

## Subject Technical Sheet

- **Participant ID:** P-03 (Pseudonym: "Omar")
  - **Demographics:** 22 years old, Male, Afghan.
  - **Arrival:** 2016 (Arrived as an unaccompanied minor).
  - **Legal Status:** "Duldung" (Suspension of Deportation) / Appeal pending.
  - **Housing:** Shared apartment (WG) organized by a youth welfare organization.
  - **Family:** Single in Germany. Parents and siblings are in Afghanistan.
  - **Activity:** Enrolled in a vocational training program (Ausbildung) for elderly care, but struggling.
  - **Setting:** Interview conducted in a quiet cafe.
- 

## Interview Transcript: Integration Experiences P-03

**Interviewer:** Hello Omar. Thanks for taking the time. You are currently doing an apprenticeship, is that correct? How is that going?

**Omar:** Hello. Yes, I am training to be a nurse assistant. To be honest... it is going very badly. My boss says I am lazy or that I don't care. But it is not that. It is my head. I go to the class, I listen to the teacher, but nothing stays in. It is like my brain has no capacity left. I learn a word, and five minutes later, it is gone.

**Interviewer:** Why do you think that happens?

**Omar:** Because my body is here, but my soul is in Kabul. My family is there. Every day I look at my phone, I see the news. Explosions, Taliban, no food. I feel so guilty. I am here, I eat good food, I sleep in a safe bed. And my mother calls me crying. How can I learn German grammar when my mother is crying? It feels wrong to be happy here.

**Interviewer:** That sounds like a heavy burden. Does this affect your legal situation too?

**Omar:** Yes. My asylum application was rejected. They gave me a "Duldung" [suspension of deportation] only because I am doing this training. If I fail the school, they might deport me. This pressure... it is crushing. I feel like I have a knife at my throat every day. I cannot sleep. I have nightmares that the police come to take me, or that my family is killed and I wasn't there to help.

**Interviewer:** Have you tried to bring them here? Family reunification?

**Omar:** I tried. I went to lawyers. But because I don't have the refugee status, only Duldung, I have no right to bring them. The lawyer said "wait." I have been waiting for 4 years. This waiting is killing me more than the war. You know, in Afghanistan, the danger was clear. Here, the danger is invisible. It is the letter in the mailbox that says "Go back."

**Interviewer:** Do you have support here? Friends or a community?

**Omar:** I have some Afghan friends, but I avoid them now.

**Interviewer:** Why is that?

**Omar:** Because when we meet, we only talk about bad news. "Did you hear what happened in Herat?" "Did you get the rejection letter?" It is too much negative energy. And also... there is mistrust. Some people lie about their stories to get asylum. It makes everyone suspicious. So I stay alone mostly. I sit in my room.

**Interviewer:** And what about German friends?

**Omar:** Not really. I try, but I feel... different. My classmates are young, they talk about parties, about drinking. I feel like I am 50 years old inside because of what I saw. I cannot connect. Also, sometimes on the street, people look at me. I have a beard, dark hair. I see them hold their bags tighter. It makes me feel like a criminal.

**Interviewer:** If you could change one thing to improve your mental health, what would it be?

**Omar:** To know my family is safe. If they were here, I could focus. I could work 20 hours a day. I would be the best nurse. But without them... I am just half a person.