

Hello from the other side

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Propositions belonging to the PhD dissertation

Hello from the other side

Access to and circulation of health information between migrants and their network members at origin

Inez Roosen

1. *Because the actions, associations, outcomes, and processing related to economic remittances compared to social remittances are inherently different, transnational social exchanges refine and expand the meaning of social remittances.* – This dissertation
2. *Transnational social exchanges play a relevant role in the health of network members at origin. However, the (decision-)power and voices of the network members at origin should not be underestimated in the innovation-decision process and research.* – This dissertation
3. *The core of the transnational social exchanges-process is at the destination location, for both emigrants and internal migrants.* – This dissertation
4. *Gender is a crucial characteristic in sending and receiving sexual reproductive health-related transnational social exchanges.* – This dissertation
5. *Progress in health and migration research happens outside prescribed boxes: daring to question current knowledge and being adaptable to discuss and enhance known definitions, categorisations, and outcomes.*
6. *Balanced research connecting the knowledge of diverse global sides is required to improve the research cycle.*
7. *Research will benefit from a multi-disciplinary approach, bearing in mind mutual respect and transparent communication between disciplines.*
8. *More research towards the complex transnational social exchanges-process can potentially lead to a quadruple win for (1) migrants, (2) network members at origin, (3) destination, and (4) origin.* – This dissertation
9. *Ohana means family. Family means nobody gets left behind or forgotten.* – Lilo (Lilo & Stitch)
10. *You haven't given me a gift; you've given me an obligation.* – Sheldon Lee Cooper, PhD, Sc.D. (The Big Bang Theory)
11. *AHMEZ – Alles Hängt MitEinander Zusammen (Everything is connected).* – Source unknown (Key message by the pater familias of the Roosen family 😊)