



Immigrant Stories are American Stories

Are you an immigrant from Mexico, East and Southeast Asia, Central and South Asia, Oceania, Europe, Canada, Caribbean, Central and South America, Middle East, North Africa, and Sub-Saharan Africa? Do you work for Washington State? If so, we are collecting Immigrant Stories to highlight in our newsletter, social media, YouTube, and website.

Washington Immigrant Network (WIN) is looking forward to amplifying your story! Below are some of the helpful, prompt questions to get you started. Please submit your short story [here](#) or by email at WIN@ofm.wa.gov. If you are recording, please limit to no more than 3 minutes per story. Please sign the release form as soon as you are finished.

There is a story behind every decision to migrate.

- What was yours (or your parents')?
- What were your (or your parents') hopes for your new life here?
- Why did you choose to come to this country instead of somewhere else? Did you have an option?

THE JOURNEY

- Who did you come with, and who did you leave behind? Did anyone come ahead of you?
- What was the most challenging part about leaving?
- What was your journey to this new country or community like?
- What was the most challenging part of coming to the U.S.?
- What was it like when you first arrived?
- What most surprised you?
- What did you miss most about the country you came from?
- Who was most helpful with getting you settled?
- Migration can be hard. Where did you find strength in difficult times?
- How do you think that migration has changed you?

HOPES & REALITIES

- As time has passed, how does your experience compare to what you expected?
- What have been your biggest challenges?
- What have been your most significant sources of joy?
- Overall, how do you think your family is doing after the migration?
- Can you think of times when you have felt unwelcome as an immigrant? What about when you have felt welcomed?
- What is the thing you are proudest of so far, and why?
- What are you hoping to accomplish in the future?
- What do you think may get in the way of those dreams?
- What do you think may help your dreams come true?

- In what ways do you think migration has made you a stronger person?

Disclaimer: As you write your story, please keep in mind your submission will be posted on WIN's public website, published in WIN's newsletter or shared in other WIN publications or through WIN distribution channels. It is important to remember that a wide, diverse audience who may be reading your story and seeing your photos. Also, as a government entity, WIN must comply with public records disclosure requirements under state law.