



„Improving the Integration of Low-Skilled Adults
Through Developing Mathematical Skills and
Community Support“

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Work and travel

ABOUT ME

My name is Tetiana. I come from the city of Khmelnytsky in Ukraine. I came to Poland to study and work. I studied Computer Science and currently I work in an IT company. During my stay in Poland, I received the Polish Card and later I also received Polish citizenship.

MY EXPERIENCE OF SUCCESSFUL INTEGRATION INTO THE COMMUNITY

MY FIRST STEPS INTO THE LOCAL COMMUNITY

Before I came here I was afraid that my knowledge of the Polish language would not be enough to function freely in this country. I was also worried whether I could manage finding a job and studying. Ultimately, I managed to complete Computer Science at one of the Rzeszów universities. After arriving in Poland, it turned out that the Poles are a very helpful nation. I was surprised how cultural Poles are. I liked how you always say good morning and goodbye in stores. What's more, I was surprised at how you always observe the passage at the pedestrian crossing. In addition, I notice many similarities between our nations. Thanks to my studies, I met many new friends who helped me in difficult beginnings.

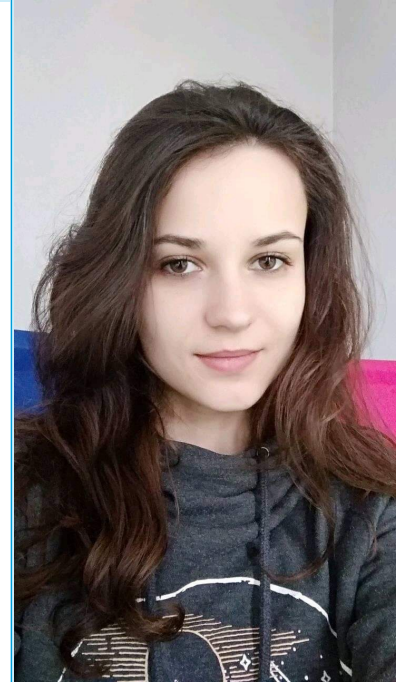
THE PROBLEMS I FACED, SUPPORT I HAVE GOT

As I mentioned, the Poles turned out to be very helpful. I was able to overcome my initial language difficulties thanks to their help. Although I did not have much difficulty in understanding the Polish language, speaking in it was a difficult challenge for me.

I never had problems because of my origins. On the contrary, it turned out that Poles like Ukrainians. I also received help from the local community of Ukrainians, many of whom are in Rzeszów.

The only problems I had was to deal with the administration. There was a lot of documentation to fill with which I did not meet in Ukraine.

Of course, at the beginning, I missed my country and my family very much. But now I have many friends here and good contact with my family who visit me.



Tetiana
from Ukraine,
currently living
in Poland



BECOMING THE MEMBER OF LOCAL COMMUNITY

For me the key to becoming a member of the local community was studying. It is thanks to them that I met new people who showed me the city and with whom I could spend time. That's why I think that if you want to become a member of the local community, you should try to get acquainted by people from your studies or work. Newly known people will show you where to go in the city and what to see. Besides, I have been searching for information on the Internet about cultural events and events in Rzeszów for a long time. Participation in them also turned out to be useful for acquiring new acquaintances. I've also found social groups on Facebook. Among others, a group of Ukrainians who currently live in Rzeszów. Thanks to this I could still have contact with people from my country.

“Studies have helped me find my place in a new country.”

TIPS FOR MAKING YOUR NEW COMMUNITY FEEL LIKE HOME

I believe that it is worth checking whether in the city where you came to see if your national minority is in it. They will help you take your first steps. It is important, however, not to shut up with your local community. It's worth getting to know their culture and learn how to live in a new country.

Certainly the problem will be the lack of family and friends from your country at the beginning. But if you try to be gradually become a member of a new place, you fill the gap with new acquaintances.

Personally, I think that a good place for first acquaintances is work or study. That's why I recommend starting from it. It is important that in the beginning you do not break down and do not close at home, but try to find yourself in a new country. You will feel better and confident each day.



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