

# Madhur Bain

IHAA Resident 2019-2020

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Hey! This is Madhur, a resident at the International House Ann Arbor (IHAA) since July 2019. I am originally from India, moved to Norway 5 years ago, and am currently a Visiting Scholar at the University of Michigan, working on a research project on adolescent substance use disorders.

Moving to a new land can be emotionally taxing, especially when you are working close to 10 hours a day, with no time left to go out, socialize, and make friends. However, I have been extremely lucky to be living at the IHAA, where we have had a host of in-house social events organized every week.



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Especially for someone like me, who is usually not very good at taking an initiative to go out and make friends in a new place, such events have provided unparalleled opportunities to engage with people, both from the local community and the other IHAA residents coming from all over the globe. Furthermore, these events have provided an immersive experience of varied cultures, cuisines, arts, and ways of life from different parts of the world...

As well, I am greatly inspired by the amazing and wonderful volunteers at IHAA. From participating in the social events at IHAA to volunteering at the Resident Appreciation Dinners, and from offering weekly free grocery shopping trips to inviting residents to their homes for holiday celebrations, these lovely volunteers never cease to amaze you and inspire you.

During these past nine months of my stay at IHAA, I have had a refreshing sense of community and belongingness, leaps and bounds more than what I had ever experienced living in various student housings over the last five years in Norway.



*When my stay in the US ends in two months, I will not be returning to Norway with just the research papers I have worked on at the university. Thanks to IHAA, I will also be bringing with me a new perspective on cross-cultural understanding and engagement, as well as an inspiration and motivation to volunteer in the community and carry forward the positivity that IHAA embodies.*

Madhur Bain, 2020

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