

PERSONALITIES OF THE MONTH



3/24
MARCH EDITION



AMANDA NYARKO



SHARING
A BIT
ABOUT
MYSELF

Amanda: I'm Amanda Nyarko, a fifth-year medical student at St. Petersburg Medical School. Besides my academic pursuits, I'm involved in supplying hair for braiding and previously took on the role of Organizer for Nugs St. Petersburg in late 2023. My journey to Russia was prompted by the pursuit of medical studies, offering a different but not unpleasant experience despite missing home.

Bemah: What were some of your experiences and challenges since joining Nugs and actively being part of the organization of the 2023 Congress?

Amanda: Joining Nugs, I've been actively participating in meetings and events, eventually stepping up as an organizer due to unforeseen circumstances. The challenges in organizing the Congress included financial constraints, unfamiliarity with event planning, and the scarcity of local support.

Bemah: Can you mention few of your favorite parts of Nugs-Russia 2023 Congress?



Amanda: Reflecting on the positive side, the highlight was meeting individuals from various cities and building new connections. The last-minute success of pulling everything together also stood out.

Bemah: Advancing further, not only with Congress, but also with any other engagement in your local, NUGS, or national community, where do you believe, you can continue to take on roles?



Amanda: Looking ahead, while I won't take up significant roles due to academic commitments, I'm open to contributing in smaller capacities when possible.

Bemah: What advice can you offer to those who will one day assume the role you played in organizing an event?

Amanda: My advice to others in similar situations is simple: if you can help, give it your all, ensuring tasks are done thoroughly and not halfway.

Bemah: Thank you for this opportunity to share my experiences and insights.

Amanda: My utmost pleasure.

HELLO,
MY NAME IS CLARA.



Clara: I'm currently a master's student studying data analytics for politics and society at the Higher School of Economics in St. Petersburg. I came to Russia in September 2022, and I'm about to finish my Master's Degree. Initially, it was challenging, feeling alone, but over time, I've become more accustomed to the environment. I now feel a sense of control over my life here.

Bemah: How did you know about Nugs-Russia 2023 Congress and what made you become a part of it?

Clara: Alright, so when it comes to my involvement in Nugs-Russia, I wasn't initially aware of the community's vibrancy in St. Petersburg. It was only during a beach tournament in June last year that I discovered the Nugs-Russia Congress. Seeing Ghanaians from all over Russia was an exciting moment for me. I hadn't experienced such a lively African environment in a while. I decided to participate, even though I didn't fully understand how it worked.

Bemah: If I may interrupt, did someone specifically ask you to participate, or was it more of a personal decision?

Clara: No, initially, no one asked me. I learned about it during the beach tournament, and then members like the vice president and the national president explained the event to me. Feeling a sense of community, I decided to get involved.

Bemah: Got it. Please continue.

Clara: After the beach tournament, there was a hangout where I met many people. Later, during a shashlik event, I spontaneously started cooking without being asked. The next day, I was assigned a role in preparing delicacies for a dinner event. Overall, my experience with Nugs was exciting, and it changed my perception.

Bemah: Did you face any challenges while helping out?

Clara: Not really, except for not having enough cooking utensils. Cooking for a large group was a bit challenging, but overall, it was a positive experience.

Bemah: Great. Finally, what advice would you give to other women in similar positions in the future?

Clara: My advice would be to get involved. You never know what opportunities or experiences you might miss if you don't participate. It's about taking the initiative and showing interest.

Bemah: Thank you, Clara. That was insightful and detailed.





**HEY EVERYONE,
MY NAME IS
ANASTASIA**

Anastasia: I'm 24 years old and I'm currently studying medicine at Petrozavodsk State University in Russia. I came here in 2019 to pursue my studies. I'm studying in Russian, and my favorite color is purple. In my free time, I enjoy reading, taking walks, and watching movies. I also have two Siblings, an elder Brother, and a younger Sister.

Bemah: That's interesting! So, what made you decide to study in Russia?

Anastasia: Well, it's kind of a family tradition. Many of my relatives, including my Aunties, Uncles, and Grandparents, studied here. Plus, I got admission to study medicine here, so it just seemed like the right choice.

Bemah: Ah, got it. I remember you attended the Congress last year in Russia. How was your experience?



Anastasia: Yeah, it was quite different from what I expected. The numbers were lower compared to the previous one in Moscow, and there were some organizational challenges. But overall, it was still a valuable experience.

Bemah: Were you involved in any activities or initiatives during any previous Congress?

Anastasia: Yes, I served as the Secretary for the Women's Commission for the year 2022/23. We helped prepare the Ghanaian ladies who were participating in Miss Ghana Russia.

Bemah: What were some of the challenges you faced in your role?

Anastasia: One of the biggest challenges was bringing together Ghanaian ladies from different states and grooming them for the competition. It was a bit challenging to coordinate everything, especially since we had to do most of it online.

Bemah: Despite the challenges, what was the highlight of the Congress for you?

Anastasia: I'd say the dinner event stood out for me. It provided an opportunity for networking and bonding, despite some organizational issues earlier in the Congress.

Bemah: That sounds nice. Moving forward, what do you think can be done to improve the Congress and community involvement?

Anastasia: I think better communication and engagement are key. We need to create formal platforms where everyone feels included and informed about union activities. It's important for both leaders and members to actively participate and contribute to the growth of the community.

Bemah: Absolutely, I agree. We should work towards fostering a more inclusive and proactive community.

Anastasia: Definitely. And I believe with collective effort, we can make positive changes and strengthen our union.

Bemah: Agreed. Let's continue to support each other and work towards our common goals.

Anastasia: Absolutely. Thank you for the insightful conversation!

HEY EVERYONE,
I'M MAUREEN



Maureen: I am current master's Student in St. Petersburg. I've been in this vibrant city since 2018, making it about six years now. My academic journey began with a Bachelor's in Technical Systems, and I've seamlessly continued into my Master's program.

Bemah: How are you involved in Nugs-Russia?

Maureen: In terms of involvement, I served as a Secretary for my local NUGS for the past two years, contributing to the local union's activities.

Bemah: I believe you were at last year's congress. What role did you play in support of the congress?

Maureen: As for the previous Congress, I had been sharing insights into its planning and following instructions given by the central organizing committee for the congress.

Bemah: Were there any challenges?

Maureen: Regarding the challenges, the initial planning seemed robust, but as the days approached, we faced unforeseen hurdles. Issues like funding delays and a shift from group to individual efforts posed significant challenges. The abrupt changes tested our adaptability. Also, there had been the difficulty in mobilizing Students in St. Petersburg due to various factors, including the aftermath of COVID-19. The lack of financial support and a dwindling sense of community participation complicated matters.

Bemah: Despite all these issues, did you experience some positive highlights?

Maureen: Yes, there was some positive aspects. The Congress brought Ghanaians from all over Russia together, creating a sense of home away from home. It was heartening to share moments, jokes, and experiences with fellow Ghanaians, fostering a feeling of unity.

Bemah: Looking forward, do you have any advice for the organizers of the upcoming Congress?

Maureen: For the future organizers, I am heavily stressing on the importance of understanding the local dynamics and the people involved. Observing behavioural patterns, financial capabilities, and attitudes will enable organizers to tailor plans that will resonate with the community.

Bemah: Thank you for gracing us with your presence and sharing such valuable insights.

Maureen: Oh, thank you too for the invitation.





Where there is a woman, there is magic.

Celebrating International
Women's Day March 8, 2024

