

My Semester in Norway: Learning About Migration and About Myself

Last semester, I had the chance to study in Norway as part of my master's program in Migration and Intercultural Relations. It was an experience that helped me grow both academically and personally. Not only did I learn more about migration from a European and Nordic perspective, but I also reflected a lot on my own journey as a migrant.

Everything felt new : the weather, the food, the way people interact, and even the university system. At first, I struggled with the weather and absence of sun, but little by little, I started to adapt. The SIS building is amazing, as well as the huge climbing wall the university has in there.

The courses I took focused on migration policies, asylum systems, integration, and citizenship. One of the most interesting topics we discussed was how countries like Norway deal with migration how they offer support, but also the limits and contradictions of their policies. These conversations made me think critically, especially because I was not just reading about migrants I am one myself.

Studying migration while also living as a migrant in a new country gave me a very personal perspective. I wasn't just learning from books or lectures. I was living many of the things we talked about in class: the bureaucracy, the cultural differences, and sometimes the feeling of not fully belonging.

Even though Norway is known for being an inclusive and peaceful place, I noticed that being a foreigner can still be isolating. It's easy to feel like an outsider, especially when you don't speak the language. I did one assignment about the others from Central America that are looking for their disappeared sons and daughters in Mexico this made me appreciate how important it is to study migration with empathy to remember that behind every policy or statistic, there are real people with stories and emotions.

One of the most eye opening parts of the semester was visiting a center for asylum seekers near Oslo. We got to meet people who were waiting for their refugee status to be decided. Talking to them made everything we had studied feel much more real and urgent. I also had the chance to visit community organizations working with migrants, helping them learn the language, find jobs, or connect with others.

These visits helped me understand how important local support systems are — and how often governments fall short in truly helping migrants feel at home.

In Norway, I didn't just learn theories and policies. I also learned about myself, about how migration shapes lives not just in terms of crossing borders, but also in terms of identity, belonging, and resilience.

Being a migrant studying migration gave me a deeper understanding of the topic. It also made me realize how important it is to include migrant voices in discussions about policy and

education. I return from Norway with a stronger sense of purpose and with more confidence in my ability to contribute to this field not just as a student, but as someone with lived experience.