question. What are your most vivid memories from your life in your homeland?

I was born in Ukraine, and I lived there in big city. I remember how I went to park or to cinema with my friends during weekend. I was spending a lot of my free time with my cousin; he is one year older than me and one of my best friends. We had so much fun.

That sounds lovely. So how come, you moved to Slovenia and how old were you when you moved?

I was 15 years old. At that time, I had just finished primary school. I moved to Slovenia because my mother met her new partner in Slovenia. She decided to move there so I went with her.

And What were the biggest obstacles you faced with, when you came to this new country and how did you manage to overcome them?

I was missing talking with people. I didn't know the language. And my mother encouraged me to learn Slovenian. There was also one Ukrainian guy that lived in Slovenia few years and he spoke with me in Slovenian. If there was a word I didn't understand, he explained it to me. I also listened Slovenian songs and watching movies with Slovenian subtitles.

I think you already speak very good Slovenian! And you are here, 3, 4 years?

That is right. Thank you very much.

Was there anything else that you struggled with?

Yes, this would be bad accessibility.

Please explain.

So, I was used to live in big city where stores or cinemas were easily reachable. But here in Slovenia I live in a village. If you want to go to the city, you need a car, because bus drives every few hours. I missed reaching places like cinema or big stores on my own. I decided to go to school where I could use my Ukrainian language and that is in city center and has a dormitory. I am staying there during week and then commute back home.

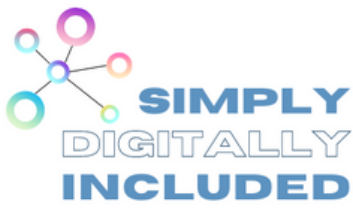
I would say that this is pretty great solution!  
And in which programme are you enroled?

Now I am visiting 4th grade of program Tourism.



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How did your schooling during Covid time looked like? Did you miss anything regarding computer equipment?

I had all equipment I needed for participating in online class. For me it was easier studying online. All lessons were recorded and we had all the notes that we needed online. I do prefer studying online.

Were all of your classmates able to participate in online class?

I would say yes. Those who did not have their own equipment did get it from school.

That is fortunate, do you think?

Yes, I do agree.

Let's move to last but not least question, If you had to pick out idol, who would it be and why?

I would say my professor of Slovenian language. Because she encourages us to keep learning, and she is good observer as well and she always gives us extra explanation if she sees that we struggling with material. I also like that we can we discuss current topics with her, she really listens our opinions. I think she is really cool.

This is very nice to hear. 5 points for your teacher!

Yes, that's right.



# THINKING OUT OF THE BOX

This episode is called THINKING OUT OF BOX. I am Tina and I will be talking with Vita.

We will be discussing topic creative problem solving. Creative problem solving is approach to finding innovative solutions to challenging issues. It involves thinking outside the box, generating new ideas and looking at problems from different angles to develop unique and effective solutions.

During pandemic our students had to face up with problem called school closing and even with prohibition of movement. They were not able to hang out with their friends like they used to, they could not participate in traditional lessons in school, even the nature of their hobbies changed to some extent. Let's hear if and how they managed to overcome these obstacles during Covid and how creative were they with their solutions: Tell me Vita, what were the main problems you had encountered during Covid time? And how did you try to solve them?

I could not hang out with friends in traditional way. Therefore, we used snapchat and other apps to stay in touch.

What role did you see technology playing in solving COVID-related issues?

It played very important role. It enabled us to stay in touch with friends.

But It also enabled us to continue with activities and hobbies. For example, friend of mine was taking piano lessons. When covid hit, she continued lessons via zoom. My other friend was in dancing class. And they were no longer able to participate together. But they recorded their choreography, upload and share to the group online. And then each of them could practice steps individually at home.

This is very imaginative. And what were your hobbies? Have you been able to maintain them during covid?

I love sport. When I was living in Ukraine, I practiced dancing. But when I moved to Slovenia I stopped. I missed being active, especially during Covid. That is why I joined local football team. We played outside, in the near football pitch. It was great and fun.

That is one good solution as well to stay active!

Now, I would like to know more about your VET training. Have you encountered with any problems during your practice and how did you try to solve them?

In first grade during Corona we had to complete our practice in school restaurant. We had to carry face masks, disinfect our hands regularly and try to avoid too close contact. Only few days before end of our practice, our schoolmate got Covid and we all had to stay at home. We were lucky that we got at least some experience. Another friend in gastronomy program had to completed their practice from home. They used zoom. They got instructions and recipe in online classroom. They made dish at home by themselves, took a photo of it and upload it online. After that they got feedback from professor. She said it wasn't so easy but at least they got some knowledge.

It looks like you all managed to find some creative solutions thanks to technology!

Yeah, that is true.

# THINKING OUT OF THE BOX

Now I am wondering, If you had knowledge and the experience from today, would you do anything different and If yes, what would that be?

Maybe I would pick different program. I like tourism but I learned that you have to carry big responsibility, especially with tour leading.

Which program would you pick then?

I think that gastronomy. I would be pretty good at it I think.

I would say it is not too late to switch.

Yeah, I will think about it.

Which are the most creative solutions you had seen during the pandemic?

I would say shopping apps, platforms for online meetings, virtual concerts and virtual destination tours.

That's really interesting. So, do you think creativeness is important?

I think creativeness is important, especially in tourism. For example; you need a lot of creativeness to create new program and sell it. I also think that today everyone expects from us to be creative and as a result we have too much of products and too much of everything and everywhere. I don't like that.

I would agree, but on the other hand, you can use creativeness in personal life as well, don't you think? You students proved that during covid times. You created good solutions for staying in touch with each other and to keep your hobbies or even find a new one. You need creative way of thinking for this.

Yes, that is true.

But do you think that creativeness is something that you are born with or is this something that can be improved?

I believe that some people are more creative because they are doing activities that are encouraging creativeness. And other people are less creative because they are not indulged in such activities. So yes, everyone can improve creativeness if he wants to.

So what do you think, what are these activities that improve creativeness?

I think that that would be reading books, for exmple playing board games, solving crosswords, playing instrument, singing and so on.

How about learning new language?

Yes I think so.

You are correct. All these activities can improve creativeness. So, thank you, Vita, for this lovely talk. And for our listeners I hope you've not only enjoyed this episode but also gained valuable knowledge and inspiration from it. Stay curious, keep exploring, and never underestimate the power of your creativity.

# SCRIPT

# OUR FIRST YEAR IN GERMANY

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Hello and welcome! This episode is called "Our first year in Germany". I'm Eva and today I'm welcoming Yihor, Lina, Yevhen, Abol, and Maksym. We are excited to hear your story!

You are all now attending a vocational school in Germany and learning German.

Yihor, Lina, Yevhen, and Maksym are from different places in Ukraine: from Kiev and Odessa. Abol was born in Mazar-e Sharif in Afghanistan. How long have you been in Germany? And how was your first time here at school?

Maksym: Hello, my name is Maksym and I am here in Germany since one and a half years. The first day at school was not difficult.

Yihor: Hello, my name is Yihor and I've also been in Germany for almost two years. The first time at school wasn't so good. I didn't know anyone and it was very difficult because I didn't know any German and had to learn it.

I can understand that, especially in a completely new environment it's difficult at the beginning, especially if you don't know the language. Yevhen, did you had similar experiences?

Yevhen: Hello, my name is Yevhen and I've been in Germany since the 10th of April 2022. My experience is also that the first time at school is very hard. You have to get to know a new language and new people.

Abol: I've been speaking for a year, but I'm not very good at it yet. Luckily, I met my best friend on my first day at school.

Lina: Hello from me too, my name is Lina and I came to Germany a year and a half ago. It was difficult for me at school at first too, there were lots of unfamiliar people, no familiar place, and of course the lessons were in German.

So the language was one of the big challenges for you?

Yevhen: Yes, exactly! Speaking German wasn't easy because we don't learn it in Ukraine, but I could speak English, which helped me a lot.

Abol: It was also very difficult for me because I couldn't speak or understand German, but I had to read a lot of letters from the job centre.

Was there anything that was easy for you straight away?

Lina: It was easy for me to make new friends, as the class initially consisted exclusively of Ukrainians and we had no problem finding a common language. That helped a little, although it was hard to get used to the fact that I had to rebuild my life from scratch.

Abol: I was happy that I was able to make a few friends.

Oh, how nice! Friendships really do make a big difference! You've noticed that especially during the corona pandemic. Where were you during the Covid-19 pandemic?

Abol: I was in Greece and could not go to school because of Corona. I was in a camp. There were no online lessons. We had normal lessons.



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Ah, ok, and what was it like for the rest of you? Were you able to go to school or did you have to stay at home?

Lina: When the corona pandemic broke out, I was still studying at school but we switched to online lessons. All restaurants were closed, only a certain number of people were allowed to enter shops and public transport wearing a mask.

Yevhen: At the beginning of the coronavirus pandemic, I was in tenth grade. I had online lessons. Communication with the teacher wasn't so good because it was difficult to ask questions.

Yihor: During the pandemic, I had to stay at home and didn't go to school for about six months. After that, we had online lessons for twelve months. I slept a lot at home and watched films.

What did the online lessons look like? What did you do there?

Yevhen: I had online lessons for two years. I did a lot of homework and read a lot of books. It wasn't much fun, but I was glad that I could stay at home and didn't have to go to school.

Yihor: In online lessons, we actually did everything like in normal lessons and wrote class tests.

Lina: During the online lessons, we often gave different presentations to make the lessons more varied. I also completed the session online. We sent homework to the teachers.

How were you able to take part in the online lessons? Did you have a laptop or did you use a mobile phone?

Abol: I was very poor and had no money. That's why I couldn't take part in online lessons.

Maksym: I used a computer for the online lessons.

Yevhen: I used a computer to take part in lessons.

Yihor: I used my mobile phone to take part in lessons. That wasn't so bad.

Has anything changed in your everyday life after corona?

Lina: Nothing changed in my life after the end of corona. It was more difficult to study because I had to learn a lot on my own.

Yevhen: After corona, I had to study a lot because I missed a lot.

The coronavirus period and the isolation were very challenging for everyone. Did you sometimes feel lonely?

Abol: I had corona and was all alone in a room. That was a difficult time for me.



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Has the digital world helped you?

Yevhen: Yes, I talked to my friends a lot and played games online.

Yihor: I also always called my friends and didn't feel alone. I also have a big family and we were all together.

What plans or wishes do you have for your future?

Yevhen: I want to learn German quickly, study and find a better job. I would like to do a lot of travelling.

Yihor: I would also like to travel. That is my wish. I want to do an apprenticeship in the future, but I don't know which one yet.

And what about you, Lina?

Lina: I want to go to work, pass B2 in German and move into my own separate flat. I also really want to visit the Brazilian carnival and I think that's a very nice and unforgettable event.

And Abol and Mehdi, what are your wishes for the future?

Abol: In the future I want to become rich and help poor people. Maybe I'll work on the Internet.

Maksym: I want to learn German, start an apprenticeship, find a job. I wish to travel.

For all your wishes, I wish you just the best and I hope that you become happy. Thank you so much for sharing your story and for the inspiration! That concludes today's podcast episode, thanks for listening and see you soon.



# SCRIPT

# WHAT MOTIVATES US

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Hello and welcome. This episode is called "What motivates us". I'm Eva and today I'm talking to Rahme, Andrii and Hlib. Hello everyone and great to have you here!

Motivation is very important, especially in times of crisis. It makes us think and stay positive even in difficult times, look for solutions and not lose sight of the goal. Sometimes it's easier for us to be motivated, but sometimes it's also a challenge. I am very excited to see what we could learn from our guests today. Motivating things are often things that give us pleasure or put us in a good mood. What motivates you, Rahme?

Rahme: Music motivates me the most because it puts me in a good mood and also erases a lot of worries from my head, so to speak. The music I like to listen to is K-pop. That's Korean pop music. Although I can't understand much, you can feel the emotions.

Oh yes, I know that music can motivates us.  
Andri and Glib, what do you like to do?

Andrii: I like sport. I've been training for about three years. I now go to the "FitX" gym. My favourite piece of equipment there is the bench press. But I also have fun when I can help someone.

Hlib: I also like doing sports. I've been playing football for nine years. I also go to the gym, I really enjoy it and it motivates me. I do sport every day. I go to the gym or do exercises at home.

Wow, that's disciplined. You certainly haven't been able to do many of your hobbies and activities during the coronavirus pandemic, have you?  
What has changed for you during this time, Rahme? What was particularly difficult for you?

Rahme: That I couldn't go shopping and couldn't go out with my friends. But the worst thing was the online lessons, because we were given the tasks just like that, without any explanation.

Oh, that's exciting. Did you find the online lessons similar, Hlib?

Hlib: Yes, the online school was much more difficult than the normal school. During online lessons, everyone slept instead of learning. It was boring because it was too hard.

And how was it for you, Andri? What has changed for you during the corona pandemic and what has been particularly difficult?

Andrii: I also studied at home because my school was closed, but I learnt almost nothing and during the corona pandemic I couldn't go to the gym and I trained at home with my uncle. During this time, I watched a lot more films and series than before. It wasn't that hard because I was in the village where my grandma and grandpa live.

And what helped you during the difficult time?

Andrii: During the difficult time, I went for walks a lot and played on the computer a lot. That helped me because I was able to clear my head and get my mind off things.



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# WHAT MOTIVATES US

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What did you do about the boredom during the coronavirus pandemic, Hlib?

Hlib: Computer games and friends helped me a lot against boredom. I spent a lot of time outside with my friends, which was possible.

And do these strategies and things still help you to motivate yourself when times get tough?

Rahme: Yes, definitely. I still listen to music a lot. I also watched a lot of series and films during the pandemic and always enjoyed eating or cooking, especially ramen. I loved cooking ramen, eating it and recommending other people to eat ramen. Some of the things that motivated me back then have even become part of my daily routine.

It's exciting that you have carried some things over into your everyday life to this day. What about you, Glib and Andri, do the things that helped you during the pandemic still help you today?

Andrii: Yes, it can still help me. Especially going for walks to sort out my thoughts, sometimes alone.

Hlib: Yes, sport and computer games still help me, but not as much as during corona. It's not enough for me now, my family is the most important thing to me.

Hlib, you say that your family is the most important thing to you. Does your family also help you when it's difficult for you to motivate yourself?

Hlib: When I'm tired and I don't feel like going to the gym, I watch a few videos to motivate me and then I pack my sports clothes. My father also motivates me a lot. He has a lot of knowledge and can always give me advice.

And Rahme, are there people in your life who help you when you find it harder to motivate yourself? Who helps you to keep your goal in sight?

Rahme: My family helps me. My friends help me the most because they understand my feelings the best and they don't "judge" me in any way, i.e. they don't laugh at me or anything. I take care of my motivation myself. If I have to study for something, it motivates me that I probably wouldn't pass tests without all the studying. After studying, I always thank my former self for studying because it brings me closer to my goals.

So many exciting impressions in today's episode! Many thanks to the three of you for sharing them with us. We end today's podcast episode with great motivation, thank you for listening and see you soon.



# SCRIPT

## NEW HOME, NEW LIFE

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Hi everyone. This is episode: NEW HOME, NEW LIFE. My name is Haizea and these are our three guests for today: Adam, who is studying plumber at our basic VET, Gabriel who is studying bodywork and Yohan who is also studying bodywork. So, how are you? Where are you from?

Adam: Hi, my name is Adam Abdallah Mohammed, I´m from Ghana.

Yohan: Hello, my name is Yohan. I´m from... well, my parents are from Brasil but I was born here in Spain and I´m studying bodywork mmm.. here at Otxarkoaga.

Gabriel: Hi, I´m Gabriel. I´m studying bodywork and I´m from Brasil.

Ok, thank you. So, when did you start studying? Have you studied all your life or...? At school or...?

Adam: I would say that I started my studies from here, Otxarkoaga, I have the dream as I... About when I started in Darriba from 2001 and I end up in Darriba and I am still in Darriba and I think I would end up in 2024.

Yohan: I started in the kindergarten when I was 2 years old and I´ve been studying all my life until now, that I´m here in Otxarkoaga.

Ok, very good. Here, also? Near from Otxarkoaga?

Yohan: No, I used to study in Vitoria mmm... I lived there until last year, then I decided to move to Bilbao to study here.

Gabriel: I´m studying from... Hm study from the 3 years más o menos.

More or less.

Gabriel: More or less, three years.

And what do you most enjoy of coming to school? Do you have something to say? What you enjoy the most, maybe being with friends, have a routine, practising for your work...?

Yohan: The thing that I like the most of coming here to Otxarkoaga to study is that we use to work a lot with cars, like in a very practise... practical way of studying, so I enjoy it a lot. And yeah and we...

Ok, I see that´s really motivating to you. I don´t know if the others have something to add?

Adam: Yeah, I enjoy coming here because in life it is better to have some way to learn something, as well as to meet some... with some people, you know? Because we are not alone, we are too much people here in school and much more...Everyone has his own character. You you have to learn something from people also, and some also would learn from you also, you know. So I enjoy coming here and meeting some people also you know, and all the people also are very nice, I won´t give it... Repeat so very nice also, you know.



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Ok, that's really interesting. And how did you manage to study during COVID period? Was it easy?

Gabriel: I didn't have the chance to... so... much, to do so much.

You were at home or...?

Gabriel: Yes, hmm...

With your parents or...?

Gabriel: With my parents, with my family but... Solo

You were alone.

Gabriel: We were alone, yes.

Yohan: I went to my village during the longtemps so I had to study with the computer and the... like virtual classes, so it wasn't that bad for me because I like to stay at home sometimes, but living that long time in the village wasn't that terrible for me.

Ok, so... you well equipped to study? Did you have everything you need? Computers or connection, internet...?

Adam: Actually during the pandemic I was not here but I was in Italy and I was not studying in Italy. It was a little bit quite different and quite hard because it's not easy to come in people or to be in a group of people. I was not learning but sometimes in my free time I just took it like to my phone I guess... I learn a little bit bad. It doesn't is like I was learning or something like that, you know? Not like how I'm learning here in Otxarkoaga, yeah.

Ok... And what is your impression about digital learning offer during COVID period? Was it easy to start studying online?

Yohan: For me it wasn't that easy because hmmm... it's not the same like in a normal class, you're not with your friends or with your partners so... its much more difficult.

Ok, but if you have the tools... no? It was... you manage finally.

Yohan, Gabriel: Yes, that's it.

Ok, that's so interesting. We're reaching the end so, a few last questions in regards to your migrant background. Which problems would you say that you have faced in your life because of your nationality? Do you have something to say about this?

Adam: Actually I would say that in my nationality it's a lack of education you know, it's less there and it's not easy to educate so and so I'm so happy to be here for the education. For that reason that's the difference in my country and in my nationality, for me being here and the opportunities that I have from here also. Because I have the opportunity to learn, to have a future also.

Gabriel: The language is very difficult...



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You mean Spanish language?

Gabriel: Yes , hm... Spanish and euskera. It ´ s difficult but this is a different language and studying new language it ´ s difficult.

Yeah, it ´ s challenging right? But yes, how do you manage for... because of the language here, you understand everything, you speak very well...

Adam: Actually for the language it takes time because no matter how when you are in someone´s country you have to learn the culture, you know, and we learn the language you cannot learn the culture in itself. So I find it difficult a little bit because we are not used to it know in our country, we just got it from here so it's a little bit tricky and difficult. We´re trying with the help of our teachers here, you know because they are helping us to understand the language so easily. For me I wasn´t so much here because I´m 1 years and 7 months now here but I understand the language a little bit and it´s quite difficult for me also, but I try to move on. I know once I live here I can just be perfect in the language.

And you´ll keep it! Yes, very good.

Ok, so this has been all for todays podcast. Thank you for sharing your stories. And thanks as well to you also for listening to us.



# SCRIPT

## THE CAUSE OF STRESS

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Hello to all of you. This episode is called THE CAUSE OF STRESS. I am Haizea and I'll be talking with our student from VET Otxarkoaga, Adam. We'll be discussing the topic how to cope with stress. If global pandemic has taught us anything, it's that life events contribute to stress. But ordinary challenges we face in daily can also cause stress. These includes having too much to do, cost of living, and conflict at work. Therefore, it's clear that nowadays stress is part of our routines and we need to find ways to cope with it. Hello, Adam. Could you list the things which cause stress and tension nowadays in your life?

Hello Haizea and the listeners, the viewers all of you. Hello to all of you. Yeah, this interview goes to all our viewers. Mhm actually in life we have... have too much to listen, and not to listen and... as we talk about the stress.... In this life we're living nowadays if... the best is going to listen to what people are saying or talking about you. Is going to cause much more stress that would lead to into something different else, you know? So for me, for my opinion, it's better not to listen to anybody or whatever you see, because, a word it's like hmm... Something like... How would I explain it, you know. When you just say the word, it doesn't relate, you just say it, you know. Hmmm but the moment you think about it, that's the moment it affects you. I don't think about what you listen, or when you listen... you should even put it in your mind. Because in some ways it hates... in some ways it doesn't hate... and ... It depends on you.

Yeah, sometimes we are used to think maybe too more about it... And do you think that pandemic caused too much stress to us? Maybe we had too much time there to think?

Yeah, actually in the pandemic I would say... it caused too much stress, why I say it, it's because a lot of family, a lot of people lost their family and a lot of people lost their jobs. And... the lovest ones, you know? And it's like...

Yes, absolutely.

It's like too much stress for the pandemic, you know? Too much stress.

How does this stress and tension affect you, for example, your family and your studies?

Actually it affected me from my attitude because when we were in the pandemic I was not studying and I was back in Italy and I was trying to find my way to Spain. But due to the pandemic I couldn't travel, you know? Because you need to get around a lot of things, all this one cares of stress... We here with a language like... You cannot come together... So this causes a lot of stress that one. So I would say pandemic caused so much more stress than... Even...

Ok. And do you have a support system of friends/family that will help you make positive changes?

Actually... In life we all have friends that sometimes we listen to, not even much but few, you know. I would say... I can... have one to three but I wouldn't say that I have a lot, I have some friends and I have some that even give me possitive sometimes and we all need advice in base of some stress or something like that, you know. So I would say that I have some people...



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I would not say that I have someone but I have some people to who I would listen. And how you use it and take it as an advice from them, and how it will hold me in my life. If you don't help me but if you just follow me, we... That would help me too with my stress or with what causes me that, you know.

Ok, that's right. And which would you say that are your biggest obstacles to reducing stress? Maybe the biggest handicap to reduce stress?

Hmm... In terms of how to reduce stress... it's like... At the moment you're not doing nothing, it's good to think about what people say, so they reduce always stress... we have a lot of keys, or we have some... In cause of time you can spend your time, make use of your time like you... learn something on the internet, or... if you have some friends they're like... you listen to them, maybe you can go with them out or have some kind of something, you know... to remove, to reduce all the stress. But if you want to discuss all the matter to the same friend it could be much more stress, so it's better if you keep it in your mind or if you remove it from your mind like nothing happens, like you... you haven't heard nothing or learn nothing and just move on... And build new steps again, to forget about what it's just ... what's just happening.

Yes, that's very interesting...

And to end with, would you be willing to change or give up something for a less stressful and tension-filled life? Maybe we need to change something in our lifes to a less stressful life or?

Actually this... this it's very... it's hard because due to the pandemic everything has changed... A lot of things have changed and... to change or to add something it's kind of difficult a little bit you know, but we can still change it, because once we are living a life we still have the path to do anything we can do at any moment, you know. And there's much more time because the time eats everything, it was the time of pandemic but now we are still moving ahead. We do lost a lot of people or a lot... a lot of loved ones, but we still never give up and still try to overcome and to move ahead. Because the pandemic lost... let us lose a lot of things but now we are trying to build it back and to achieve much more, you know?

Ok, thank you for your contribution, Adam. It has been really interesting. And thanks also to our listeners. And remember, take care of your mind. It is our biggest treasure.



# SCRIPT

# RESILIENCE AND RESETTLEMENT

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Hello, everyone. Charlotte here.

I'm very happy to introduce to you this episode of our podcast, which we are calling RESILIENCE AND RESETTLEMENT. And this is Jess's story of immigration, coaching and Covid in a very wintry Sweden. So keep listening and enjoy!  
Charlotte: So hello, Jess, and welcome to our podcast. Could you start by telling me a little bit about who you are?

Hi, Charlotte. Hello, everyone. My name is Jess. I am originally from Taiwan. I grew up in Hong Kong and Los Angeles, and I have lived in Paris for 14 years before moving to Sweden.

Okay, and then tell me a little bit about your experience of life during the Covid time.

At the beginning of the Covid. I was in the US visiting my family, and I remember I even had trouble flying back to Europe because all the flights were canceled. So I was trying to hunt down a ticket back to Paris, and I even had to spend 500 USD just to get a PCR test done, express because I had got a last-minute flight and also because of knowing the news, the lockdown situation in Paris, and it had urged me to speed up my plan of moving to Sweden.

Okay, so Covid actually sped up your decision to move to Sweden. How was your experience then moving to Sweden?

After coming back to Paris, I told my boyfriend that, okay, two weeks later, I'm going to come. I'm going to move here because I just had a feeling that I need to come. I need to make this move before the end of the year. It was the 23rd of December. So right before Christmas and the day when I arrived in Copenhagen, while I was on the train coming to Malmö, I actually got deported by the police on the train because they told me, right, just 24 hours before there was a new law that no one was allowed to enter from Denmark.

So then how did you finally manage to come into Sweden?

Well, it was quite an adventure, I was running around like a maniac with my luggage, and it was like, past midnight, and I found a hotel. I thought, you know, I need to just shower, get warm, and then next morning, 6 a.m., I rush back to the airport again. I was thinking, maybe I can go back to Paris and fly again directly into Sweden. But luckily someone in the airport told me, well, you can actually fly to Amsterdam and then to Gothenburg and it should be fine. So, I trusted him and he helped me book another ticket, and he even offered to check in my baggage for free, which was so lovely and so then my boyfriend could pick me up in Gothenburg, which was a three hour drive from, from Malmö.

But you managed finally to come to Malmö.  
So when you finally manage to come to Sweden, what was your work or study situation? Which vocational course were you studying?



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## RESILIENCE AND RESETTLEMENT

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So when I arrived, I was still doing my vocational training and also try to coach other people, try to get my practice hours in. And so everything was done online regarding my online vocational training. And I'm also very motivated I like to do things fast type of person. So I started looking online and see what kind of events I can join in Malmo, where can I make friends? Where can I find jobs? And I found International Citizen Hub online. So they had this weekly online meeting, online chat that I was able to join and get some information and just someone to talk to, someone to make me feel welcomed. That was really nice. And however, because of the lockdown, a lot of events, Live events were canceled so I was at home most of the time, especially during winter, there was not much going on.

So how was it for you during your course? Could you reach your teachers? Did you have a mentor?

So my mentors were in Poland and Canada, most of them, so it just made sense to connect to them online. And also regarding to my other coaching peers, they were everywhere in France. Some were in Dubai, in the US, so we had different time zones. And I really tried to, you know, stay connected with everyone. So even after we finished the class, we would set up an online meeting and just to, you know, share feedbacks. And I went online and watched some videos on, you know, how to better present yourself on a zoom meeting, how to communicate effectively through zoom, through camera. So I would of course, you groom your hair and you wear something decent on the upper, half of your body.

And then down is the pajamas.

Sweat pants. You try to make a life. And I remember, I can probably say, exaggerate my facial expressions and make sure I communicate, people can understand me. And then I really try to make my messages and emotions across.

So just how was it for you to live in Sweden? In a new environment, in a new culture, during these winter months?

So at the beginning we were still in an apartment in Malmö, and I was so used to just saying bonjour to everyone you, you bump into. So I remember, you know, we would go out and do grocery shopping and I would see the neighbours and I thought, you know, I'm the newcomer here, so I should say hi to everyone, but then no one would make eye contact with me. Everyone was just looking on the ground while they were walking and I thought, wait, am I not welcome? And I was just not used to that. But then, of course, little by little I learned that, you know, this is the Swedish culture. They're very reserved. And so I thought, okay, I'm going to adapt. I'm going to behave the same, which was difficult, you know, because that's not that's not me. And one day I decided to do a social experiment by going on the street. And I decided I would just pick someone, and and just look at them in the eyes and just wait. Wait, wait, wait till you know, when are they going to look up and catch my eye contact; and if they ever do that, I'm going to smile and give them a compliment. Something like, oh, you have a very cute puppy, or oh, I like your shirt, things like that. So that was a very interesting experiment.

And how did it go?



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I think some people were shocked, some were freaked out, some were surprised, and some actually smiled back. And I'll be so happy that if they ever smiled back and, you know, they react shyly. So that was an interesting exploration.

So how did your study and coaching training compare or change during Covid time if you had been doing it without Covid?

Mhm. So I, if I recall, the experience, I think it was probably a nice coincidence that I had started this transition in my life during Covid. So it was like I was turning to a new page and I could only focus on this new subject, new topic of my life, that because there was not much distractions. When I first came here, I didn't have many friends, just my boyfriend, and we were staying at home most of the time, so I could really focus on coaching and learning how to adapt to a new place, a new mentality, new ways of interacting with people, learning about my environment.

And adapting to this new situation during that time.

Yeah.



# SCRIPT

# RESILIENCE BUILDING

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Hello hello everyone. Charlotte here again. I'm really happy to introduce our second and last episode with Jess. This episode we are calling allow, accept, adopt and applaud. In this episode, Jess is sharing with us some tricks, tips, strategies that she did during Covid and how she stayed resilient during that time. So, sit back, relax and enjoy the episode. Happy listening!

My first question for you Jess is what strategies did you use to stay organized and productive during that time?

Hello everyone, it's me again! So I think a big keyword for me is knowing my "whys", W H Y. Knowing why do I want to do this? That's like looking at a big picture. Why do I want to become a coach? Why do I want to move to this new country and put myself into this situation? I think that's a big keyword for me and other than that there is something that I started applying after moving to Sweden, which is my morning rituals, that every morning before I look on the messenger or check my email box. I make sure I do my morning ritual, which is something really simple; a morning meditation according to my mood of that day where I feel like, today I want to, you know, have confidence then I would listen to a short meditation about confidence or affirmation or abundance.

So what techniques during covid did you find helpful for managing stress or staying calm under pressure?

I know a technique that I use. It's very helpful for any moment under stress, not just during Covid, that I have started applying ever since I moved to Sweden, especially during the crisis movement which is called "welcoming. And I discovered this technique when I was faced with a crisis where I was deported a second time into Sweden. I just found this Youtube video by accident online. It was a video by Ronda Burn, the lady who wrote the book the Secret and made the movie the Secret. She is talking about whenever you have these negative feelings or emotions and you just welcome them instead of resisting it, you imagine yourself with open arms and you can literally open your arms and just close your eyes. Imagine yourself welcoming these negative things, events whatever that is for you just welcoming it.

So what did you do to maintain a healthy work life balance during Covid?

There are so many information out there, that's gonna or information or tools. That's gonna help us. Oh, how do you set a timer? I think there is something called a tomato something, that you can start a timer where it reminds you to get off your desk and take a little break things like that. But to me what's even more important was, there are always voices that tells us that you are not working hard enough, You are not being protective enough. You are not good enough. So we always feel like we need to do more and after moving to Sweden during the Covid time, transitioning into a new lifestyle, I think what I realized the most was Self-awareness. really for me, it was like an internal dialogue with myself that I was constantly asking myself that how am I feeling right now. I said that because I was afraid that I'm not being accepted the way I want. I became grumpy because I was fearful of something. I was fearful of not being good enough, so I got grumpy. You know there are these little moments where I realise oh maybe I'm not taking care of myself, you know my mental. So that's where I started having these internal dialogues with myself to just constantly check-in. And then take actions accordingly.



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# RESILIENCE BUILDING

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What I mean action, it doesn't mean I have to go in and do something and work on something and produce something. But just tell myself that it is okay when things are slowing down. Because I'm in a new country and there are so many things that I don't realize that my body is adapting to a new environment, there's a new energy in this new country, and my body is adapting to a new climate. I am taking a new role because I am living with someone else now.

And we've mention a little bit about mental health throughout this episode, but was there anything that helped your mental health during the time that you still use today?

Always remember to have a little bit of me time because we all know that in most parts of our lives we are always doing things for the others. We are always giving time giving attention to the others so in order to maintain a balance, it's really important to give us me time, me time meaning; you know it could be five minutes, ten minutes, just doing something for yourself, doing something for your own pleasure, even if it means just doing nothing right.

Okay and then to finish off our episode two. What was your biggest take away from this experience Jess?

I can summarize it into 4 A's which is; allow, accept, adopt and applaud. So let me explain, "allow": I mean to allow myself to take time, to slow down and observe what's inside of me, what's outside of me and allow myself to adapt at my own pace and allow myself to be surprised sometimes, and allow myself to reinvent myself.

And then accept. By accept I mean, me being this brand new me, new role, having a new identity in a new country. I want to accept myself for being this new me, maybe new behavior, new mindset, new lifestyle.

Adopt, adopt is following after accept. Adopting a new way of living, a new way of interacting and connecting with people. new ways of how I show up for my surroundings, my family and friends. and lastly applaud, I think this is a very important one applaud yourself! Like how I do it for me, to take time, maybe every day every month to notice my small achievement and to give myself a tap on the shoulder "Well done, you did well, good job" No matter how big or how small the achievement is.

And that's wrap with our episodes with Jess. It was really nice to sit down with her and let her reflect on her experience as an immigrant in Sweden during that Covid time and how she still managed to complete her coaching training and how that experience of becoming a coach actually helped and supported her in this journey. So yeah, that's the last of the episodes with Jess. But of course you can check out some of the other episodes from some of the other countries. Yeah, I hope you enjoy the rest of the episodes and yeah bye bye!



# SCRIPT

## MY LIFE, MY IDEAS

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Hello everyone and welcome. My name is Mustafa. In this episode we have a guest here and we would like to know more about him we will know more about his story. I would like to thank Vahit for giving us the chance to get to know him. May I know you?

My name is Vahit Rahmani, I am from Afghanistan.

How old are you Vahit?

Seventeen.

How old were you when you came to Turkey?

I came when I was twelve.

Can you tell us about the story of coming to Turkey?

We came as a family, six of us. four siblings, mother and father. We left Afghanistan because of the war. First we came to Van and then to Elazığ.

First you came to Van and from there you went to Elazığ. Why did you come to Elazığ from Van?

My father found a job in Elazığ.

What does your father do?

My father does construction.

So what was the biggest challenge you encountered during your move from Afghanistan to Elazığ?

We had trouble on the road. We used the roads in the mountains for a few days. But other than that we didn't experience much.

I understand. You are a student at Vocational school. Can you tell me about your education?

I am a student at the electric department. I am in twelfth grade and hope to graduate this year.

You were a student during Covid.  
Can you tell me about your education during Covid?

These weren't very good days. Face to Face education was better. I had friends, school life, a certain routine, and it all disappeared in an instant. Distance education started instead of all.

And then?

The name of the education was distance education during Covid. We had to use technology to attend lectures and I needed to use the internet and mobile phone. Because I do not have a computer at home. There were computers at school but we had to stay at home because of Covid.



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## MY LIFE, MY IDEAS

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Did you have the materials you needed for distance education? Could you attend classes from home?

Yes, I could participate via the internet with my mobile phone.

I guess the internet has been a great help to you in this process. Also the lectures were on TV. Did you watch TV for your lectures?

Yes, the internet was needed for all. There was an EBA training platform on TV where you can find many videos, lecture notes, etc. about education. I actually participated and we had online distance education.

So, were there any obstacles you encountered after Covid?

I had some financial problems. I had to find a job, I solved this by finding a job and working. I did not encounter any problems regarding my education after Covid.

What did you do?

I worked at a barber for 2 years then started to work at a restaurant as a waiter. I am still working in my free time at a restaurant and going to graduate from my school this summer.

What role did you see technology playing in solving COVID-related issues?

I never expected technology to be this important and effective. Of course, it does not replace face-to-face education, but it worked to continue the process.

Thank you very much for giving me a chance to know you. I believe you will make your dreams come true.

I hope so. You are welcome.

Hello everyone and welcome. My name is Mustafa. In this episode we have a guest we would like to know more about her and about her story. I would like to thank Samira for giving us the chance to get to know her. May I know you?

Hello my name is Samira Rahimi. I'm from Afghanistan. I am nineteen years old. I am twelfth grade at this school and a student at the Biomedical department.

Did you come to Turkey from Afghanistan? Could you briefly tell us about this process?

Yes we came from Afghanistan and we came illegally. We came to Türkiye because of the war there.

Did you come with your family?

Yes



# MY LIFE, MY IDEAS



Was Elazığ your first place of origin or did you come from another city?

No, we came from the city of Van. We stayed four days in Van and then we came straight here. The authorities allowed and directed us from Van to the city of Elazığ.

Could you please tell me about your family?

There are four of us, one is my mom and three siblings. One of them is in eleventh grade at this school. My other brother is also a student at middle school. My mother has a job and my brothers also have a part time job except school.

Were there any difficulties you encountered while coming here? What kind of difficulties are these?

When we first came, we had difficulties because of the language, then work situations, etc. Over time, we started to learn Turkish, after we learned the new language everything became easier. First we were not able to find a job but after solving language problems we found a job.

Were you a student during covid time? Can you give brief information about how this process went?

I was a student during covid time and the education was “distance education”. In order to attend classes in distance education, we had to use technologies such as computers, tablets and mobile phones.

Were you able to attend to the classes during distance education? How?

I was the only person who could attend classes because there were not enough phones at home. There was only one phone. I was already on it. My brother couldn't get in.

What about your brother's education?

There was only one phone. I was already on it. My brother couldn't get in. His education was a bit disrupted. During this process, I learned that knowing and being able to use technology in education is important.

All right. You had distance education at covid and you did not go to school, was it useful at least, were you able to get education, was it the same as face-to-face education?

No, unfortunately it was not like face to face education. But I realized that we can use technologies in education. I like using mobile phones and computers. It would be more effective if we use it related to the lesson. I prefer using technology at face to face education instead of distance education.

Do you think this technology was useful for you to overcome these?

Yes, it can be very useful if we use it in good ways. Everything is already very advanced in this era. Let them use these technologies in a good way.

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# SELF-MANAGEMENT

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Hello everyone. This episode is called “Self management”. I am Mustafa and I am going to talk with Vahit about self management. We want to know his thoughts and experiences about this topic. Hello Vahit, You have not gone through easy times and you have overcome many difficulties. This is a great achievement and I congratulate you on your success.

Thank you.

How did you lift your spirits when things got tough?

My family was giving me moral support, I was thinking about my family.

What do you do in your free time? Do you have any hobbies?

Actually I do not have much free time. I have to work and I have a job at a restaurant and I am working except for school time. I have hobbies and doing sports is my hobby.

That is nice. Can you give us information about what this hobby has brought you?

I have new friends and network. Also I gain the discipline to do it regularly. It is also about working too. I have to continue because I want to be a great chef in the future.

So time is important and do you know how to manage it?

Yes, I have to. Otherwise, it would not be easy for me to both go to school and work.

What is important for you ? This question is also related to your plans for the future.

My education is important because I have to graduate. Then, I needed a job and I worked in a barbershop for two years. I have to help my family and myself also. Maybe I could not pass the university exam so keeping on working is important.

Clarifying what is important for you is important. You know it.

Yes, I have some decisions and I take responsibilities. I have to solve problems and nowadays I am doing it better.

How have you adapted your problem-solving strategies during the pandemic?

Sometimes we do not have any other chance. The problems about education were already in the plan because of the education system. I did not do any extra thing and just kept attending lectures online. The other problems are usually about finances. There wasn't much to do and I had time to come up with solutions. I had to think about my family and then myself. This motivated me and I continued working.

Have you found it helpful to connect with others virtually to stay motivated and accountable?

Yes, otherwise it would be much more boring.



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# SELF- MANAGEMENT

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What do you do for your personal development?

I am working hard both at work and at school. I am trying to learn and improve my abilities for being a chef. I am making a big effort and it is not easy. Trying to improve my language by reading and watching series. I made some decisions, made plans for my future and I am trying to realize them.

What can you tell us about personal management?

I worked in a barbershop for two years then tried to find another job. I didn't get discouraged, I set goals, I used my time well. It is important to come up with solutions instead of whining. To do this, we need to make an effort, work hard and improve our competencies.

Thank you very much for your advice. You are a successful person and will be more in the future. I am sure about it.

You are welcome. Thank you

Hello everyone. This episode is called “self management”. I am Mustafa and I am going to talk with Samira about self management. We want to know her thoughts and experiences about this topic. Hello Samira. It is a success that you are here, you are a senior and you will graduate this summer. What do you do in your free time?

Actually I do not have much free time. After school, I help my mom with housework and my siblings with their homeworks. Reading books, watching series and spending time with my friends.  
I like drawing and I do sometimes. I have to spend time carefully because I am studying hard for the university exam.

University exams are not easy to pass. What do you do to prepare for this exam?

I am watching videos about lectures and self learning at home. I have to try hard for this exam.

You've been through tough times and you have plans for the future. What motivated you?

I always thought in a positive way, for example, I was giving myself hope that the Covid period would end and schools would start again. My family was always with me, we were always together, so it was even better.

OK. What can you say about your own personal development?

I focused on making a plan for my future. Because I have to do it and I have some decisions. Reading books is very important and I never give up. For a good education I have to learn Turkish and English languages well and I have to pass university exams. These are my decisions.

That is a nice view of the point so what are you doing for your decisions?



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# SELF- MANAGEMENT

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I am trying to improve my new language skills by reading books, watching movies, and improving my abilities. I thought about learning German but first I would like to learn English. Studying hard for university exams because it is not easy. Time is passing very fast so I have to be careful about time. This summer I will take the university exam.

You have some plans for the future. You set up some goals. In general, what is important to achieve these and what can you tell us about it?

Well, time is important but how you spend this time for your future plans is more important. Everyone wants something, but it is necessary to decide what they want and strive for these decisions. It is necessary to take action.

What about your advice for other teens about self management?

First of all, one should not lose hope. There will always be difficult situations, but if you have hope, you can try and overcome those difficulties. And I would like to say using time well, striving for the goal and not thinking too negatively. Don't waste their time and always pay attention to reading.

Thank you very much for your ideas.

You are welcome.

