

WELLBEING IN NEW PLACES

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Wellbeing in a new country



- New country – New experiences, new food, new languages, new norms, new weather
- New university – different way of studying, new tools, new campus
- New friends
- New & old you!





Culture shock

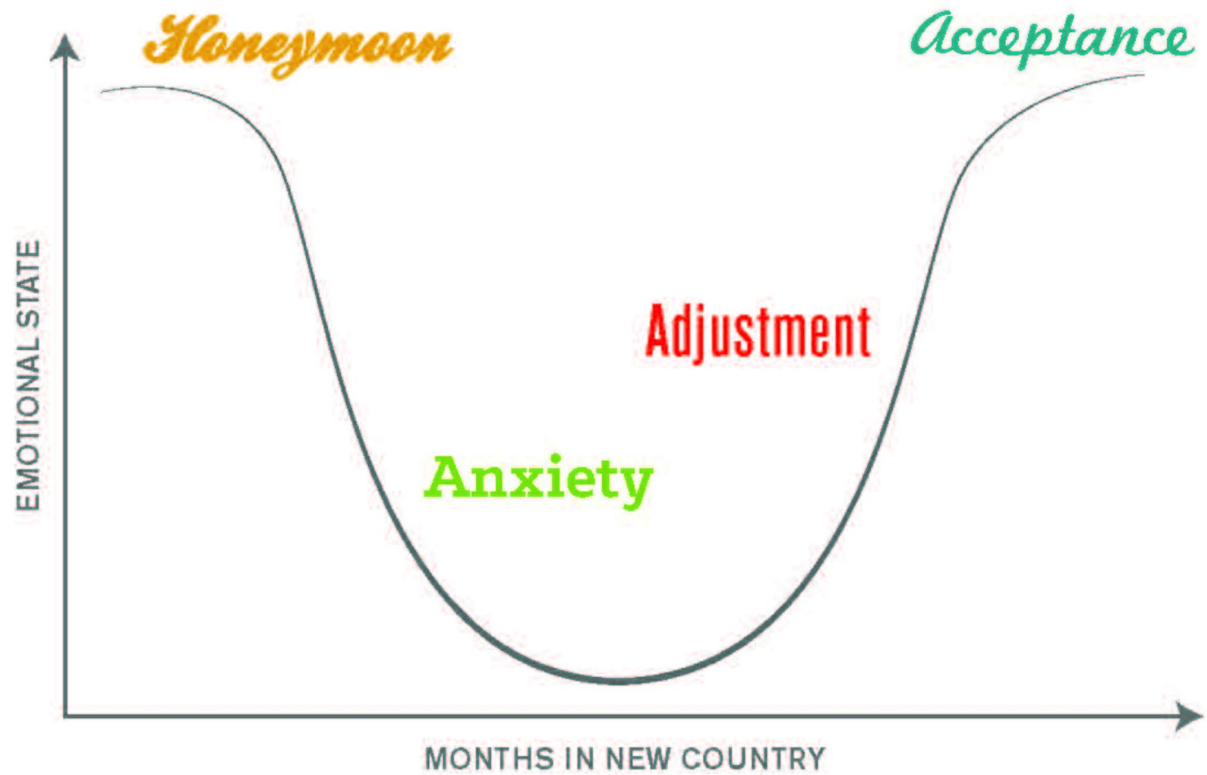
Feelings of anxiety, confusion & uncertainty one can feel when living in a place/country which cultures are/feel different from what you are used to.

Examples:

- Not understanding the norms
- Struggling with navigating new bureaucracies
 - Different styles of communicating
- Missing food, symbols and familiar ways living and communicating of home
- Feeling that certain ways of behaving is rude in the new country
- Tiredness/stress from speaking another language



STAGES of CULTURE SHOCK



A process, a fun process & sometimes a challenging process

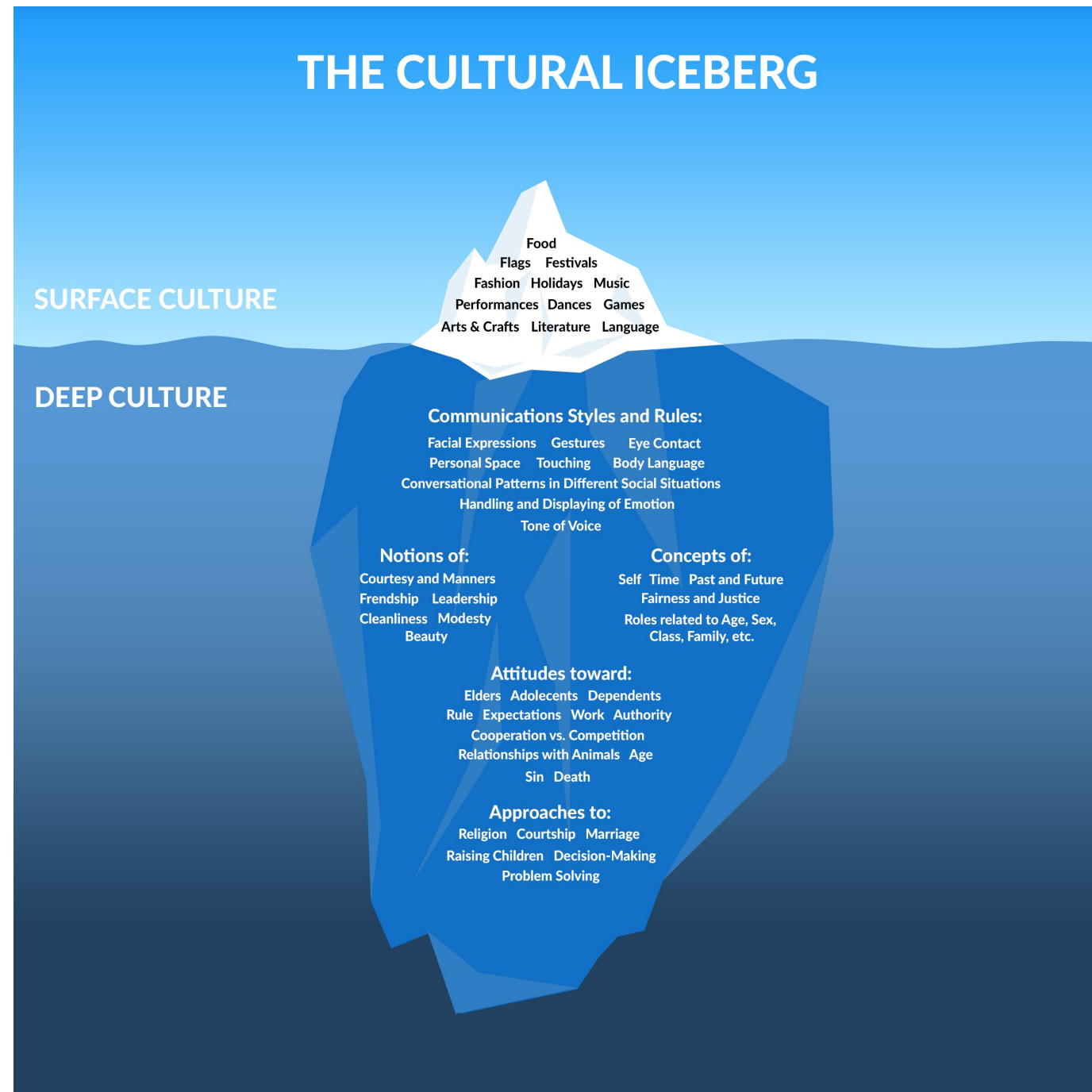


However!

- No culture is static
- Multiple cultures exist in same spaces
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- Everyone is as well an individual
- Every individual is part of multiple layers of intersectional spaces and identities
- Cultures and individuals meeting is important & enriches us all



The idea of similar or different cultures & fitting in



What to do?



- Think of it as a whole journey
- Remember that expectations are great but not always possible
 - Be curious and try new things
- Talk to friends (new ones here and old ones back home)
- Remember its normal to be homesick or to feel lonely. But when you do, reach out to others here. Your tutor, teachers, advisors and friends.
 - Keep good routines
- Be patient with yourself as well as others
 - Be open-minded and flexible
- Studying, travelling and just living is sometimes tiresome, be kind to yourself



Exercise



TOGETHER IN GROUPS OF 4 DISCUSS THE FOLLOWING TOPICS.



MY EXPECTATIONS OF
MY EXCHANGE



CHALLENGES TO
LIVING IN A NEW
PLACE I CAN IMAGINE
MYSELF FACING & HOW
I PLAN TO DEAL WITH
THEM



STRENGTHS &
KNOWLEDGE I HAVE
THAT WILL BE USEFUL
DURING THIS
EXCHANGE



WHAT I HOPE TO
LEARN BY TAKING
PART IN AN EXCHANGE