



### **Nafisa Haque's biography**

My name is Nafisa Haque . I live in Portugal and I'm from Bangladesh. My husband decided to immigrate to Portugal and some time after I came to join him. Before coming to Portugal I didn't know anything about it. My expectations when coming here were to have a better life. The language was a barrier to me. It still is. My husband helps me with Portuguese and I am attending a Portuguese school to learn the language. Although I have some friends from Bangladesh and from Nepal in Portugal, I miss my family. In my free time I spend it with my family. I can't see myself returning to my home country one day. Only for visit.

## **Vera's biography**

My name is Vera. I am Russian and I have been living in Portugal for about eight months. I am in a relationship but I do not have children. I immigrated to Portugal to have better life conditions and to learn about the Portuguese Art. I had some expectations when I decided to immigrate: to find a job in another place of Portugal, to learn the language and to talk to other people.

The first times in Portugal were a bit hard. It was difficult to learn the language and to get the official documents. Some friends and family helped me to overcome them.

I miss my family a lot, because I only have two friends in Portugal. The association S. Cirilo Community Centre helped me to integrate, too.

In my free time I like travelling, visiting museums, reading and learning.

I do not see myself returning one day to Russia. Only perhaps for visits.



### **Atma Nand Singh's biography**

My name is Atma Nand Singh. I am a married man with two daughters one with of six years and the other with six months. I come from India. As I had already some relatives in Portugal for about ten years I decided to immigrate there. I didn't know too much about Portugal, though. It was natural beautiful ,someone told me.

My expectations concerning the new country were high. It was easy for business, to start our own business, I mean. The beginning was tough because the language was completely different. Besides that, finding a house was also hard. But with the help from my family I managed to overcome those difficulties. I have been living in Portugal for a year now. Living outside my home country makes me feel a little nostalgic, because I miss my family. I only have two friends in Portugal. I spend the time with my family and I do not have free time. I intend to return to my country as soon as I reach success.



My name is Nelson Castejan. I am a Venezuelan immigrant in Portugal. I come from Venezuela. I decided to immigrate due to the political and economical situation of Venezuela. My wife is Portuguese, so I chose Portugal as my host country. I have been living here in Portugal with my wife and daughter since a couple of months. Before coming here I knew already a bit about Portuguese culture. I also knew that the food was very good.

I had no expectation when I came to Portugal. The most difficult for me was to find a job and the idiom. I overcame those difficulties with the help of other professionals.

In Portugal, the S. Cirilo Community Centre helped me to integrate in the community. Unfortunately, I also felt discrimination when I needed to go to the Finance Department. Although I am here only for six months, I miss the rest of my family and the Venezuelan landscape. However, I have about ten friends in Portugal. Portuguese are very silent people and we Venezuelan are loud people.

During my free time I usually read Portuguese books. I also like travelling to know more about the country. I hope to come back to Venezuela one day.



### **Parminder Singh Bhangu's biography**

I come from India. My name is Parminder Singh. I have been living in Portugal for one year and a half. I am single and I have no children and I live here without my family. I left my country in order to have better living conditions. The language was one of the difficulties I had to face. I miss my family, too.

NAFTC helped me to integrate. I have never felt discrimination. Portuguese people are very helpful. In my free time I watch films. I don't figure out to return to my home country, only for visit.



I am Mohammed Fakhru Islam. I am a migrant. I left my country – Bangladesh – to start a new life in Portugal. Living only with my brother here for one year and two months, and leaving my family in Bangladesh, it is not easy. I am married but I do not have any children yet. I miss my wife and the rest of the family.

I decided to emigrate from Bangladesh to have better living conditions, a better life. My expectations concerning this new country had to do with developing, running a business. Finding a house and the language were the most difficulties I had to face. Attending school in Portugal (in Porto) and with the help of some friends I managed to overcome them.

I have never felt discriminated. Portuguese people are very hospitable and during my free time I enjoy travelling. I have a few friends in Portugal and. However, it's my intention to come back one day to Bangladesh.



## Interview with Miriam Suarez

1- What's your name?

**Miriam Suarez**

2- Which country do you come from?

**Venezuela**

3- How long have you been living here in Portugal?

**One year and an half.**

4- Are you here alone, I mean without your family?

**I am here with my family.**

5- What is your status?

**Married**

6- Have you any children?

**I have a daughter.**

7- Why did you decide to immigrate?

**Due to the economical, political and social situation in my country.**

8- What did you know about Portugal before coming here?

**A lot. My husband is Portuguese.**

9- What were your expectations before coming to Portugal?

**I had no expectations. I came to spend only two months and then I decided to stay.**

10- What difficulties did you have to face at the beginning?

**The language, of course. I also had to start from the beginning. It was hard to get a job.**

11- How did you overcome those difficulties?

**With the support of my daughter. She is also married to a Portuguese.**

12- What do you miss most?

**The rest of my family and the climate from Venezuela.**

13- Do you have friends in Portugal?

**Only a few.**

14- Was there any organization/association /group that helped you to integrate?

**No.**

15- Have you ever felt discriminated?

**No, never.**

16- How do you celebrate here, in Portugal, special days related to your culture/country?

**The same way as you Portuguese do.**

17- Which differences/similarities do you see between Portuguese and Venezuelan people?

**Venezuelans are more cheerful and open unlike the Portuguese people.**

18- How do you spend your free time? What do you like doing?

**I usually spend my free time on social networks.**

19- Do you have in mind to return one day to your country?

**No.**

I'm Joana Silva, a Portuguese Biologist Researcher , currently living in Oslo.

When I was twenty-four I left my country to do my PHD in Bergen, Norway. Since then, I have been living here in Norway for about thirteen years. During the first year in Bergen I was without my family. Then, my boyfriend, at the time, and today my husband, a Portuguese Engineer, immigrated to Norway, too.



Before coming to Norway I only knew that it was a very developed, very cold and dark country in Winter and that it was known by its oil and aquaculture industries.

After I've finished my PHD I applied for a job in the area of my studies - aquaculture. So, I can admit that the reasons that led me to immigrate were, no doubt, professional ones. My expectations were to work in a multinational enterprise in the area of aquaculture. Fortunately, I got the job as a researcher at Biomar in Trondheim.

The first times in Norway were hard. We, my boyfriend and I, lived in different towns. I was not used to living in such a rainy and dark country and above all the language proved to be the most difficult thing I had to face at the time. Fortunately, I could speak and understand English which I used in my job. All those difficulties I managed to overcome with the help of friends I made there and with regular travels to more sunny and warmer countries. Neither in my job, nor in my community did I feel discrimination. I participated in groups activities, such as Latin Dances, languages courses, etc. and that helped me to integrate with others.

In the meanwhile I gave birth to a son. I can tell you I have made some good friends in Norway: In Bergen and in Trondheim, not only Norwegian friends but also from other nationalities. Since last May I changed work and from that moment on we started living in the outskirts of Oslo.

Now, we are a small family living together in Norway and that is very good. But I miss my family in Portugal, the Portuguese sunny days and the Ocean!

I celebrate special occasions in Norway with my family, with our Portuguese, with Norwegian and with friends from other nationalities. I always try to show them a bit of my country. In special seasons like Christmas or Easter I celebrate them with my family in Portugal.

One day I hope to come back to my country. Since our son's birth this idea is coming closer and closer. It depends on professional opportunities.