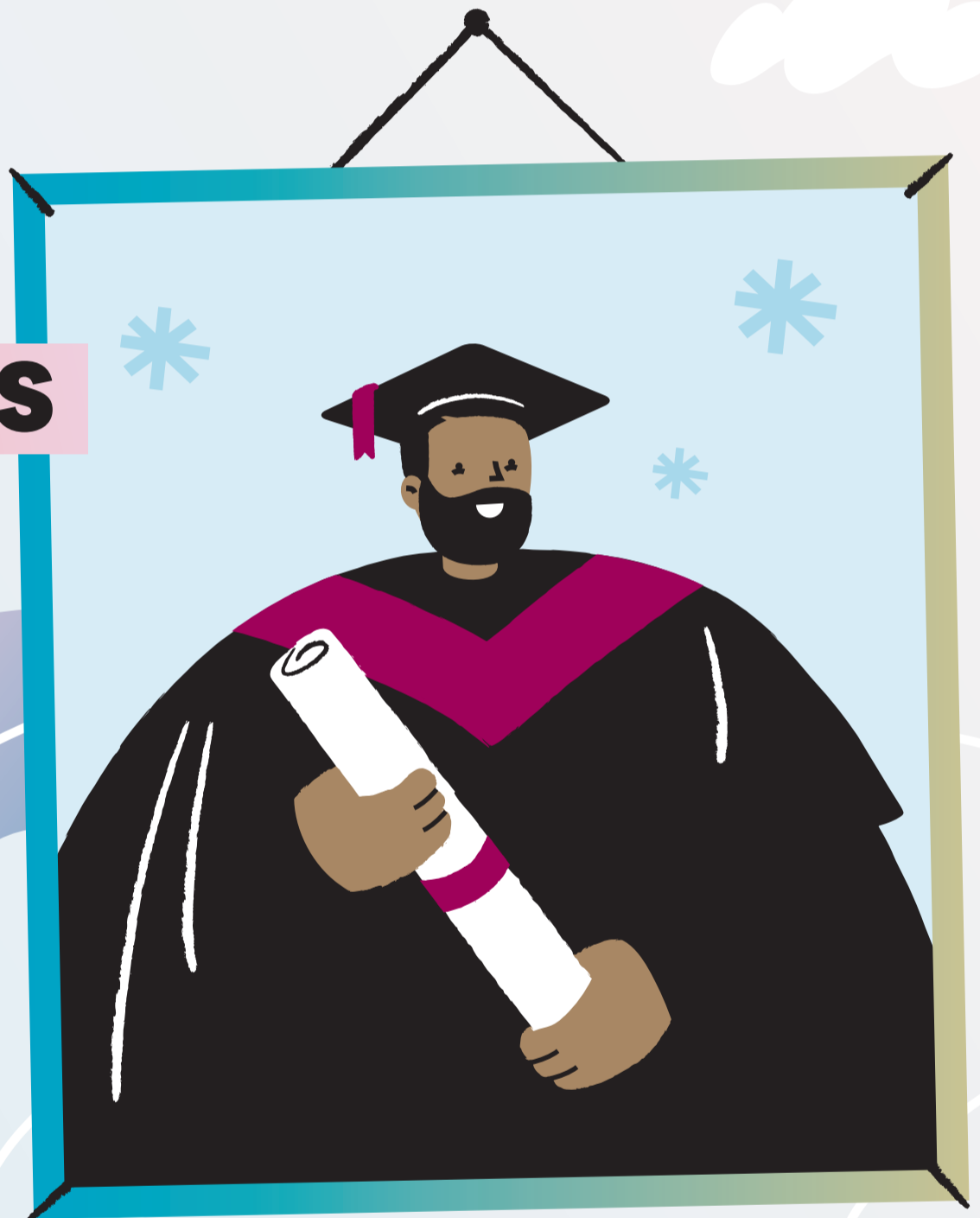


I consider acquiring higher education as the beacon of hope in Scotland. As an adult, I had no formal higher education when I worked as an Afghan interpreter for the British. However, as soon as I arrived in Scotland, accessing higher education opportunities was a priority for me. After studying Access to Humanities at College, I was offered a place to study at four universities in Scotland. Despite

having no access to higher education funds, I never lost my hope and continued to fight for my right until a Member of the Scottish Parliament suggested that I apply for asylum seeker tuition fees at the University of Edinburgh. Finally, a tuition fee award by the University of Edinburgh fulfilled my dream, and I could pursue my education to a masters level.

"I COULD PURSUE MY EDUCATION TO A MASTERS LEVEL."



THIS IS WHAT HOPE LOOKS LIKE



When you are forced to leave everything and everyone you know behind, and all you can carry with you are memories often coated with trauma, you look for a glimmer of hope, something to lift you out of the darkness. These short stories shared by people in our refugee communities show what 'hope' looks like.

If you think your story as an asylum seeker or refugee will help to inspire hope in others, please contact us on: msaki@mentalhealth.org.uk | mentalhealth.org.uk