

# The ARNIC Observer

The English-Speaking Union of the United States (ESUUS)

Andrew Romay New Immigrant Center (ARNIC)

Spring 2014

Volume 2, Issue 1

## 193 Voices for Peace

BY EVGENY SALKIN (RUSSIA)

*“As you know, I’m an immigrant. I came over here as an immigrant, and what gave me the opportunities, what made me to be here today, is the open arms of Americans. I have been received. I have been adopted by America.”*  
— Arnold Schwarzenegger



Photo by Evgeny

The United Nations headquarters

“MORE THAN EVER BEFORE in human history, we share a common destiny. We can master it only if we face it together. And that, my friends, is why we have the United Nations,” said Kofi Annan, the seventh Secretary-General and a Nobel Peace Prize winner.

The United Nations officially came into existence shortly after the Second World War on October 24, 1945. The organization

was the brainchild of President Franklin Roosevelt, who wanted to create a world without global conflict. In his opinion, a new international organization would also prevent the U.S. from slipping back into isolationism.

The complex of buildings, where the headquarters reside, are an international territory and were planned by the prominent corporate architect, Wallace Harrison.

Located in the Turtle Bay neighborhood of Manhattan, the spacious grounds overlook the East River and occupy 17 acres (69,000 m²). The land was purchased with an \$8.5 million donation from John D. Rockefeller, Jr., who was a financier and philanthropist.

It’s hard to believe that the United Nations includes one hundred and ninety three member states, each with the ability to express its view and opinion on policy.

The UN is organized into six principal parts: General Assembly, Security Council, Secretariat, Economic and Social Council, International Court of Justice, and Trusteeship Council. The main deliberative body and best known part of the United Nations is the General Assembly, which is led by a president and meets in regular yearly sessions, except for emergency sessions, which are called as needed.

While the General Assembly can only make recommendations of peace and security, the Security Council has the power to veto decisions. The most interesting feature of the Security Council, which captures the public’s attention, is

the power of “P5.” The “P5” are five permanent member states who hold veto power over UN resolutions. They are China, France, Russia, the United Kingdom, and the United States. The last time a veto was invoked was on March 15, 2014, when Russia vetoed a resolution condemning as illegal a referendum on the status of Crimea.

The other departments of the United Nations perform different duties, ranging from administrative, economic and social affairs, to international law and trust territories matters.

As of today, all departments of the UN are functioning, except the Trusteeship Council, which was established to help ensure that trust territories were administered in the best interests of their inhabitants and of international peace and security. Having fulfilled its mission in 1994, when the Republic of Palau (the last trust territory of the UN), became independent, the function of the Trusteeship Council was suspended. However, the council continues to exist on paper, and its future role remains uncertain.

Progress in human development during the 20th century has been dramatic, and the United Nations has helped the world become a more courteous and livable place for millions. The UN has accomplished a great deal, and has played a major role in both decolonization and international peacekeeping. The site attracts over one million visitors a year.



Courtesy Photo

Flags of many nations

### In this issue:

Voices for Peace	1
Immigrant Resources	1
Editorial	2
Faces of the City	2
Time to Reboot	2
Slaves of New York	3
Chicken for Every Belly	3
Meat? No Thanks!	3
Housing Prices	4
Inquiring Photographers	4

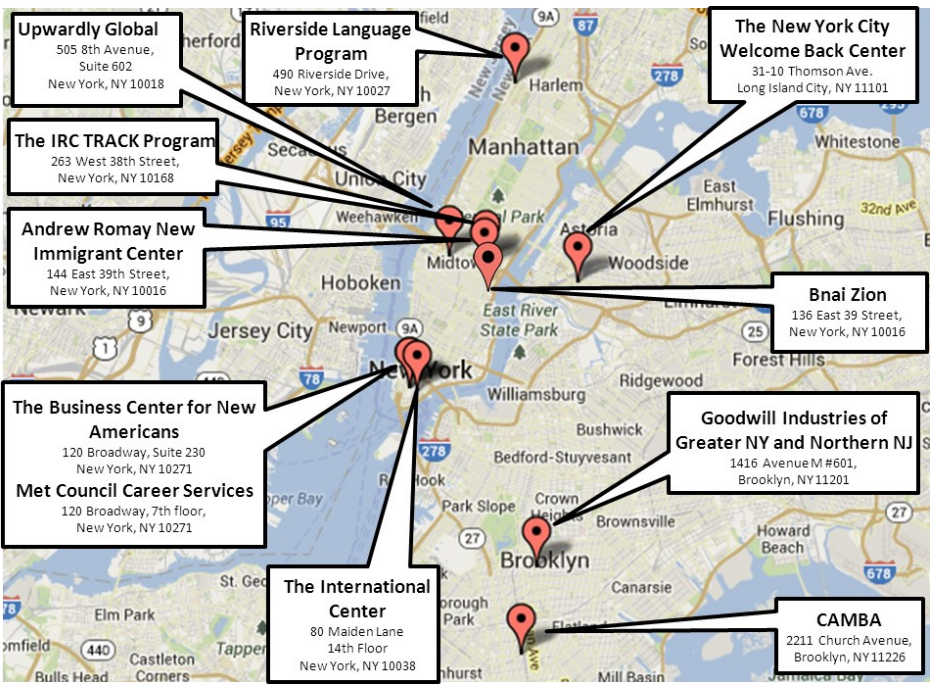
 The English-Speaking Union  
Andrew Romay  
New Immigrant Center

## Light within the Tunnel: The Journey of a New Immigrant

BY LAURA GÓMEZ (COLOMBIA)

WHEN I ARRIVED IN THE U.S. two years ago I did not imagine that it would be so difficult to adjust, especially since I was a professional back in Colombia. I felt invisible and I felt lost, confronting my fears in a completely new country and culture. If I wanted to survive I noticed that I had to use my common sense. I knew about the Andrew Romay New Immigrant Center and I called and visited many other places with opportunities for skilled immigrants and for the first time I didn’t feel alone anymore. To share with you the result of my journey, what follows is a brief description of some immigrant education programs. It is up to you to explore them and squeeze all can from them to your advantage.

**Business Center for New Americans:** Steers immigrants toward the American Dream of financial independence and home ownership by providing the information, know-how, as



Graphic by WES Global Talent Bridge

Educational resources for new immigrants in New York City

well as the on-the-ground support they need to thrive financially. ([nybcna.org](http://nybcna.org))

**Bnai Zion Re-training Program:** Offers professional courses and job placement assistance for engineers and scientists. ([bnaizion.org/retraining](http://bnaizion.org/retraining))

**Upwardly Global:** Supports work-authorized, skilled immigrants to rebuild their careers in the U.S. ([upwardlyglobal.org](http://upwardlyglobal.org))

**“IRC” (TRACK) Program** at the International Rescue Committee: Offers job readiness and career advancement workshops. ([rescue.org](http://rescue.org))

**The New York City Welcome Back Center:** Helps internationally trained healthcare professionals enter the healthcare profession in the tri-state area (New York, New Jersey and Connecticut). ([laguardia.edu/nycwbc](http://laguardia.edu/nycwbc))

**Met Council Career Services:** Places their graduates in a variety of

(Cont’d on page three)



# The ARNIC Observer

THE ENGLISH-SPEAKING UNION OF THE UNITED STATES  
144 East 39th Street, New York, NY 10016  
212-818-1200 | info@esuus.org | www.esuus.org

LAURA GÓMEZ, KATYA MCGRATH, **Editorial Page Editors**

DIANA CRUZ, ELENE GEGUCHADZE, LAURA GÓMEZ, ALEX KASHIMBO, KATYA MCGRATH, VLADIMIR PROTASOV, OSCAR RAMIREZ, EVGENY SALKIN, **Editorial Board**

CAITLIN MURPHY, **Design Director**

BOB SPEZIALE, **Consulting Editor**

TANZILYA OREN, **Editorial Muse**

## Editorial

### The 21st Century Immigrant Perception vs. Reality

The United States is one of the most desirable places in the world for foreigners to call home, sweet home. Undoubtedly, immigration has molded the American culture and economy since the first newcomers arrived on these shores more than 400 years ago. Yet, it has always been a controversial concept.

Even Benjamin Franklin worried that too many Germans would “swamp American’s predominantly British culture.” Today, similar fears are expressed and strongly associated in the public perception about immigrants from Latin America, Asia, Russia, and Eastern Europe. However, recent statistics demonstrate that negative views about immigrants are as faulty today as they were in the not so distant past.

Who are the immigrants of the 21<sup>st</sup> century? According to the most recent information, they account for thirteen-percent of the total U.S population with the largest number coming from Mexico followed by China, India, and the Philippines and smaller percentages from El Salvador, Vietnam, Cuba, Korea, the Dominican Republic, and Guatemala. A study by the Pew Research Center says that for the first time in history, the influx of Asians has outpaced that of Hispanics, even though Hispanics still count as the largest ethnic group. California, Florida, New York, and Texas host the greatest share of the immigrant population, while the two counties of Miami-Dade, FL and Queens County, NY have the largest proportion of immigrants.

Just what do these statistics mean in terms of contributions to American society? An immigration naysayer in the U.S. Senate believes that proposed legislation would “guarantee three things: immediate amnesty before security, permanent future illegal immigration, and a record surge in legal immigration that will reduce wages and increase unemployment...and displace those who have suffered the most economically.” This perception belies the reality. According to Karthick Ramakrishnan, professor of political science at UC-Riverside, “Too often the policy debates on immigration fixate on just one part—illegal immigration. U.S. immigration is more diverse and broader than that, with policy that needs to focus also on high-skilled workers.”

In the last decade, immigrants with knowledge-based skills have made extraordinary contributions to U.S. industries. The Partnership for a New American Economy reports that more than forty-percent of *Fortune* 500 companies were founded by immigrants or their children. Ninety of the 500 companies had immigrant founders. The children of immigrants started another 114 companies. In the high-tech field, immigrants founded a quarter of start-ups, including companies such as Google and eBay.

While it is partly true that the contributions of immigrants during a recession do not support growth as rapidly as they would during an economic expansion, this is equally true for all workers in the U.S., immigrant or not. In the long run, immigration creates enough new work opportunities to neutralize any putative harm to the U.S. job market. As the director for immigration research at the Fiscal Policy Institute, David Kallick says, “The U.S. is getting a more varied and economically important flow of immigrants than the public seems to realize.”

It’s time to discard hidebound notions about immigration reform that rely on noxious stereotypes about other cultures. Immigration policy should reflect a new understanding of exactly who the 21<sup>st</sup> century immigrants are, how they improve America’s competitiveness on the world stage, and the extent to which they nurture economic growth at home.

We are on the Web:  
[newimmigrantinthecity.wordpress.com](http://newimmigrantinthecity.wordpress.com)

### The Many Faces Of the City

BY DIANA CRUZ (MEXICO)

MOST OF US HAVE THE DREAM to travel around the world or even live in another country just because we don’t feel comfortable in the place where we live. Moving to new places involves a lot of challenges. However, when we’re tourists, we usually see just the good face of the cities, but as residents or citizens we are able to see all sides.

My dream was to travel to New York just like a tourist. I never expected to get to know an American man and later get married to him.

It was in the winter of 2011 when I came to Manhattan, the heart and soul of New York City. It was such a great experience being a tourist. After two years I became a resident.

New York is considered the Capital of the World because it’s one of the most diverse and dynamic cities with residents from Asia, Europe, Africa, and Latin America. Moreover, according to *Forbes* magazine, New York is the fifth most visited city in the world after Bangkok, London, Paris, and Singapore, respectively. Many people who have traveled or even those who have never been in New York have been captivated by the images they have seen on television or in Hollywood films. I have to admit that I was one of the thousands that fell in love before experiencing Yankee land.

To me it was like platonic love, named for the philosopher Plato, an unattainable love that loves the idea of beauty more than the physical appearance of it. By the time I landed, the idea that I had



Photo by Diana

The Palm Court at the Plaza Hotel on Manhattan’s Upper East Side

of the city had changed. Having been in New York for almost a year, I could see all the faces of it: the imperfect, the poor, the generous, the interesting, the enjoyable, and the pleasant.

On the good side, corruption is less than that of Mexico. I have felt safe with the help of the police. Customer service of companies is better, too. New York is surprising in other aspects like fashion, food, music, art, architecture, and the media industry.

Nonetheless, on the bad side, I have heard people complain about the high prices of rents, mainly around Manhattan. Moreover, I have found the cost of some food and drink, and ticket prices unaffordable. Others talk about the subway hardships or bed bug plagues in their homes. Nowhere is absolutely perfect to live; wherever we go there will be good and bad aspects.

Victor Hugo wrote in his novel *Les Misérables*, “What do I have to do on this earth? I have the choice of pain or pleasure. Where will pain lead me? To nothing. But I will have suffered. Where will pleasure lead me? To nothing. But I will have enjoyed.”

So the difference lies in ourselves. Making a hell or a heaven where we live is up to us.

### Time to Reboot Your Life

BY KATYA MCGRATH (BELARUS)

CAN ROBOTS ever be just like humans? Reality begs the question: Will people ever be like robots? Or are they already?

John, an office worker in New York, shared his thoughts about this. “It occurred to me, as I was watching, that too many organizations and managers practice the approach of turning people into robots. Through a combination of implicit and explicit rules that severely limit people’s autonomy, curiosity, and independent response, such companies and managers think that they will somehow produce a tidy, well-



Toy robot

functioning, highly productive organization.”

It all sounds too familiar, doesn’t it? People are uploaded of expectations from their employers and society. They become most like a cog in a machine: The part that shows up on time, does exactly what’s asked – no more no less – and goes home. Modern life doesn’t leave us too much time to think about personal questions, the passions, the concerns, all the quirkiness and joy and excellence that people would bring to their work if they were invited to do so. Mostly they aren’t. This is how most humans act, this is how a robot responds: Get to work. Talk about mindless stuff. Go home. Watch TV. Repeat. Does this lead a man into an endless loop?

More and more people feel like they are trapped in a program to do what they are expected to do. The fact that the managers are the unhappiest workers of all is not a surprise.

“I’m a machine,” says the spot-welder. “I’m caged,” says the bank teller. “I’m a mule,” says the steelworker. “A monkey can do what I do,” says the receptionist. “I’m an object,” says the high-fashion model. Blue collar and white collar invoke the identical phrase: “I’m a robot.”

For immigrants, though, it is an absolutely unique situation. They are free from programs that were imposed on them in their previous lives. At times, most immigrants feel lost without their programs. The upcoming future sees nothing but a sea of information. The coming Tsunami makes them feel like a harvest mouse lost in a hurricane. What it really amounts to, is a freedom to choose, and sometimes this is difficult to handle if you are not used to it.

A trick to driving in fog is that you don’t look farther than you can see. Afterwards, you will subconsciously adjust your speed to a safe level, and trying to discern what you cannot see won’t panic you. Sometimes the best place to dream about life and listen to yourself is by driving that car. It’s time to remember who you wanted to be, not what the best option to be is. What are *your* priorities, not what was programmed in you by television or society. It’s time to write a new code, a new program of your own life. And then you can stop a car. Implement your dream. After all, you were human once.



# Slaves of New York

BY OSCAR RAMIREZ (VENEZUELA)

MANY TOURISTS GO TO CENTRAL PARK to ride carriages drawn by horses. It is a tradition for New Yorkers to see horses walking along urban streets among pedestrians, cyclists, and motorized vehicles, but there is much negative publicity about this type of business. For example, in 2011 a gray carriage horse named Charlie mysteriously collapsed and died the next morning. A few days later, around 100 people attended a vigil for Charlie.

Dr. Pamela Corey of The American Society for the Prevention of Cruelty to Animals, which publicly opposes the carriage industry in New York, said: “We are very concerned that Charlie was forced to work in spite of painful maladies.” The death fueled the argument of animal rights activists for the 220 horses to be taken off the streets in New York permanently.

Veterinarian Holly Cheever said that the problems are worsened by the inexperience of the gross majority of the owners and drivers, who are incapable of recognizing medical problems such as lameness, because many horses besides Charlie have died due to their negligence.

When tourists see horses they seldom think about weather conditions, which sometimes prove fatal for working horses. The horses are exposed to bitterly cold and scorching hot weather. In summer months, horses suffer from dehydration or heatstroke and can die in just a few hours. This industry is seen as destructive, putting profit ahead of the welfare of the horses, and enslaving them. The law allows carriage companies to put horses to work seven days a week for nine hours a day. The life span of a carriage horse working Central Park is half that of domestic horses because they have inadequate care and consequently live short, miserable lives.

Horses and heavy city traffic can be a deadly mix. Despite carriage operators’ claims, most horses are not comfortable working alongside cars and trucks, and many accidents, injuries, and even



A beleaguered carriage horse takes a well-deserved moment of rest.

deaths—to horses and humans—result from horses that have become spooked in traffic.

The Mayor of New York City, Bill de Blasio, has said he intends to stop the abuse of carriage horses by providing a humane retirement for them to sanctuaries, and replacing them with electric, vintage-replica, tourist friendly vehicles that would provide jobs for current drivers.

Many people like to see horses near Central Park, but are not completely aware of their level of mistreatment. All people want to live and enjoy their lives and these animals do, too.

## De Gustibus

# Chicken for Every Belly

BY EVGENY SALKIN (RUSSIA)

A PLACE WITH UNBELIEVABLY GOOD CHICKEN exists in New York and its name is Chirping Chicken. It appears the chicken has crossed the road in order to become charcoal broiled and served to hungry customers at a reasonable price.

When you hear about Chirping Chicken for the first time you might be skeptical and think it’s just another place to eat, but when you try the food you’ll be surprised how good it is. It has an “A” rating for cleanliness. It’s a restaurant where you can build your meal by specifying whatever you want. You can get a quarter, half or whole chicken with either all white or dark meat or a combination of both. Each meal comes with pita bread, soda, and a choice of side order – from French fries and rice to coleslaw and Spanish beans. Nothing beats tender grilled chicken with mixed vegetables and pita bread.

If you aren’t hungry for chicken, there are other choices. They include baby back ribs, burgers, sandwiches, salads, soups, steaks, or even seafood. If you are still hungry after all that you can have dessert.

Greek specialties make up a large portion of the menu, providing you with delicious options like gyro sandwiches, souvlaki, beef filet platters, and lamb chops. You can customize Greek selections with your choice of several different side orders. The tastiest dish in this category is the lamb gyro sandwich. Lettuce, tomatoes, red onion and tzatziki sauce—a yogurt and dill condiment—make it juicy and yummy!

For those who are planning a party with plenty of food, catering services are available. The kids are not forgotten—they can find what they like

on Chirping’s kids menu. No doubt everybody will be happy and full.

Chirping Chicken has a few locations in Manhattan with the nearest one to the ESU at Grand Central. It is located at 89 East 42<sup>nd</sup> street in the Dining Concourse on the lower level of the station. For your convenience you can eat in, get take out, or have your meal delivered.



You’ll cluck over the food you get at Chirping Chicken.

## Immigrant Journey

(Cont’d from page one)

Home Care agencies after completion of free training. ([Laguardia.edu/nycwbc](http://Laguardia.edu/nycwbc))

CAMBA’s **iBridge Program**: Assists high-skilled immigrant professionals secure jobs in their profession. ([camba.org/iBridge](http://camba.org/iBridge)).

**Immigrant Bridge Program** of Goodwill Industries of Greater NY and Northern NJ: Connects highly skilled immigrants with in-demand skills. ([goodwillnynj.org](http://goodwillnynj.org))

**Riverside Language Program**: Provides new immigrants with several levels of intensive English language instruction to prepare them for life in the United States. ([riversidelanguage.org](http://riversidelanguage.org)).

I hope this information is as valuable for you as it was for me. Remember you are not alone and there are plenty of opportunities waiting for you. Though sometimes you probably feel lost in a new country and miss your home, there are always options. Just give yourself the chance! There is always a light within the tunnel. (If you have comments or want to learn about other resources, feel free to contact me at [lauragomez@gmail.com](mailto:lauragomez@gmail.com)).

## Meat? No Thanks!

BY VLADIMIR PROTASOV (RUSSIA)

A PROPERLY COOKED RIBEYE with sesame sauce can drive anyone crazy. Even though it has as much cholesterol as there is water in the ocean, it’s still very delicious for many people. However, when people eat less or avoid meat they feel better.

When I was a child, I refused to eat meat until the age of seven. Before I started to be interested in vegetarianism, I did not think a lot about it. Many children initially do not like meat. When some kids start eating solid food, such as rice and fruit, they immediately start liking that but they refuse meat. However, it takes a little time, and the child gets used to meat, which in the future may become an obsessive habit.

Once addicted to meat, many people do not want to jump off this hook. It’s no wonder that in Asia, international fast food chains selling burgers and fried chicken very quickly acquired crowds of fans. Accompanying this change in diet brought to Asia obesity, other medical problems, and an unprecedented level of cancer. Most doctors urge people to limit—or eliminate—the meat from their diet. There are many reasons for this. Nutrition based predominantly on meat can be the cause of getting deadly diseases like cancer, cardiovascular disease, diabetes, kidney disease, obesity, and many other ailments.



Farmers use numerous antibiotics and other additives to fatten animals for market quickly. Agribusinesses want to speed the process so that profits increase, and at the same time, supply this product to the world.

It’s no secret that vegetarians, on average, live longer and get sick less often, and have a slender figure and youthful look. Most Hollywood vegetarians like Madonna, Tom Cruise, Angelina Jolie, Brad Pitt, Natalie Portman, and many others refuse to eat meat. For some, they not only want to be healthy and look good, but also they possess a great love and respect for animals, while others have religious reasons.

I have always wanted to exclude meat from my diet. Although I wasn’t sick and was very comfortable with my weight, I was curious how my body would react to a meatless diet. For three weeks, I completely abandoned meat. The first thing I noted was that I had more energy and fell asleep faster. Also, it helped me be more effective at work and at sports. I also discovered that the idea that meat gives you energy is a myth.

Don’t believe it when someone tells you that vegetarians make poor food choices. When I started cooking, I discovered a lot of recipes and different kinds of vegetarian food including tofu and grains. Also I found that a blender can be very useful in preparing vegetarian meals because you can mix different kinds of fruits, vegetables, and nuts, and make healthy and delicious smoothies. Tofu, soy products, berries, mushrooms, and herbs, all these can be combined to make tasty dishes.

From my experience, I would advise people to eat less meat and more vegetables, but don’t forget that a meal has to be palatable to make you happy.



# Housing Prices in NYC Are Mind-Reeling

BY ELENE GEGUCHADZE (GEORGIA)

WHEN PEOPLE MOVE TO NEW YORK, they often have trouble choosing a neighborhood. Which one is the best to live in?

It is of course impossible to come up with a completely objective answer to that question, but there is value in trying to understand and measure livability. Luckily, there is a wealth of information on the subject. For instance, [census.gov](#) offers reams of data about almost every element of life in the U.S. Sites like [streeteasy.com](#) and [zillow.com](#) publish the costs of apartment space per square foot.

New York City is a wonderfully diverse city comprised of five separate boroughs – Manhattan, the Bronx, Brooklyn, Queens, and Staten Island – each having its own charms. Manhattan is famous for its “uptown” and “downtown” neighborhoods. Some neighborhoods are more residential, and some are more commercial. Selecting a place to live really depends on what kind of lodging you need—are you a tourist or do you need the apartment permanently, what is

your budget, and what do you want to do and see? There are many famous neighborhoods in Manhattan, many of which are really fancy and expensive. One of the most charming is Tribeca, which is widely ranked as one of America’s most expensive zip codes (10013). Tribeca is an acronym for "Triangle below Canal." Since the 1970s, Tribeca has become a popular home for artists and families living in converted warehouses and loft-style apartments. With cobblestone streets, interesting warehouse buildings, celebrity residents, and many caf  s, the neighborhood is a great one for wandering. The area’s profile has also been significantly raised by The Tribeca Film Festival, a festival that was founded in 2001, after the events of 9/11 by Academy Award winning actor and neighborhood resident Robert DeNiro and film producer Jane Rosenthal.

Tribeca offers a lot less shopping but a lot more pricey residential real estate: This is Manhattan loft living at its finest. If you decide to rent an apartment in this area, be prepared to pay through the nose. In case you decide to buy, expect to find seven figure prices.

If there is a neighborhood you really want to live in but just can’t afford, one easy way to find cheap apartments in NYC is to look in nearby neighborhoods that are somewhat less desirable, but offer apartments at a significant discount. For example, if you



want to live in Greenwich Village, the nearby East Village is cheaper; if you want to live in Tribeca, the cheaper alternative is Battery Park; the alternative to Park Slope in Brooklyn is Park Slope South or Prospect Heights; for the Upper East Side and Midtown East, consider Roosevelt Island.

For many reasons, Tribeca could be considered the best place to live in the city. So, if you’re looking for a great, trendy place to live, don’t forget the Triangle Below Canal Street. It’s the place to be.

## Inquiring Photographers

### What are three tips you’d give to a new immigrant?

BY DIANA CRUZ (MEXICO), OSCAR RAMIREZ (VENEZUELA) & EVGENY SALKIN (RUSSIA)



To launch your career you need to learn English. Get information about the places and schools where you can go from the library near your home. You can take a training course and after you can send out your r  sum  . Get a recommendation from Workforce1 or from someone who knows you. It's important to learn about the city you live in, get familiar with the places and people, then you can generate support and build social networks.

— ALBA GRISALES (COLOMBIA)

The best way to learn English is at "meetup.com"—a website for people with common interests—to make friends, network, find a girlfriend, say. Also, you can work as a volunteer. In New York I recommend "New York Cares," where you will get job experience and make contacts that may help in the future. My last advice is that if you have some problem with your documents you can go to "Holy Name of Jesus Church" (96th & Amsterdam), because there you can find good lawyers for free.

— LEANDRO BORELLO (ARGENTINA)



First, stop worrying about your accent. In NYC everyone has one. Don’t keep silent all the time. Speaking is the best way to improve your English. Second, NY is a place with many opportunities to build your career. Find out what you want to do and go forward to achieve your goals. Third, be confident. This should be the first word in your vocabulary, in your mind and in your heart. You will be successful; just believe in yourself.

—VICTORIA MATVEEVA (RUSSIA)



One tip is to learn about the city before you move here. Learn about the country, its weather, economics, and political and social situations. You need support from someone who will guide you in using the subway, a MetroCard, a credit card, and dealing with banks and financial institutions. English is very important. Once you speak English you are another kind of immigrant because those who speak English will have a better time of it.

— JESUS VALDES (CUBA)



First, be polite with people here in New York. Also, be positive because when you live here you can do a lot if you try to do your best. And be talkative and friendly with people. Following these tips many people are going to become your friends, who can help you find English classes like here at ARNIC, or offer you information on how to get a job. It is not easy but you can do it!

— HENRY TORRES (VENEZUELA)

Ask yourself some questions: Why am I in the U.S.? What do I want? You will then know more about your personality, can imagine your way, and move to realize your dreams. Next, you should find out what transferable skills you have. Third, connect with the people around you, build your network, save phone numbers, e-mail addresses, and connect on holidays and weekends. Even if you have problems, do not give up. Go forward; do not look back.

— GULLRUKH GIYASOVA (UZBEKISTAN)

