



Petra T Buergelt

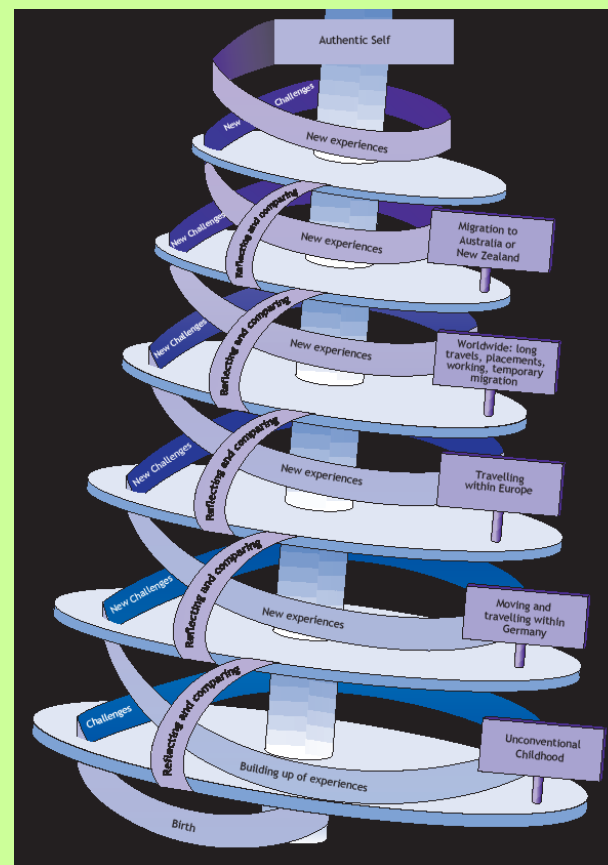


THE UNIVERSITY OF
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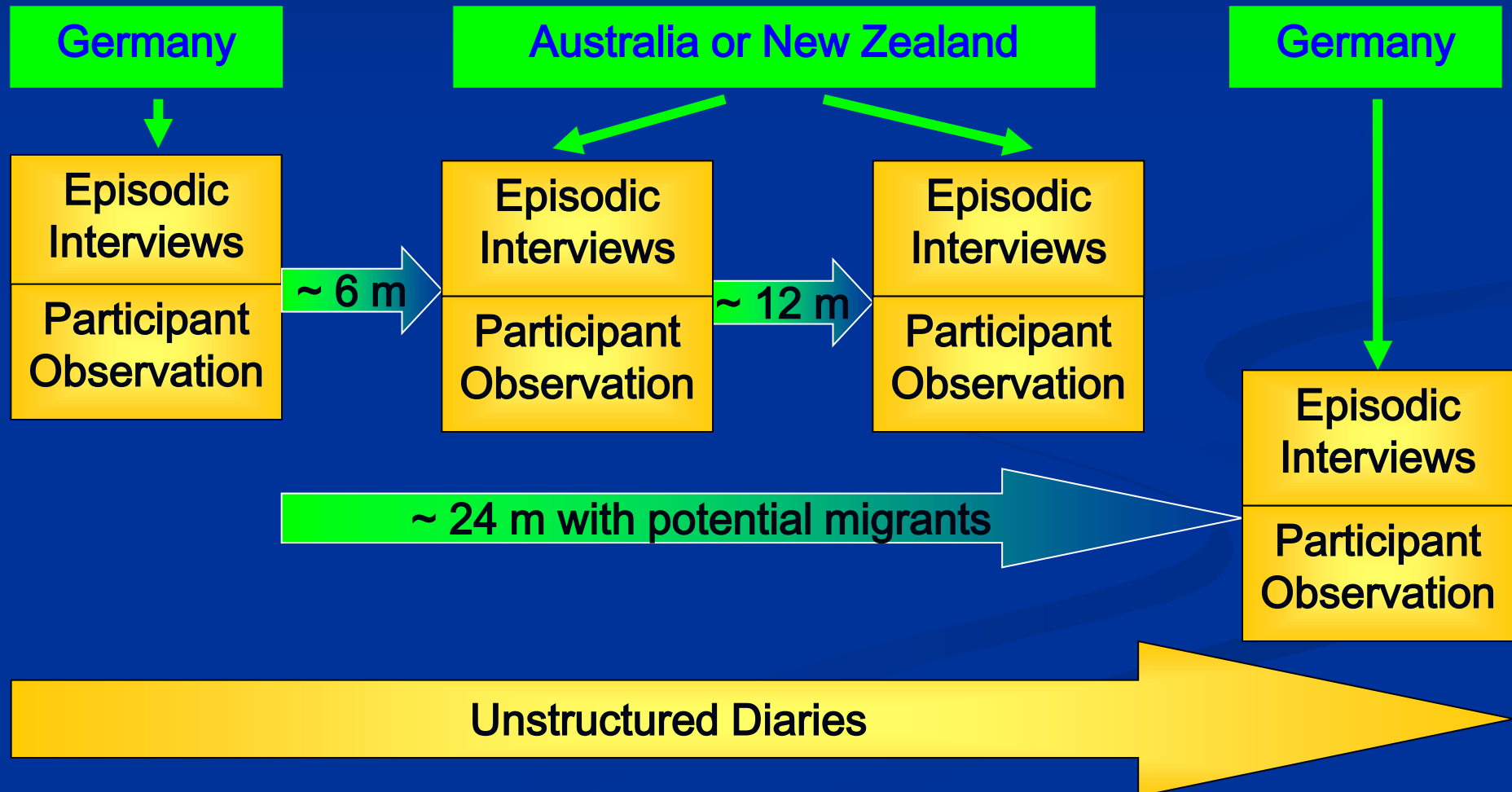
**Migrants' experience of
being at home**

**Outcome of interaction
of multitude of
individual and
environmental factors &
processes**

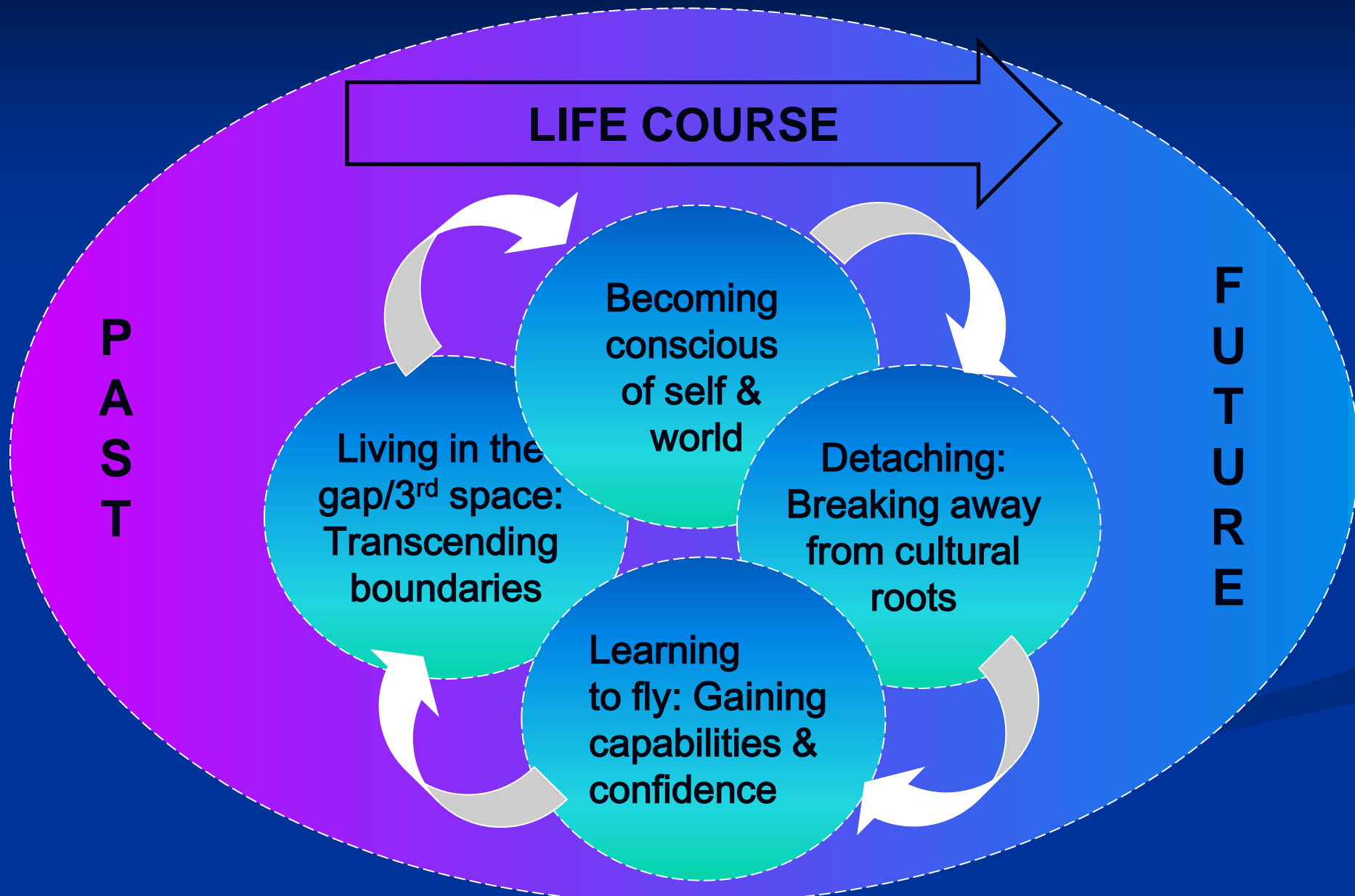


Migration Experience of Germans to A/NZ

Accompanied 17 participants for ~ 2 years → ethnography



Migration: Transformation processes towards actualising authentic selves & lives



ROOTS: CHILDHOOD



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graph TD; A([ROOTS: CHILDHOOD]) --> B[Growing-up unconventionally]; B --> C[Developing higher degrees of consciousness]; C --> D([LEAVING HOME, TRAVELLING INDEPENDENTLY & LIVING ABROAD]);
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Growing-up unconventionally

Safe wild nature places

Love reading & exploring cultures

Family history moving/migrating

Moving within Germany & travelling with family

Feeling different/exotic & not fitting in

Unusual & challenging life experiences

Developing higher degrees of consciousness

Curiosity, imagination & longing to experience world

Value nature, reading, experiences & learning

Value family, friends, community

Shallower roots: ↓ attachment

Maturity, independence, agency, confidence & trust

Desire to be authentic self

LEAVING HOME, TRAVELLING
INDEPENDENTLY & LIVING ABROAD

**Becoming
conscious
of self &
world**



More experiences that provided more opportunities for comparison & critical deliberation/reflections

Self-knowledge →
Getting to know their selves &
becoming more conscious of
values, needs, likes & dislikes

Re-evaluation
of values &
priorities

Realising that
physical & social
living environment
created & influences
well-being

Expanding cultural
competence/
experience

Developing increasingly
critical perspective of
Germany

Feeling sense of belonging in
A/NZ & realising A/NZ fulfils
needs & matches values,
desires & aspirations

LEAVING GERMANY

CHOOSING ANZ

**Oppression
of self & opposing
creating
dreamed
off life**

Scarce nature
& outdoor
activities

Scarce space

“Grey”
Aggressive,
cold &
closed people

High population
density

Long cold
& grey
winter

High
pressure
to conform

Weak
economy

High constant
& global stress

High
regimentation

Exploitative
work
conditions

Working priority

High crime

High
unemployment

Social systems
deteriorating

Leadership
incompetent

Low
community
spirit

**Realising
of self, alive &
allowing creating
dreamed
off life**

More
pristine nature
& outdoor
activities

Vastness/space

“Bright”
Friendly, warm
Relaxed & open
people

Low population
density

Warmer &
sunny
climate

Lower
pressure
to conform

Growing
economy

Pioneer country
Flexible, active,
potential

Lower
regimentation
relaxed/free

Supportive
work
conditions

Low stress

Living priority,
Possible to life
Simple, slower
original

Safe place

Lower
unemployment

Social systems
good quality

Multicultural
Bilingual

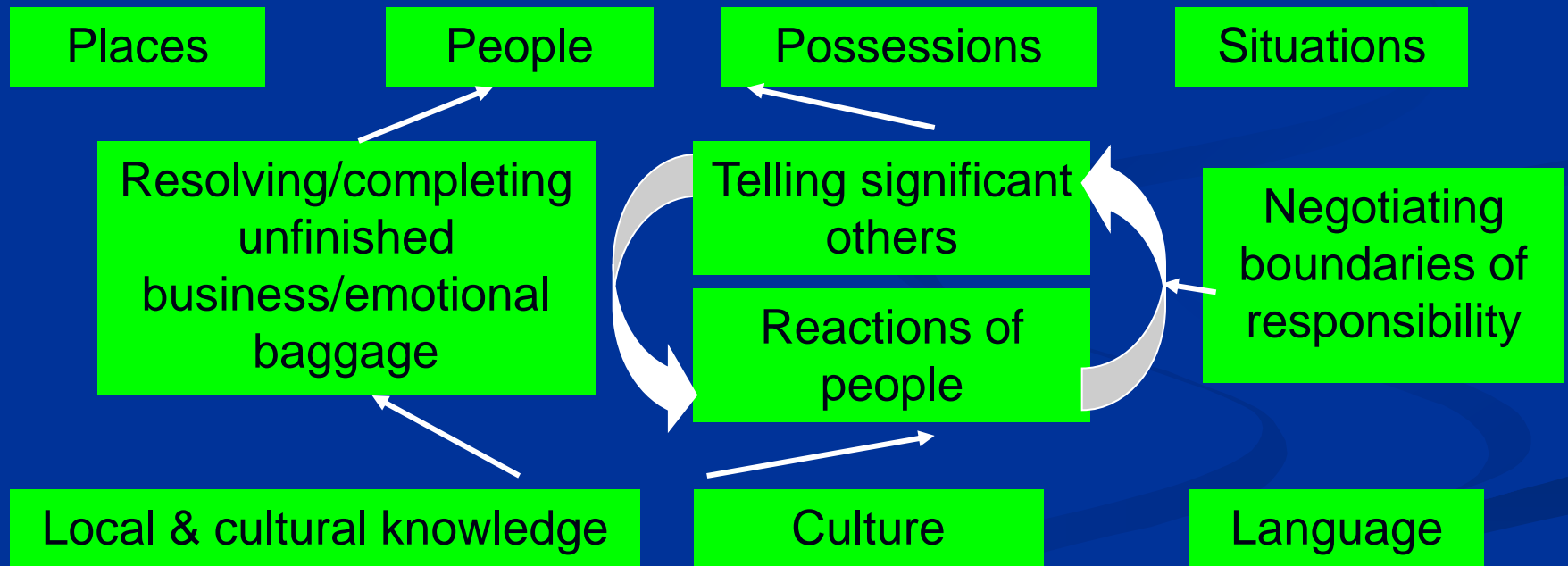
Higher
community
spirit

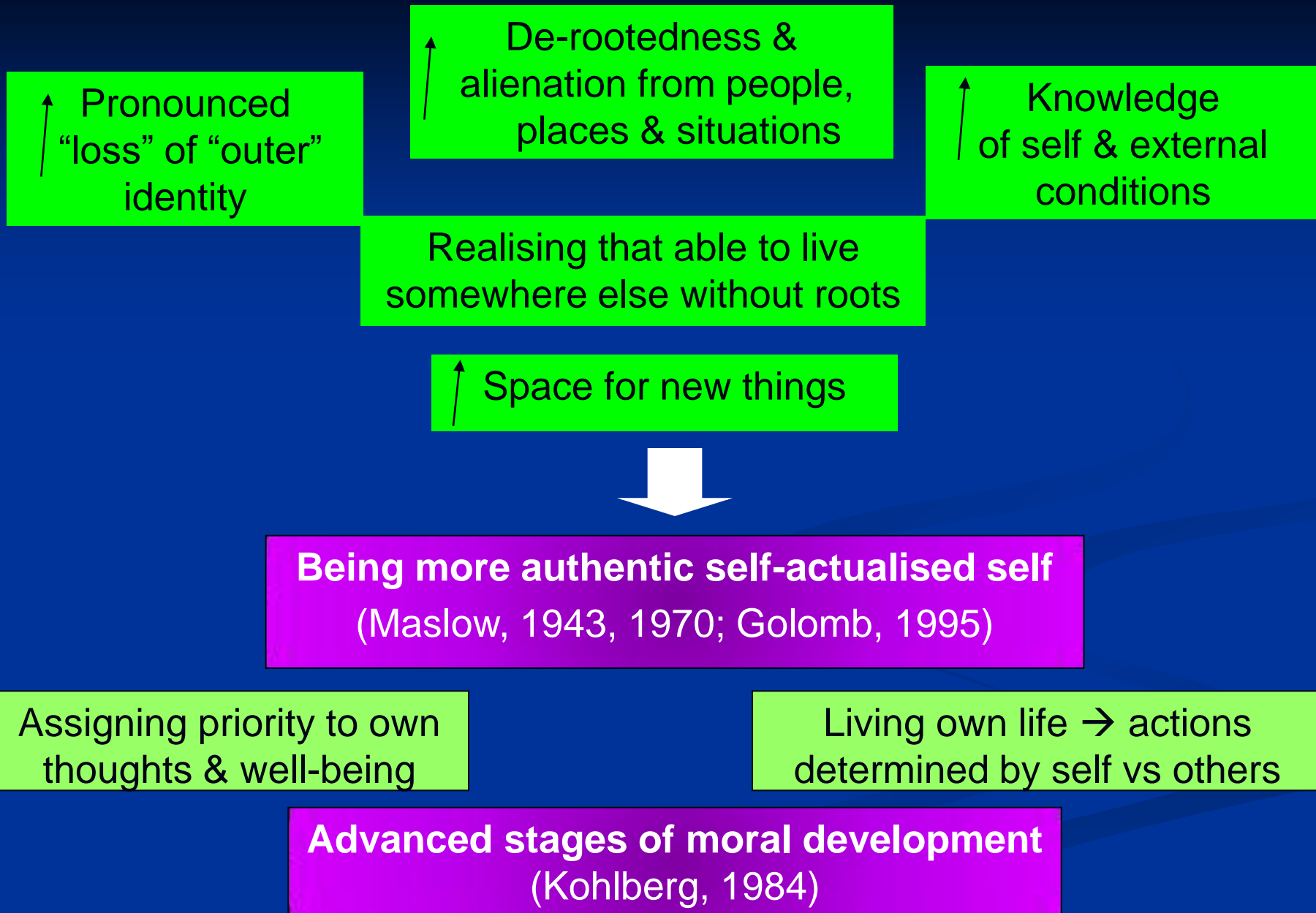
Lebensgefuehl:
Joy &
self-determination



**Detaching:
Breaking away
from cultural
roots**

**Cutting the cord to country of origin
emotionally & physically → maturing**







**Learning
to fly: Gaining
capabilities &
confidence**

**Constant interaction with new environments ->
wealth of varied interaction**

**Gaining of trust &
confidence in self**

**Leaving comfort
zone**

**Jump into the
unknown/uncertainty & fly**

↑ cultural & migration
competence

↑ many perceptions &
interpretations

↑ English
capabilities

↑ new capabilities
→ flexibility

**Realise that they
are able to live
somewhere else**

↑ independence &
autonomy

↑ trust that able to
survive on own

↑ relaxed & calm in
difficult situations

↑ Trust in self & Life/'God'

Living in the
gap/3rd space:
Transcending
boundaries



Feeling different/exotic & not fitting in

↓ Identification with
Germany

↑ Travelling →
Rift to others

↑ Sense of belonging
to A/NZ

Self independent of
nationalities/ethnicity →
citizen of the world
(cosmopolitan)

EMIGRATION

Physically living in Germany yet
mentally & emotionally living
already in ANZ

Undecided: Being
uncertain whether want
to migrate or not

Decided: want to
leave but cannot
→ living on stand-
by/in limbo

Decided: unsure
about whether ANZ
right country

IMMIGRATION

Physically living in
A/NZ yet mentally still
living in Germany
→ feeling surreal

Constant conscious
re-creating of self
→ authentic & self-actualised selves

Having several
homes & feeling
increasingly at
home within self

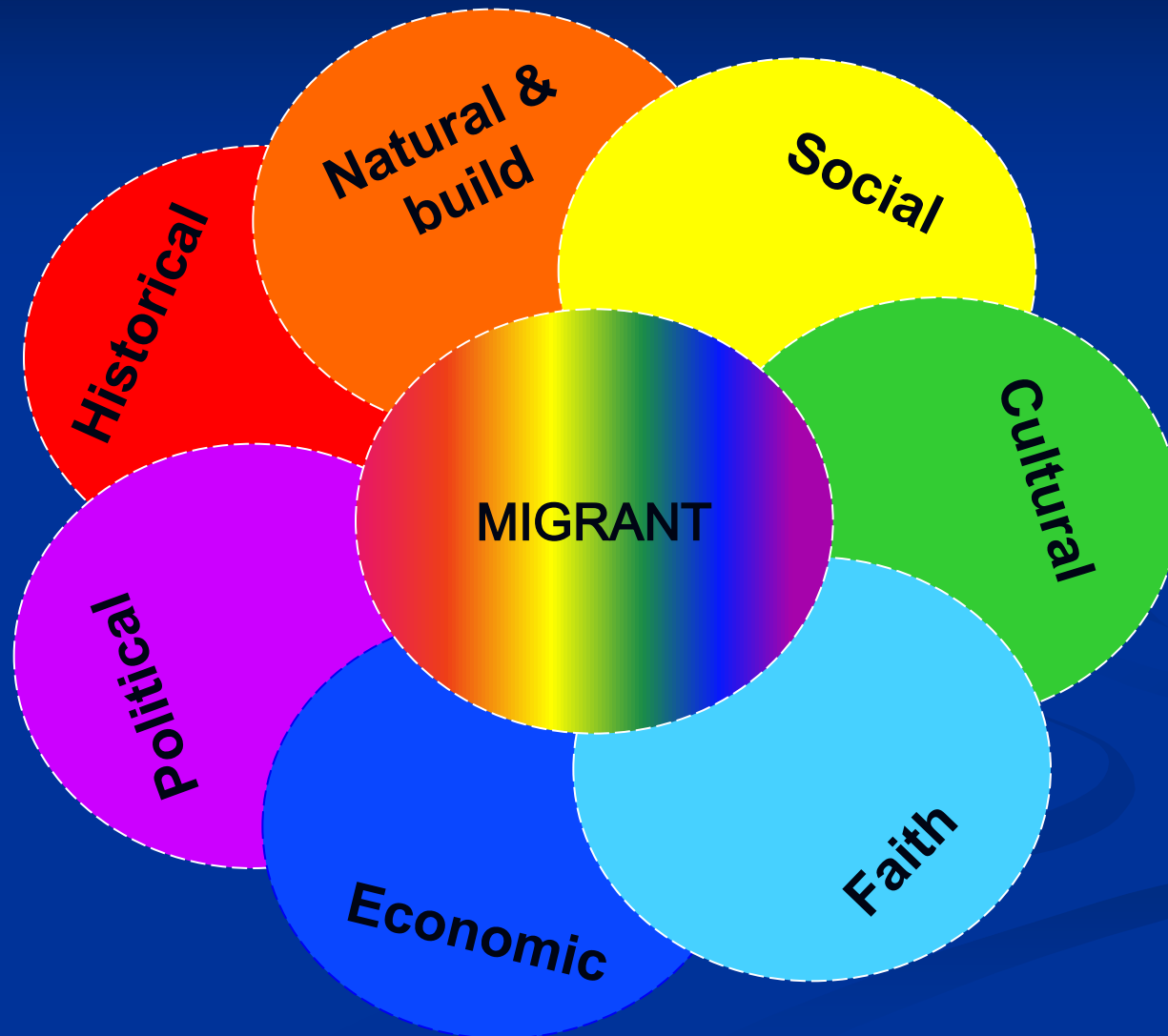
Increasingly realising
German aspects of self yet
increasingly less German

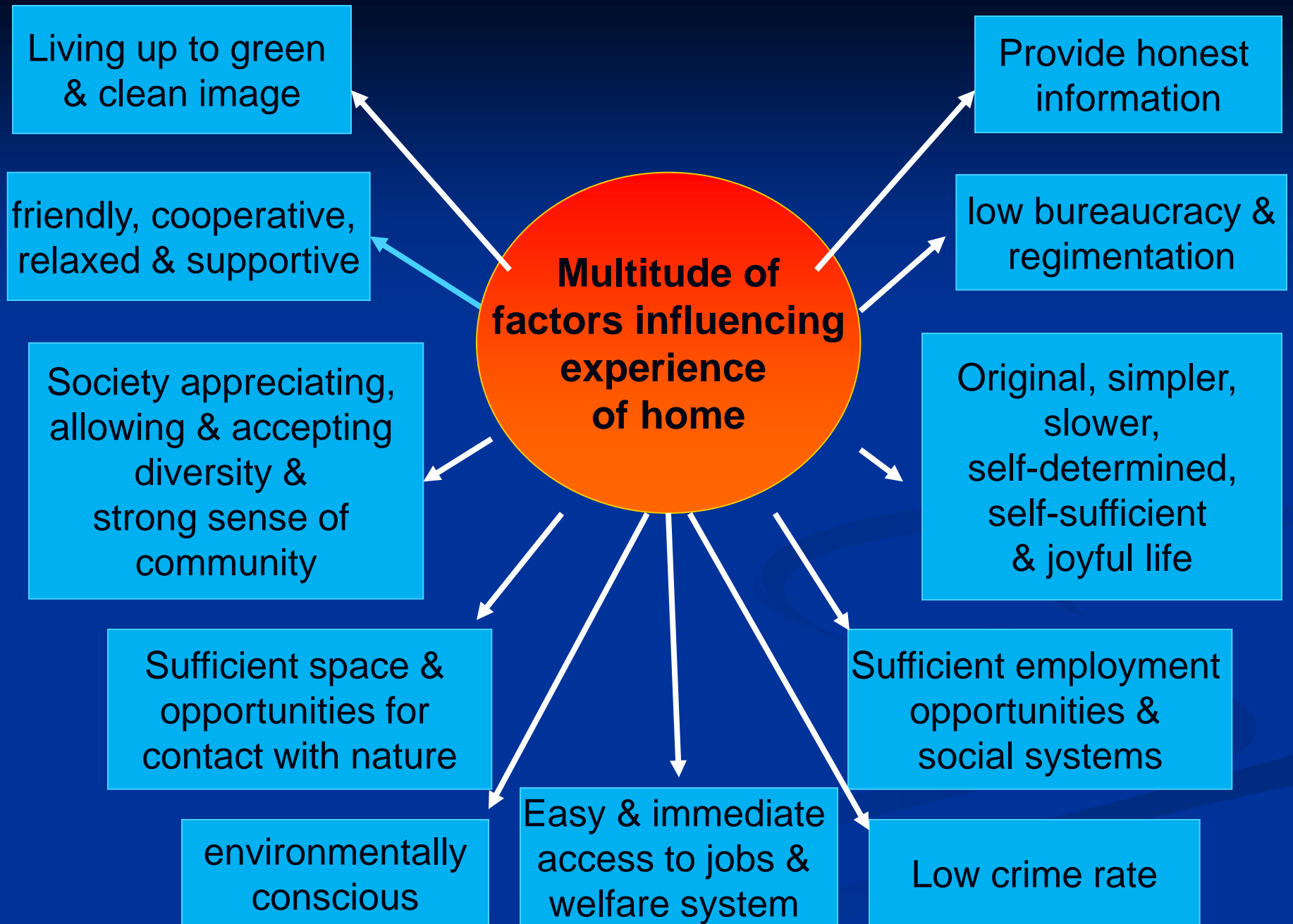
Never be pure-bred
Australian yet [↑]less German

Choosing what
German aspects of
self to reject or
keep

Choosing what
aspects from other
countries to accept
& integrate

BEING AT HOME: PERSON-ENVIRONMENT CONGRUITY

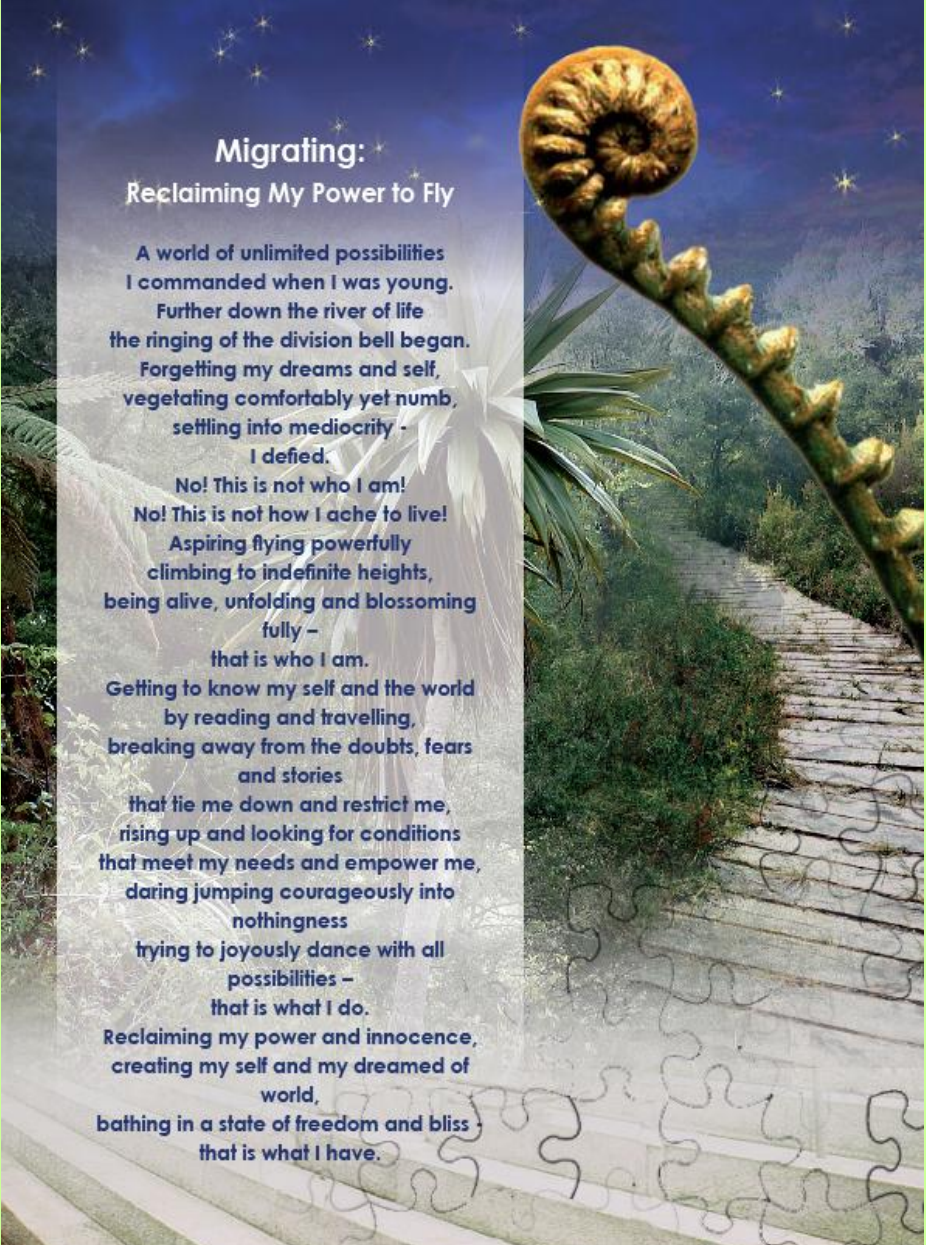






Thank you!

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Migrating:

Reclaiming My Power to Fly

A world of unlimited possibilities
I commanded when I was young.

Further down the river of life
the ringing of the division bell began.

Forgetting my dreams and self,
vegetating comfortably yet numb,
settling into mediocrity -
I defied.

No! This is not who I am!

No! This is not how I ache to live!

Aspiring flying powerfully
climbing to indefinite heights,
being alive, unfolding and blossoming
fully -

that is who I am.

Getting to know my self and the world
by reading and travelling,
breaking away from the doubts, fears
and stories

that tie me down and restrict me,
rising up and looking for conditions
that meet my needs and empower me,
daring jumping courageously into
nothingness

trying to joyously dance with all
possibilities -

that is what I do.

Reclaiming my power and innocence,
creating my self and my dreamed of
world,

bathing in a state of freedom and bliss -
that is what I have.

**Degree of
matching desires,
values & needs**

**Degree to which
suitable for
children**

**Nature & outdoor
activities**

Space

Community spirit

Population density

Climate

**Mentality &
language**

Political leadership

Pressure to conform

**Immigration
requirements &
administration**

**Degree to which
environment provides
opportunities for
being and developing
self & creating desired
life**

**Living priorities &
awareness**

**Degree of economic
strength & innovation**

Degree of stress

**Degree of
Regimentation**

**Unemployment rate
& work conditions**

**Degree of
environmental
consciousness**

**Quality of social
systems**