

Dear beloved graduates, family, friends and amazing teachers and employees. Many happy returns on this day of joy. I'm extremely honored and happy to stand here on behalf of the Red Cross. Standing in front of this beautiful bouquet of bright and elevated minds I wonder what I could possibly say that will make you ready to conquer the world outside of this fjord.

I want to start by citing the prophet Muhammad PBUH, on something that reflects my immediate perception of UWC. "Be kind, for whenever kindness becomes part of something, it beautifies it". I've only seen beauty when I've been here at UWC, in your actions and presence. And this beauty reflects the kindness that lives within you, the passion to do good, do better and the love for humanity.

When I've been preparing myself for this speech I thought to myself, just tell the graduates what you would've wanted to hear at your graduation 10 years ago. But then I thought no, I didn't go to UWC, and the prospects you have and the luggage you've collected as a UWC student is nothing like a student from any other college. Now why am I saying that? Because I've seen and heard how reflected you are, reflected enough to be compared to some of the most powerful international leaders I've met in my life. Because I know that your point of departure from today already enfolds a content that many grownups still thrive to have in their life. Because you have lived the principles and values that many people only talk about, you've walked the talk.

Our shared mission that blooms through our common fundamental RC/RC principles and UWC values are to be found among many souls in the world, whom you are also a part of. One month ago, I met a Canadian woman in Sweden who I got into a conversation with, when she mentioned UWC, my heart skipped a beat. "Your family, I thought to myself". The mutual vision to "make education a force to unite people, nations and cultures for peace and a sustainable future" is at the heart of making you ready to be righteous leaders and ambassadors for UWC & Red Cross throughout your lives. That is quite immense and rigid! I'm saying that because I've seen many high positioned red crossers even, who still struggle with this, but your point of departure is different!

When you take upon yourself spreading your wings and leaping into new possibilities and challenges as newly graduates, you might feel your body and mind getting overwhelmed. With the possibilities of all the choices you have, the search for answers without knowing where to start, leaping into life not knowing where to start. But no matter what choices you make and what paths you find yourself on, if that ends up not being the right choice for you, don't regret it. Don't think you've wasted 2-3 years of your life, because you grow no matter what you do. You'll always find moral and knowledge in your actions if your intentions are pure. But most importantly you've grown as a person and matured as a human being. More than anything I've learned the importance of knowing myself as a human being in order to make the right choices for me, but also knowing how to interact with other human beings. No matter the area of subject of interest. This means knowing what your values and principles are as a human being. This is what the solid relationship between the Red Cross and UWC gives you. And if this lives within the soul and among the bones of anyone, then it's you.

Every single day RC/RC volunteers put aside their lives, their core needs and their comfort to help others. People who have taken a course in what the principles of the RC means. However you, you have been equipped with the tools on how to live the values. Being impartial doesn't only mean to be unbiased on political issues, it means to be a fair human being and seeing the slightest alternative that can lead to harmony among affected human beings. Unity doesn't only have to do with that there can

only exist one RC/RC body in a country, it also means recognizing the values that breathe within you as equal to that which breaths within everyone around you, in the world. We see a world that has changed into an overwhelming true image of the painting The Scream by Munch. But we also see an overwhelmingly high number of human beings who want to change it back to Primavera by Botticelli. And this is where your efforts and luggage as graduates come in. You are a part of what is referred to as generation Z. Because there is simply no word that can describe the great your generation can achieve so we turn to algorithms.

You've lived an everyday life where you've had an abundance of opportunities on the humanitarian and volunteering front, to such an extent that it might have felt too much amongst studying and socializing. Even if you have been very active in this work or not, you are still skilled in the values and principles that breath in the soul of more than 14 million volunteers worldwide. It has to do with human connection, caring, interacting openly, realizing that no matter where we are in the world there's a constant harmony between our soul, heart, energy and behavior with someone somewhere else on the globe. Being mindful about your influence on others and vice versa, about being considerate when connecting with humans will give you such a benefit in all your affairs.

Through the Red Cross and UWC values intertwined in your everyday life here the past years, you've gained an uplifting many people don't even know they lack in their lives. You've gained a connection with the nature and knowledge that lives in the history of UWC, but most importantly you've gained ties and bonds with fellow human beings that you will now call family. My mom once said about a crossroad I found myself in having to make a crucial decision "it's your life, you make the choices that seem right for you in your own life, because no one else is going to live it for you". No matter how many people you have around you with an opinion or who you feel you need to please or want to please, it's so important to remember just this. No one will love what you do for you, no one will love your life for you. So, make it good, for you! Some last advice from someone who ended up doing something completely different from what she started out with after college.

- Expand your room of action and think untraditionally. If you've put your mind and heart in to doing something you can achieve it, but you must believe 100% in yourself. And you have to trust that the values you have, and the values you take with you from here are powerful and deep.
- Don't be scared to take a leap of faith, because a dozen hands might catch you. And if they don't you fall and get a boobo but then bandage it and you know how to make that jump differently another time.
- Don't belittle your luggage. Do not belittle your knowledge and experience. You're already an expert in so many areas some can only dream of.
- Remember. Your strength is when you are united, when you fit all together as pieces in a puzzle, when you all work and commit to create the bigger picture.

Dear students, Class of 2018, on behalf of the Norwegian Red Cross; take the world with storm, because I know you can. I wish you the very best of luck! Congratulations & Thank you!