



POSTCARDS OF RETURN

"I would like to express my gratitude to you and the entire IOM Norway staff for the support and assistance offered to me. I am happy to inform you that I have received my grant and am hoping to start a course on entrepreneurship."

The opinions expressed in this publication are those of the migrants and do not necessarily reflect the views of the International Organization for Migration (IOM). The designations employed and the presentation of material throughout the publication do not imply the expression of any opinion whatsoever on the part of IOM concerning the legal status of any country, territory, city or area, or of its authorities, or concerning its frontiers or boundaries. IOM and the interviewed migrants do not accept any liability for any loss or damage which may arise from the reliance on information contained in this publication.

All migrants featured in this booklet have given their consent for the publication. When requested, fictitious names have been used to protect their privacy.

IOM is committed to the principle that humane and orderly migration benefits migrants and society. As an intergovernmental organization, IOM acts with its partners in the international community to assist in meeting the operational challenges of migration; advance understanding of migration issues; encourage social and economic development through migration; and uphold the human dignity and well-being of migrants.

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POSTCARDS OF RETURN



iomstoriesofreturnnorway.com

Dear friend,

Going into your future is never easy, preparations help.

When you left home, things looked differently. Your old life might have had many difficulties to overcome and you made a decision to travel to regions never seen before. It was a life-changing moment. You heard stories from friends and family who are living in Norway and seemed to have made it. You were told all this and saw it in pictures.

Being told by the authorities to return home is another life-changing moment. Uncertainties you had about building a new life in Norway before arrival, even after trying very hard, have been confirmed. These doubts probably never went away. Then comes the time to make a decision and choose the best option for you and your family's future. You might have preferred another outcome.

You understand it is time to go home. This booklet contains a collection of the emotions, difficulties, strengths and gains of the many other returnees who went before you and their experiences encountered upon return. Through these experiences, some of which are not perfect, you might develop a clearer picture on what can be the next step in your life. You will see that most need at least some kind of assistance with their return and reintegration. Even if it is home, it might be a place changed beyond memory that presents challenges and opportunities that did not exist before.

IOM is here to assist you as you prepare to go into your future. Your journey will be your story. Going into your future is a part of that journey. We gratefully thank those who gave their stories and we look forward to hearing yours. It might not be easy, but IOM can make your return organized and dignified. IOM wishes those who returned and those who will return the very best future.



Joost van der Aalst
Chief of Mission
IOM Norway



IOM can help you!

Here's how it works:

Decide to Return



- Many different situations can lead to the decision of leaving Norway and returning to your home country: irregular status, illness of a family member, rejected asylum application, detention, or simply the wish to return home.
- If you are considering return, you can get in touch with IOM and discuss your options without any obligations.

Prepare



- You can call IOM at +47 23 10 53 20 and meet an IOM counsellor to explain your personal situation.
- IOM will give you advice and information on what you need to know about your return.
- IOM will help you step by step to prepare for your departure.
- Depending on your personal situation, you may be eligible for an IOM reintegration grant.
- IOM NORWAY will contact the IOM office in your country of origin to make sure you receive help after arrival.

Travel



- Airport assistance is provided to all migrants travelling with IOM.
- We assist with check-in and boarding procedures, and with the exit formalities at the border.
- You can also receive social or medical assistance during the flight and upon arrival.
- If necessary, special transport and escorts can be arranged.

Build a new life



- The assistance you receive upon return to your home country depends on your personal situation.
- IOM can arrange arrival assistance, in-kind assistance and medical support.
- You can discuss your options with IOM.

INDIA



My name is Shalu,

I live in India,

IOM does good work and should
continue in the future to help others.

I went to visit my parents in Oslo on a tourist visa with my children and decided to stay. I lived in Norway for a little over a year. My life in Norway was extremely good as I had access to many opportunities like language courses and my family supported me while I was in Norway.

I decided to return to India as I applied for residency in Norway but was rejected. I came to know about IOM through the Norwegian immigration department. Through the IOM programme, I had the opportunity of reintegrating myself with the necessary support in setting up a service of livelihood and leading a self-dependent life. All the necessary factors to my specific situation were duly taken into account.

I am permanently staying in India. I did not face any problem after my return. My community was co-operative and my children adapted to the local community with support from my family and friends. My children are very busy now with school. I was counselled and advised by IOM about my reintegration whenever required. IOM assisted me with accommodation immediately after arrival and provided the necessary emotional support to facilitate effective reintegration. The reintegration support influenced my decision as it assisted me to start a source of livelihood. I purchased a commercial vehicle with IOM support which is generating income for me and my children. I am also pursuing further education in computers. I used the housing assistance on a lease for five years.

I am very happy with the reintegration support. My current life is good and I have my own home and source of income. We have a decent standard of living. I am quite effectively resettled as I have access to all the basic amenities for a good life. My livelihood activity has just started yielding an income. With further growth, I am expecting to do well. My local IOM office provided great and timely assistance. I am thankful for that. I am glad to be home. IOM does good work and should continue in the future to help others.

IOM INDIA has been a member of IOM since 2008 and facilitates managing labour migration, regional migration programmes, counter-trafficking, migration health and resettlement and reintegration assistance. <https://www.iom.int/regions/india>

मेरा नाम शालू है। मैं भारत से हूँ।

IOM अच्छा कार्य करता है और भविष्य में दूसरों की मदद करना जारी रखना चाहिए।

मैंने अपने बच्चों के साथ पर्यटक वीजा पर अपने माता-पिता से मिलने ओस्लो गई थी, और रहने का फैसला किया। मैं एक साल से कुछ ज्यादा समय तक नॉर्वे में रही। नॉर्वे में मेरी जिंदगी काफी अच्छी थी, क्योंकि मुझे कई अवसर मिले, जैसे कि भाषा पाठ्यक्रम और नॉर्वे में रहने के दौरान मेरे परिवार ने मेरा समर्थन किया।

मैंने भारत लौटने का फैसला किया, क्योंकि नॉर्वे में आवास के लिए मैंने आवेदन किया था, पर वो खारिज हो गया था। मुझे IOM के बारे में नॉर्वेजियन इमीग्रेशन विभाग के जरिए पता चला। IOM कार्यक्रम के जरिए मुझे अपने आप का पुनः एकीकरण करने का मौका मिला, एक जीविका की सेवा सेटअप करने का और एक आत्म-निर्भर जीवन जीने के जरूरी समर्थन के साथ। मेरी विशिष्ट स्थिति के लिए सभी आवश्यक कारकों को ध्यान में रखा गया। मैं स्थायी रूप से भारत में रह रही हूँ। वापस लौटने के बाद मैंने किसी तरह की परेशानी का सामना नहीं किया। मेरा समुदाय सहयोगी था और मेरे बच्चे मेरे परिवार और दोस्तों के समर्थन से स्थानीय समुदाय में ढल गए। मेरे बच्चे अब स्कूल के साथ बहुत व्यस्त हैं। IOM द्वारा जरूरत के मुताबिक पुनः एकीकरण के बारे में मेरी काउंसलिंग की गई और सलाह दी गई। मेरे आने के तुरंत बाद IOM ने मुझे आवासीय सहायता दी और प्रभावी पुनः एकीकरण की सुविधा के लिए आवश्यक भावनात्मक समर्थन प्रदान किया। अजीविका का स्रोत शुरू करने में मुझे सहायता के रूप में पुनः एकीकरण समर्थन ने मेरे निर्णय को प्रभावित किया। मैंने IOM के समर्थन से एक वाणिज्यिक वाहन खरीदा है, जो मेरे और मेरे बच्चों के लिए आय पैदा कर रहा है। मैं कम्प्यूटर में आगे की शिक्षा भी ले रही हूँ। मैंने हाउसिंग के लिए सहायता का इस्तेमाल करते हुए 5 साल के लिए पट्टे पर घर लिया।

मैं पुनः एकीकरण समर्थन से बहुत खुश हूँ। मेरी वर्तमान जिंदगी अच्छी है और मेरा पास अपना खुद का घर और आय का स्रोत है। हमारे जीवन का स्तर सभ्य है। मैं काफी प्रभावी रूप से पुनः बस गई हूँ, क्योंकि मेरे पास एक अच्छे जीवन के लिए सभी बुनियादी सुविधाओं तक पहुंच है। मेरी जीविक की गतिविधि ने अभी आय देना शुरू किया है। और प्रगति के साथ मैं अच्छा करने की अपेक्षा कर रही हूँ। मेरा स्थानीय IOM कार्यालय महान और वक्त पर सहायता प्रदान करता है। मैं इसके लिए शुक्रगुजार हूँ। मैं घर आकर आनंदित महसूस कर रही हूँ। IOM अच्छा कार्य करता है और भविष्य में दूसरों की मदद करना जारी रखना चाहिए।

IRAN



My name is Ehsan.

I live in Iran.

I started a carpentry workshop.

I went to Norway for eight months with my brother. We thought we would stand a better chance of getting a job. It was difficult for us to adjust with the current situation in Norway, and the weather was not so nice. There were many limitations for us, such as finding a job. In Iran, I feel more comfortable without those limitations and my life is better than in Norway. I started a partnership in a carpentry workshop and it takes time to be independent, but I'm optimistic about my future. I'm in a better position now since I can plan my future. I want to expand my work and resume my education. I finished high school but want to go further.

I heard about IOM from IOM staff who visited the reception centre. We had enough information about the conditions in Iran. The assistance I received from IOM was sufficient and useful in accordance with my needs but I wish it was more. We live in a remote part of Iran far away from the IOM office and transportation was a little difficult but we received our grant. When I think about going abroad to live again, it wasn't a good experience for me. I don't want to experience it again. We barely could meet our living expenses. Norway was not a good experience for us and we came back home permanently.

IOM IRAN has been a member of IOM since 2001 and is active in combating irregular migration, including human trafficking and smuggling, labour migration, voluntary return and reintegration and cooperation in border management.

<http://www.iomtehran.net/>

اسم من احسان هست و یک کارگاه نجاری راه انداخته‌ام.

من و برادرم هشت ماه در نروژ زندگی کردیم. ما فکر می‌کردیم در آنجا شانس بیشتری برای پیدا کردن شغل خواهیم داشت. تطبیق یافتن با شرایط کنونی در نروژ برای ما دشوار بود و شرایط آب و هوایی هم چندان مناسب نبود. محدودیت‌های زیادی از جمله در پیدا کردن شغل برای ما وجود داشت. من در ایران، بدون آن محدودیت‌ها، احساس راحتی بیشتری می‌کنم و زندگی من در اینجا بهتر از نروژ است. من در یک کارگاه نجاری شریک شده‌ام و مدتی زمان می‌برد تا مستقل شوم اما نسبت به آینده خوشبین هستم. من اینک در موقعیت بهتری قرار دارم چونکه می‌توانم برای آینده‌ام برنامه‌ریزی کنم. می‌خواهم کسب و کارم را توسعه و تحصیلاتم را ادامه بدهم؛ دبیرستان را به پایان رسانده‌ام اما می‌خواهم در مقاطع بالاتر تحصیل کنم.

سازمان بین‌المللی مهاجرت (که از مرکز IOM من از طریق کارکنان پذیرش ما بازدید کردند درباره این نهاد چیزهایی شنیدم. ما درباره شرایط IOM ایران اطلاعات کافی داشتیم. کمک‌هایی که در رابطه با نیازهایم از دریافت کردم کافی و مفید بود اما ای کاش این کمک‌ها بیشتر بود. ما در IOM منطقه‌ای دورافتاده در ایران زندگی می‌کنیم که فاصله زیادی با دفتر دارد و رفت و آمد هم برای ما تاحدی دشوار بود اما توانستیم کمک هزینه دریافت کنیم. وقتی دوباره به رفتن به خارج برای ادامه زندگی فکر می‌کنم، به این نتیجه می‌رسم که این تجربه برای من مطلوب نبود و نمی‌خواهم دوباره چنین تجربه‌ای داشته باشم. ما به ندرت از پس مخارج زندگی خود برمی‌آمدیم. تجربه زندگی در نروژ برای ما خوب نبود و از این رو برای همیشه به وطن خود برگشتیم.

KAZAKHSTAN



My name is Parkhet.

I live in Kazakhstan.

*I want to give an education
to my children.*

Norway is located quite far from Kazakhstan, though at first we were heading for Sweden. We applied for status as asylum seekers, and were awaiting decision during this period for four years and two months. We were fully dependent on the Norwegian government for support. Still, for us our life in Norway was like a good dream.

Before we returned, we knew the situation in Kazakhstan fully from TV channels, and we kept in touch with relative and friends. However, we wanted to leave almost immediately after our return, and are still thinking of moving to another country. We face difficulties in adapting in to our local society rules and people's behavior. We are also sad with people's attitude to us if we are not well-dressed, or if my wife and daughters are without make-up.

We decided to leave Norway because of sad family events, which happened during our absence. My wife's parents were in deep desperation and needed our care and support. For family reasons, we made our decision to return as soon as possible. Of course, the grant and general assistance from IOM brought us some certainty that after arrival, we would have some funds to start our life here with fewer difficulties. We used the grant to buy school uniforms and school supplies for our children. We spent some to repair our house. The grant was very useful to start-up life in Kazakhstan. Without this money, we would face many more difficulties in every area of life. I don't feel economically independent, as I don't work currently because of health conditions. My wife works as a medical nurse, but her salary is not high enough to cover all our family's needs.

We feel people in Norway were much better than here. If I didn't have family reasons in Kazakhstan, I would make all effort to stay in Norway. I want to give an education to my children but I would advise to stay in Norway rather than return to home country.

IOM KAZAKHSTAN has been a member of IOM since 2002 and facilitates regional migration programmes, counter-trafficking, migration health and resettlement and reintegration assistance.
<http://www.iom.kz/>

Менің атым Пархет. Мен өз балаларыма білім бергім келеді.

Норвегия Қазақстаннан айтарлықтай алыс орналасқан, алайда басында біз Швецияға баратын болғанбыз. Біз қашқындар мәртебесін алуға өтініш беріп, төрт жыл, екі ай мерзім ағымында шешімнің қабылдануын күттік. Біз норвегиялық үкіметтің қолдауына толықтай тәуелді болдық. Біз үшін біздің Норвегиядағы өміріміз әлі күнге дейін тамаша арман болып көрінеді.

Біз қайтып келгенше Қазақстандағы жағдай туралы теледидардағы бағдарламалардан, сондай-ақ біз байланыста болған туыстарымыз бен жолдастарымыздан біліп отырдық. Дегенмен, біз қайтып келгеннен кейін, бірден қайта кеткіміз келді, және әлі де басқа елге көшіп кетуді ойлап жүрміз. Біз жергілікті қауым ережелеріне үйренуден және адамдардың іс-әрекетінен туындаған қиындықтармен кездесіп келеміз. Адамдар біздің нашар киінгенімізді, немесе менің әйелім мен қызымның боянбағанын көргендегі бізге деген қарым-қатынасы қынжылтады.

Біз жоқ кезде отбасымызда болған жағдайлар көңілімізді бұзғаннан кейін, біз Норвегияға көшеміз деп шештік. Менің әйелімнің ата-анасы ашынып, оларға біздің қамқорлығымыз бен қолдауымыз қажет болды. Отбасылық жағдайларға байланысты біз неғұрлым тезірек қайтып келеміз деп шешім қабылдадық. Әрине, грант және ИОМ тарапынан жалпы қолдау, біз осында келгеннен кейін, барынша аз қиындықпен өмір сүру үшін қандай-да бір қаражатымыз болады деген үміт берді. Біз грантты балаларымызға мектеп формасын және мектеп керек-жарақтарын сатып алу үшін қолдандық. Біз біраз ақшаны үйімізді жөндеуге жұмсадық. Грант Қазақстанда өмір сүруді бастау үшін өте пайдалы болып шықты. Бұл ақшасыз біз өмірдің барлық салаларында да әлдеқайда көбірек қиындықтарға тап болатын едік. Мен қазіргі уақытта денсаулығым байланысты жұмыс істемейтіндіктен, өзімнің экономикалық тәуелсіздігімді сезінбеймін. Әйелім медбике болып жұмыс істейді, бірақ оның еңбекақысы біздің отбасымыздың барлық мұқтаждықтарымызға жетпейді.

Біз Норвегиядағы адамдар бұл жақтың адамдарынан әлдеқайда жақсы деп ойлаймыз. Егер менің Қазақстанда жанұялық жағдайларым болмаса, мен Норвегияда қалу үшін барымды салатын едім. Мен өз балаларыма білім бергім келеді, бірақ мен өз еліме қайтқанша Норвегияда қалуға кеңес беретін едім.

KOSOVO



*My name is valbon
I live in Kosovo.
If your return is organized by
IOM do not think twice
Just come back.*

The main reasons I travelled to Norway was because Norway is a rich and secure country. I had a very good time and enjoyed every moment of my life.

I had no legal right to stay in Norway and I did not have any other better choice but to return. The reintegration support was the main reason to decide to return. Everything with IOM was perfect. The return organized by the IOM Vulnerable Groups project was very professional, friendly and sincere. The cooperation between us was remarkable. Every detail of counseling was clear and sufficient.

When I returned I was confused and not sure of myself. Life back in my country can be considered good as I am close to my family. On the other hand, it can be considered bad because of the economic instability and social life difficulties I found after return.

The reintegration support received after my return was very useful and necessary considering the fact that none of my family members are employed. The housing grant was used to renovate the bathroom and the flooring of the house. We also furnished the house. The initial phase of the work placement activity was researching job opportunities and afterwards establishing an employment contract. The duration of the contract signed with my company is foreseen for 12 months with the possibility of extension.

In addition to finding work, I started 11th grade immediately after returning. Unfortunately, I couldn't continue with my classmates and the ongoing class which I lost while being in Norway. I will complete high school this year. My goals are: to graduate high school and get a diploma, a long-term working contract and to develop more professional skills. If your return is organized by IOM do not think twice. Just come back.

IOM KOSOVO has been a member of IOM since 1999 and provides extensive services throughout Kosovo, including reintegration, counter-trafficking measures, guidance for youth considering migration and assistance in rebuilding civic society. <http://kosovo.iom.int/>

Më quajnë Valbon. Nëse kthimi yt është organizuar nga IOM-i, mos mendo dy herë. Vetëm kthehu.

Arsyet kryesore që udhëtova për në Norvegji ishin sepse Norvegjia është një shtet i pasur dhe i sigurt. Ia kalova mjaft mirë dhe shijova çdo moment të jetës sime.

Nuk kisha të drejta ligjore për të qëndruar në Norvegji dhe nuk kisha ndonjë zgjedhje më të mirë veç kthimit. Mbështetja për një integrim nga e para ishte arsyeja kryesore që vendosa të kthehesha. Çdo gjë me IOM-in ishte e përkryer. Kthimi i organizuar nga projekti i Grupeve Vullnetare të IOM-it ishte tepër profesional, miqësor dhe i sigurt. Bashkëpunimi mes nesh ishte i mrekullueshëm. Çdo hollësi e këshillimit ishte e qartë dhe e mjaftueshme.

Kur u ktheva isha i hutuar dhe i pasigurt për veten. Jeta në vendin tim mund të konsiderohet e mirë, sepse jam afër familjes. Nga ana tjetër, mund të konsiderohet jo e mirë për shkak të paqëndrueshmërisë ekonomike dhe vështirësive të jetës shoqërore që gjeta pas kthimit.

Mbështetja për integrimin nga e para ishte shumë i dobishëm dhe i domosdoshëm, duke marrë parasysh faktin që asnjëri nga pjesëtarët e familjes sime nuk është i punësuar. Ndhimën për shtëpinë e përdorëm për të rinovuar banjën dhe dyshemenë e shtëpisë. Gjithashtu mobiluam shtëpinë. Faza fillestare e aktivitetit të gjetjes së një pune ishte kërkimi i mundësive dhe më pas sigurimi i një kontrate punësimi. Kohëzgjatja e kontratës së nënshkruar me kompaninë time është parashikuar për 12 muaj me mundësi shtyrjeje.

Përveç gjetjes së punës, fillova klasën e 11-të menjëherë pas kthimit. Fatkeqësisht, nuk munda të vazhdoja me shokët e shoqet e mia të klasës dhe me brezin aktual, të cilin e humba gjatë qëndrimit tim në Norvegji. Këtë vit do të përfundoj shkollën e mesme. Qëllimet e mia janë këto: të mbaroj maturën dhe të marr një diplomë, një kontratë afatgjatë pune për të zhvilluar aftësi të tjera profesionale.

Nëse kthimi yt është organizuar nga IOM-i, mos mendo dy herë. Vetëm kthehu.

KYRGYZSTAN



My name is Maxence.
I live in Kyrgyzstan.

I dream about a life in Canada.

I am a single man with no formal education. I was away for two years. First I was in Sweden and then I came to Norway. I came to Norway because Norway is rich. My life in Norway wasn't bad or good. It was just nothing. I could not work. I had no money. I was afraid of being deported. I had no other choice.

When a counselor at my reception center told me about IOM, I decided it was time to return. I had a good experience with IOM. However, I felt I didn't have enough information about what was happening inside Kyrgyzstan. I had difficulties when I returned home. I could not find a job and had no money. I used my grant for business, paying off loans and living expenses. To survive, I am now doing odd jobs and trading things in the market.

I am definitely thinking about going somewhere else to live and work. I dream about a life in Canada.

IOM KYRGYZSTAN has been a member of IOM since 2000. IOM Kyrgyzstan has been a member of IOM since 2000 and is a vital part of the Central Asia initiative, operating the Canada Visa Application Center and efforts in movement and reintegration and resettlement. <http://iom.kg/>

Меня зовут Максенс. Моя мечта - жить в Канаде.

Я холостяк без формального образования. Я отсутствовал два года: сначала жил в Швеции, затем - в Норвегии. Я поехал в Норвегию, потому что это богатая страна. Моя жизнь в Норвегии не была ни плоха, ни хороша - я был там просто пустым местом. Я не мог работать, и денег у меня не было. Я боялся, что меня депортируют. Выбора не оставалось.

Когда социальный работник в пункте приема мигрантов рассказал мне об ИОМ (*Прим.переводчика: International Organization for Migration - Международная организация по миграции*), я решил, что пришло время возвращаться домой. У меня остались хорошие впечатления от общения с ИОМ. Тем не менее, я мало знал о том, что происходит в Киргизстане. Когда я вернулся домой, у меня возникли трудности. Я не мог найти работу, и денег не было. Полученный грант я потратил на открытие бизнеса, выплату долгов и расходы на проживание. Сейчас, чтобы выжить, я подрабатываю в разных местах и торгую на рынке.

Я определенно подумываю поехать куда-то еще жить и работать. Моя мечта - жить в Канаде.

MONGOLIA



*My name is Temulun.
I live in Mongolia.*

I felt dignity when I travelled.

I am a single mother with two children. I finished college and became a doctor and wanted to build a better life for my children. I came to Norway for job opportunities that did not work out. I had to do illegal work to live.

I decided to return home before knowing about the possibility of receiving an assistance grant but it was very helpful. It went to pay immediate living costs and more education. The grant is an excellent way to support people and their futures.

Voluntary return offered by IOM was actually enjoyable and I felt dignity during the travel. My life in Mongolia is better than it was in Norway. Being a doctor and not being able to do my work was very difficult for me. Living in Mongolia is good and I'm happy to be home. I didn't have any real difficulties when I returned home. I plan to get a permanent job and to live in a bigger city.

What would I tell people thinking about returning? It is better to return home. Do not stay in an irregular situation for a long time. It is not good. While I might work again in another country, right now it is good to be home.

IOM MONGOLIA has been a member of IOM since 2008 and provides counter-trafficking and migrant-smuggling measures and return and resettlement assistance, including innovative ways to generate income for returning migrants.
<http://www.iom.int/countries/mongolia/general-information>

Намайг Тэмүүлэн гэдэг. Аялж байхдаа би нэр хүндийг мэдэрсэн. Би хоёр хүүхэдтэй ганц бие эх хүн.

Би коллежоо төгссөний дараа эмч болсон ба хүүхдүүддээ илүү амьдралыг бий болгохыг хүссэн. Би ажлын боломж хайн Норвеги руу явсан боловч энэ нь бүтээгүй. Би амьдрахын тулд хууль бус ажил хийхэд хүрсэн.

Буцалтгүй тусламж авах боломжийн талаар мэдэхийн өмнө би гэртэй харихаар шийдсэн боловч энэ нь маш тустай байсан. Энэ нь нэн чухал амьжиргааны зардлыг төлж ба илүү боловсролыг олгосон. Буцалтгүй тусламж нь хүмүүс ба тэдний ирээдүйг дэмжих маш сайн арга зам юм.

Сайн дураараа буцах ИОМ-ын санал нь үнэхээр тааламжтай байсан ба би аяллын явцад нэр хүндийг мэдэрсэн. Миний Монгол дахь амьдрал Норвегид байснаас илүү байна. Эмчийн мэргэжилтэй бөгөөд өөрийн ажлыг хийж чадахгүй байх нь надад үнэхээр хэцүү байсан. Монголд амьдрах нь сайхан бөгөөд гэртээ байхдаа би баяртай байна. Гэртээ буцаж ирэхэд надад аливаа бодит хүндрэлүүд байгаагүй. Би тогтвортой ажилд ороод том хотод амьдрахаар төлөвлөж байна.

Гэртээ буцахыг бодож байгаа хүмүүст юу гэж хэлэхийг хүсэж байна вэ? Гэртээ буцах нь илүү юм. Хууль бус нөхцөлд урт хугацаанд битгий үлдээрэй. Энэ нь сайн биш юм. Өөр улсад би дахин ажиллаж магадгүй ч яг одоо бол гэртээ байх нь сайн юм.

PHILIPPINES



*My name is Anna.
I live in the Philippines.*

*IOM made it possible for me to not be
afraid anymore.*

Because of the difficulty of life in the Philippines, I was forced to seek employment abroad to help my family. Unfortunately, that did not go well, as I encountered difficult employers. The situation that I experienced is something that I do not want to relive. I worried that when I went back to the Philippines, life would still be very hard for me and my family as we do not have that much income.

I am very glad I decided to seek help from IOM in order to go home. The case officers who assisted me were very helpful and they explained how I was able to claim assistance. IOM reintegration grant helped me in resettling in my country. Through IOM's help, I now have a better outlook in life. I am confident that when I finish my studies funded by the grant, I'll be able to find a good job and help support my family. Somehow, IOM made it possible to regain my confidence. I am still afraid sometimes when I remember what I went through in Norway, but IOM has given me new hope in starting a better life, IOM made it possible for me to not be afraid anymore.

I enjoy my studies very much. The kinds of things that are taught to us are also very challenging. When I finish my program, I plan to find employment in our community to gain enough experience. Eventually, if a better opportunity will present itself, I'm hoping that I will be able to find employment overseas as a caregiver.

At the moment, I do not have any plans of leaving the Philippines. I plan to finish my studies, and then try to find employment in our community to gain further experience.

IOM PHILIPPINES provides IOM administrative support, reintegration services, extensive humanitarian assistance, disaster relief and counter-trafficking services.

<http://www.iom.int/cms/philippines>

Ang pangalan ko ay Anna. Ginawang posible ng IOM na huwag na akong matakot.

Dahil sa hirap ng buhay sa Pilipinas, napilitan akong maghanap ng trabaho sa ibang bansa upang makatulong sa aking pamilya. Sa kasamaang palad, hindi naging mabuti ang lahat, dahil nakatagpo ako ng mga mahirap na taga-empelyo. Ang sitwasyon na aking naranasan ay isang bagay na di ko na nais maalala. Nag-alala ako na nung bumalik ako sa Pilipinas, ang buhay ay magiging mahirap pa rin para sa akin at sa aking pamilya dahil wala kaming masyadong kita.

Lubha akong natuwa nang ako ay magpasyang humingi ng tulong sa IOM upang makauwi. Lubos na naging matulungin ang mga kawani ng kaso na tumulong sa akin at ipinaliwanag kung paano ako makakakuha ng tulong. Ang OIM reintegration grant ay tumulong sa akin sa aking muling pagtira sa aking bansa. Sa tulong ng IOM, nagkaroon ako ng mas mabuting pagtingin sa buhay. Tiwala ako na kapag natapos ko na ang aking pag-aaral na pinondohan ng grant na ito, ay makakahanap ako ng magandang trabaho at makakatulong na masuportahan ang aking pamilya. Nagawang posible ng IOM na mabawi ko ang aking tiwala sa sarili. Paminsan-minsan ay natatakot pa rin ako kapag naaalala ko ang aking pinagdaanan sa Norway, ngunit binigyan ako ng IOM ng bagong pag-asa sa pagsimula ng mas magandang buhay, ginawang posible ng IOM na huwag na akong matakot.

Lubha akong nasisiyahan sa aking pag-aaral. Ang mga bagay na itinuturo sa amin ay talagang nakakahamon. Kapag natapos ko ang aking programa, plano kong maghanap ng trabaho sa aming komunidad upang makakuha ng sapat na karanasan. Sa kalaunan, kung may darating na magandang oportunidad, umaasa ako na makahanap ng trabaho sa ibang bansa bilang isang caregiver.

Sa kasalukuyan, wala akong anumang balak na umalis sa Pilipinas. Plano kong tapusin ang aking pag-aaral, at pagkatapos ay susubukang maghanap ng trabaho sa aming komunidad upang makakuha ng higit pang karanasan.

RUSSIA



My name is Liubov.

I live in Russia.

We felt that people around us treated us as equals.

We are members of the Jehovah's Witnesses church and were afraid for our lives in Russia. That is why we moved to Norway. As for security, we felt very comfortable in Norway. The living conditions and the food in the reception centre were very decent. The security and freedom was much better than in Russia. We did not try to work illegally as we are law-abiding people. There was only one reason for leaving – we did not have any legal grounds to stay in Norway.

We still have the same problems which we faced before departure to Norway. Technically we do not have an opportunity to move to any other place. We experience new threats due to our religious views. My husband and I have permanent jobs at the moment. I am employed by an IT company and my husband is employed by a plant manufacturing wooden windows.

In my mind there are no complaints. I can say that IOM treated us very well. We felt that people around us treated like equals. The assistance during return helped to make the process of return more comfortable. We were treated as ordinary people. From a material point of view, our life back in Russia is OK, but from a psychological point of view, it is very bad as we still experience the same troubles due to our religious views.

At the moment, it is possible to live. We would leave again if they try to put us in jail. We would have to leave the country to find a secure place to live. If you must return, I would recommend working with IOM in order to return without any problems.

IOM RUSSIA has been a member of IOM since 1992 and provides resettlement support and counter-trafficking expertise. <http://moscow.iom.int/index.html>

Меня зовут Любовь. Мы чувствовали, что окружающие люди воспринимали нас как равных.

Мы являемся членами церкви Свидетелей Иеговы и опасались за свою жизнь в России. По этой причине мы переехали в Норвегию. С точки зрения безопасности в Норвегии мы чувствовали себя очень комфортно. Жилищные условия и еда в центре приема были на весьма достойном уровне. В плане безопасности и свободы условия были намного лучше, чем в России. Мы не пытались работать нелегально, поскольку являемся законопослушными людьми. У нас была только одна причина уехать – отсутствие законных оснований для пребывания в Норвегии.

У нас по-прежнему те же проблемы, которые были до отъезда в Норвегию. Технически мы не имеем возможности переехать в другое место. Мы испытываем новые угрозы в связи с нашими религиозными взглядами. У меня и у моего мужа сейчас есть постоянная работа. Я работаю в ИТ-компании, а муж является сотрудником завода по производству деревянных окон.

С моей стороны никаких жалоб нет. Я могу сказать, что в ИОМ к нам очень хорошо относились. Никто не относился к нам, как к мигрантам. Мы чувствовали, что окружающие люди воспринимали нас как равных. Благодаря полученной нами помощи при возвращении, этот процесс был более комфортным. С нами обращались как с обычными людьми. Опять же, никто не называл нас мигрантами или нелегалами. С материальной точки зрения наша жизнь после возвращения в Россию вполне нормальна, но психологически нам очень тяжело, поскольку мы по-прежнему сталкиваемся с теми же проблемами ввиду своих религиозных взглядов.

На данный момент условия для жизни приемлемые. Мы бы уехали снова, если бы нас попытались посадить в тюрьму. Нам пришлось бы покинуть страну, чтобы найти безопасное место для жизни. Если вам необходимо вернуться, я бы порекомендовала сотрудничество с ИОМ, чтобы процесс возвращения прошел без каких-либо проблем.

UKRAINE



*My name is Vadim.
I live in Ukraine.*

*Only you can decide
if you want to return.*

I am married with children and have a master's degree. I worked in law enforcement but retired early due to disability. I left Ukraine because of my political views. I came to Poland first and then to Norway in the hopes of finding security for my family. Norway is a great country and the climate is very good (I prefer Scandinavian countries because of the climate) but the attitude of Norwegians is very poor.

I sent whatever money I saved home to my family and could not afford to travel home. My lawyer told me about IOM and the voluntary return programme. Before I returned, IOM gave me very detailed instructions on my return and even photos of IOM staff to meet at the airport. My experience with IOM was very good.

I get a pension but would like to work again. IOM's grant greatly helped us. We paid off loans and medical bills. Still, I don't feel secure and do not live at home. Life in Ukraine is difficult and expensive, especially for medicine which is not easily available. I may leave again depending on the situation in Ukraine, and hope to have a better life and perhaps legal status somewhere abroad.

It is hard to give advice to people I do not know or their life stories. Only you can decide if you want to return.

IOM UKRAINE has been a member of IOM since 2006 and has done extensive work with counter-trafficking, a severe problem in Nepal. IOM Nepal also works with one of Nepal's biggest challenges, migration due to climatic hazards and climate change.

<http://nepal.iom.int/>

Мене звати Вадим. Тільки ви можете вирішити, повертатися чи ні.

Я одружений, виховую дітей, маю ступінь магістра. Я працював у правоохоронних органах, але пішов у відставку у зв'язку з інвалідністю. Я залишив Україну через свої політичні погляди. Спершу приїхав до Польщі, а потім до Норвегії у пошуку безпечних умов життя для моєї родини. Норвегія – велика країна з чудовим кліматом (я віддаю перевагу скандинавським країнам через клімат), але ставлення норвежців є неприязним. Я відправив усі свої заощадження родині і не міг дозволити собі повернутися додому. Мій адвокат розповів мені про МОМ та програму добровільного повернення. До мого повернення МОМ надала мені детальні інструкції з повернення і навіть фотографії співробітників МОМ, які мали зустрічати мене в аеропорту. Мої враження від співпраці з МОМ були надзвичайно позитивними.

Я отримую пенсію, але хотів би працювати знову. Грант МОМ став нам у пригоді. Ми сплатили позики та медичні рахунки. Тим не менше, я не відчуваю себе в безпеці і як удома. Життя в Україні є складним і потребує значних коштів, особливо в плані медицини, яка не є фінансово доступною. Залежно від ситуації в Україні я міг би поїхати знову в надії на краще життя і, можливо, отримання правового статусу за кордоном.

Важко давати поради людям, яких я не знаю особисто або життєві історії яких мені не відомі. Тільки ви можете вирішити, повертатися чи ні.

VIETNAM



*My name is Van Y.
I live in Vietnam.*

*It is very difficult to find a job if you have
left your home country for a long time.*

I was out of Vietnam for eight years. I had left my home country for a long time and had no real information about what was going on in Vietnam. I was told that the job opportunities in Norway were better. I could not work and the allowance from the reception centre was not sufficient so I wanted to return. I had no passport and I heard from the Vietnamese community in Oslo that I would be supported by IOM to return.

My life was easier in Norway but not good. It is difficult to earn a living at home because I have been away for such a long time. If I had a good income, life at home would be better. It's also a bit difficult when I am married. I have a relative who calls me to do welding work for him. He acts as sub-contractor of metal work for projects. Depending on the size of the project, he will recruit two to four people to work for him. This current project is small so he uses only two of us. We are all relatives. I usually have work for 15 days a month. I also support my mother in rice cultivation.

The income from my work was OK when I was single. My wife is pregnant now and she has to stay at home without working and has no income. My income is not sufficient for the two of us. We stay with my mom and she supports us.

I have no complaints about IOM. The programme is very good. Thank you so much. If you are thinking about returning, it depends on the condition of each person. It is better to return if you do not have job security in Norway. However, it is also very difficult to find a job if you have left your home country for a long time.

IOM VIETNAM pursues efforts in the areas of extensive counter-trafficking, labour migration, return and re-integration assistance and coordination and with HIV AIDS and mobile populations. <http://www.iom.int.vn/>

Tôi tên là Y Vân. Thật rất khó tìm được việc làm nếu bạn đã rời xa quê hương lâu.

Tôi đã xa Việt Nam 8 năm rồi. Tôi đã rời xa quê nhà lâu và không có thông tin thực sự về chuyện gì đang diễn ra ở Việt Nam. Tôi được biết là cơ hội làm việc ở Na-Uy thì tốt hơn. Tôi không thể làm việc và tiền phụ cấp từ trung tâm tiếp nhận thì không đủ vì vậy tôi đã muốn về lại. Tôi không có hộ chiếu và được biết từ cộng đồng người Việt ở thủ đô Oslo là tôi cần được hỗ trợ bởi cơ quan IOM để về lại.

Cuộc sống của tôi ở Na-Uy thoải mái hơn nhưng không được tốt. Thật khó kiếm ăn ở quê nhà vì tôi đã xa vắng quá lâu rồi. Nếu có thu nhập thì cuộc sống ở quê hương chắc là khỏe hơn. Cũng hơi khó một chút là tôi đã có gia đình. Tôi có người bà con kêu tôi làm nghề hàn cho anh. Anh làm phụ hợp đồng công việc đồ sắt cho nhiều dự án. Tùy theo kích cỡ của dự án, anh sẽ tuyển 2 tới 4 người làm cho anh. Dự án hiện thời thì nhỏ thôi vì vậy anh chỉ sử dụng có 2 người tại tôi. Chúng tôi đều là người bà con. Tôi thường làm 15 ngày một tháng. Tôi cũng phụ giúp mẹ tôi việc trồng trọt.

Lợi tức từ việc làm của tôi cũng không tệ khi còn độc thân. Bà xã tôi đang có bầu nên phải ở nhà không có đi làm và không có thu nhập. Lợi tức của tôi thì không đủ cho 2 chúng tôi. Chúng tôi ở với mẹ và bà trợ giúp cho chúng tôi.

Tôi không phàn nàn gì về cơ quan IOM. Chương trình thì rất tốt. Cảm ơn bạn rất nhiều. Nếu bạn đang tính chuyện trở về, tùy theo hoàn cảnh của mỗi người. Trở về lại thì tốt hơn nếu bạn không có công việc chắc chắn ở Na-Uy. Tuy nhiên cũng rất khó tìm việc nếu đã xa quê hương lâu rồi.

IOM offers private, tailored and dignified voluntary return for qualifying migrants to their country of origin after confidential consultation, and where possible, with reintegration support.

For more information or to speak with an IOM counsellor,
please call:

+47 23 10 53 20

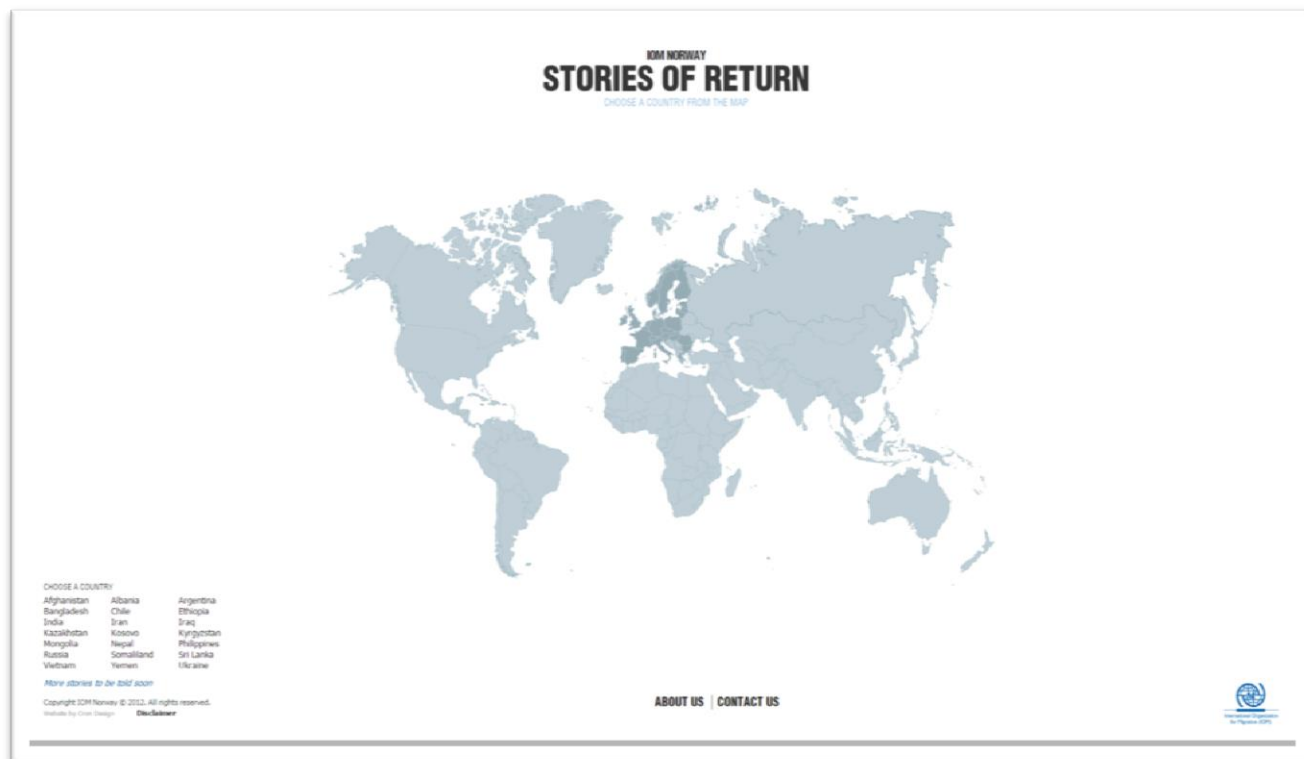
or E-mail us at iomoslovarp@iom.int

The Assisted Voluntary Return and Reintegration programmes of IOM Norway are open to migrants from outside of Norway and the European Union who would like to return home including:

- individuals whose application for asylum was rejected or withdrawn
- stranded migrants
- victims of trafficking, and
- other vulnerable groups, including unaccompanied migrant children, or those with health-related needs.

Information is available on our website:

<http://www.iom.no>



iomstoriesofreturnnorway.com



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