

My story

among “A million stories”



Refugee week 2026

Haihong Sun

A story of strength, courage and resilience

My English learning journey started in January 2025. It was hard at first. I was very nervous when I attended my first day of class, because I could not understand the teacher very well.

At the beginning, I listened carefully and tried to remember new words every day. I did not feel confident until I started practicing speaking with my classmates. They were friendly and patient, so I felt more comfortable.

While I was studying, I also practised English in my daily life. I listened to simple English conversations on YouTube, and tried to say simple sentences. Sometimes it was difficult, but I did not give up.



Now, I feel much better than before. I can understand more and speak more confidently. I know I still have a long way to go, but I enjoy learning English because it helps me in my daily life.



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Tran Le Quang Manh

A story of strength, courage and resilience

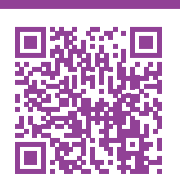
Moving to Australia was a big change for me, I left my home, friends, and family in Vietnam to start a new life. When I first arrived, I felt lonely and stressed because my English was not very good and everything was different.

One time, I got a sick and had red pimples all over my body. My mother took me to the doctor, but it was difficult to explain my problem because our English was limited.

After that, I practiced English every day and learned how to communicate better with people around me. Slowly, I became more confident at school and made new friends. This journey taught me to be strong, brave, and patient.



Don't be afraid of change or challenges. Life can be difficult sometimes, but you can become stronger if you keep trying and do not give up. Believe in yourself and learn new things every day. Your hard work and courage can help you have a better future.



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Zeynab Farahani Fajar

A story of strength, courage and resilience

I Came to Australia from Iran in 2023 to start a new chapter in my life. At the beginning, everything was difficult for me, especially the language, culture, and being faraway from my family. I sometimes felt alone, but learned to trust myself, my abilities, and my future and I never gave up.

Step by step, I adapted to a new environment, improved my communication skills, and became stronger in challenging situations. Working in Australia helped me learn responsibility, teamwork, and how to manage pressure. It also helped me become more independent and confident.

Throughout my journey, I tried to stay kind, positive, and helpful to others, even during difficult times. I believe that hope, self-trust, and perseverance are the strongest tools a person can have in life.

“ With hope and persistence, every challenge can become an opportunity to grow and build a better life.”



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Zahra Bagheri

A story of strength, courage and resilience

Moving to Australia was not easy for me. In Iran, I worked as a pharmacist for many years and had a stable career. After coming to Australia, I had to start again in a new country with a different language and culture. Sometimes I felt stressed and lonely, especially because speaking English confidently was difficult for me. But I didn't give up.

I continued studying, improving my English, and learning about the Australian healthcare system. Step by step, I became more confident and independent.

It taught me to be patient, hopeful, and don't judging myself in a bad way. I also learned being a supportive person for people who are newcomers.



Don't fear starting over. Life is tough sometimes, but challenges make you stronger. Believe in yourself and keep going. It may take time to reach your goals. Stay motivated, keep working hard. Good things are coming your way soon.”



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Vahid Huso

A story of strength, courage and resilience

I came to Australia from Türkiye in 2023. Starting a new life was not easy. Everything was different, and I had to learn how to live in a new place. It was hard to be away from home. But my Kurdish language and culture helped me stay strong. This journey changed me. It thought me to be brave and patient. I learned that I can face hard times and still move forward.

Today, I am proud of myself. I want to build a good future here and help my new community.



Don't fear starting over. Life is tough sometimes, but challenges make you stronger. Believe in yourself and keep going. It may take time to reach your goals. Stay motivated, keep working hard. Good things are coming your way soon.”



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Natakon Phusing

A story of strength, courage and resilience

I would like to share my story, which is about my life in Australia.

When I arrived to Australia first day I looked like a child. I did not know anything about Australia. That made me feel nervous and confused, and I started learning since then. I started learning English in online classes, and I made conversations with my family and friends, so I could speak a little English until I came to school.

When I came to Melbourne Polytechnic first time everything was difficult for me, but after studying for a while everything more easy. It was very interesting.

Now I feel more interested in English. And I will keep learning in the future. Thank you.

“ Nothing is impossible if we are determined and consistently disciplined.”



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Linda Al-rahah

A story of strength, courage and resilience

Moving to Australia was not easy for me. When I arrived, I felt scared and nervous because everything was new. The language was difficult and sometimes I felt alone. But I did not give up. I started studying English at Melbourne Polytechnic and trying new experiences.

Step by step, I became stronger and more confident. One important experience for me was doing placement in a school as an Education Support Student. At first, I was very shy, but the teacher and students were kind and supportive. This experience helped me believe in myself more.

My journey taught me to be patient, brave and positive. Even when life is hard, we can continue learning and growing.

Today, I feel proud of how far I have come.



Never give up on yourself. Learning a new language and starting a new life can be difficult, but every small step is important. Be patient and keep trying. Believe in yourself, ask for help when needed and always remember that you are stronger than you think.



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Hoang Huy Nguyen Po

A story of strength, courage and resilience

Before I arrived to Australia I always hopeful getting a better life, except for me wanting to learn find something new for me like culture, people, languages, knowledge I felt really lucky when I had become an Australia citizen.

I exactly know what the difficult things are when I arrived to Australia, different language, different culture and multi-culture..., but I thought all of that things make me stronger getting ready larger things on my life. That also experience and challenge for myself.

The way I went to Australia really simple but the life I'm doing is complicated.



Learning english carefully before coming to Australia. Don't do anything illegal. Trying to connect with communication and have to agree with multi-culture. Australia is the beautiful country for who want to improve yourself. The government and people will support you to getting your career way.



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Habiloji Pakeerathan

A story of strength, courage and resilience

When I was four years old, my father moved abroad because our country was facing economic difficulties. My brother was eight, I was four and my younger sister was only one year old at the time. Growing up without my father was very hard, and we missed him a lot. However, my mother stayed strong and raised the 3 of us on her own. I believe she is one of the strongest women I know because raising three children alone is not easy.

Last year, after 13 years of hard work and sacrifice, my father finally received citizenship and brought our family together again. This journey taught me the value of patience resilience, and the importance of family. It also showed me how strong parents can be when they work hard for their children's future



I want to tell other young people to stay strong and never give up. Difficult times can teach us important lessons and make us stronger. Always believe in yourself and keep working hard for your dreams.



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Geta Rezaie

A story of strength, courage and resilience

I came to Australia from Afghanistan in 2024 with my family. Moving to a new country was not easy because everything was different including the language, school, and culture. At first, I felt nervous and shy, but I stayed strong and continued trying my best every day. I learned to communicate in English, make new friends and adapt to a new life. My family supported me during difficult times, and that gave me courage and confidence.

This journey has made me stronger, more independent, and more hopeful about my future. I have learned that challenges can help us grow and become better people. I am proud of how far I have come and I want to continue learning and helping others in my community.



Never give up, even when life feels difficult. Every challenge can make you stronger and wiser. Be proud of your culture and believe in yourself. Keep learning, stay positive, and support others around you. Small steps every day can help you achieve your dreams and build a better future.



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Fehmiye Arrashad

A story of strength, courage and resilience

I arrived in Australia from Turkey in 2024 moving to a new country. Was not easy because everything was different. I worked hard to learn English and adjust to my new life. This journey made me stronger, more confident, and helped me believe in myself.



Never give up when things are difficult. Keep learning stay Positive. and believe in yourself. With hard work and patience, you can achieve your goals.



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Dina Basman Jao

A story of strength, courage and resilience

The beginning was very difficult.

I left my country and my friends, and it was hard. At first, I couldn't accept it and I was very sad. But after a few months of arriving, I got used to it, made friends, and started studying the language. I was learning, but I still couldn't believe that I had left my country, my friends and everything, and come to new country.



The message I want to share is that no matter what happens, don't give up. The opportunity will come at the right time, and no matter how bad things are, a day will come when you'll be in the right place.



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Bahareh Barkhidaram

A story of strength, courage and resilience

Moving to Australia in 2024 was one of the hardest decisions of my life. I left behind my family, career, and the life I had spent many years building in Iran. Before coming here, I completed a PhD in Nutritional Sciences and worked hard for my education and professional goals. Starting again in a new country has been emotionally challenging and sometimes overwhelming.

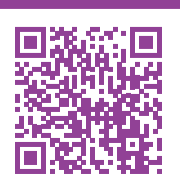
Adapting to a different culture, improving my English, and rebuilding my career from the beginning has taken time and patience. There were moments when I questioned myself, especially while applying for jobs very different from the professional roles I had before. However, instead of giving up, I kept moving forward. I continued studying, volunteering, learning new skills, and applying for opportunities because I believe every experience can help me grow. This journey has taught me resilience, humility and the importance of not losing hope, even during uncertain time.



Do not feel embarrassed if life forces you to start again from the beginning. Sometimes people only see where you are now and not everything you achieved before.

Starting over in a new place can feel lonely and difficult, but it does not erase your value or your potential.

Keep learning, stay patient with yourself, and do not lose hope during hard times. Progress is not always fast or visible, but every small step still matters.



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