

Prevention of stress and homesickness



- Moving to a new country is a big challenge. Feeling sadness or anxiety far away from loved ones is completely normal. This reminder will help you adapt faster and cope with difficulties.

Recognition and full acceptance of your feelings

- Don't try to suppress your longing for your homeland. Give yourself time to adapt to the new culture and environment. Allow yourself to be sad, as this is an important step toward emotional well-being.



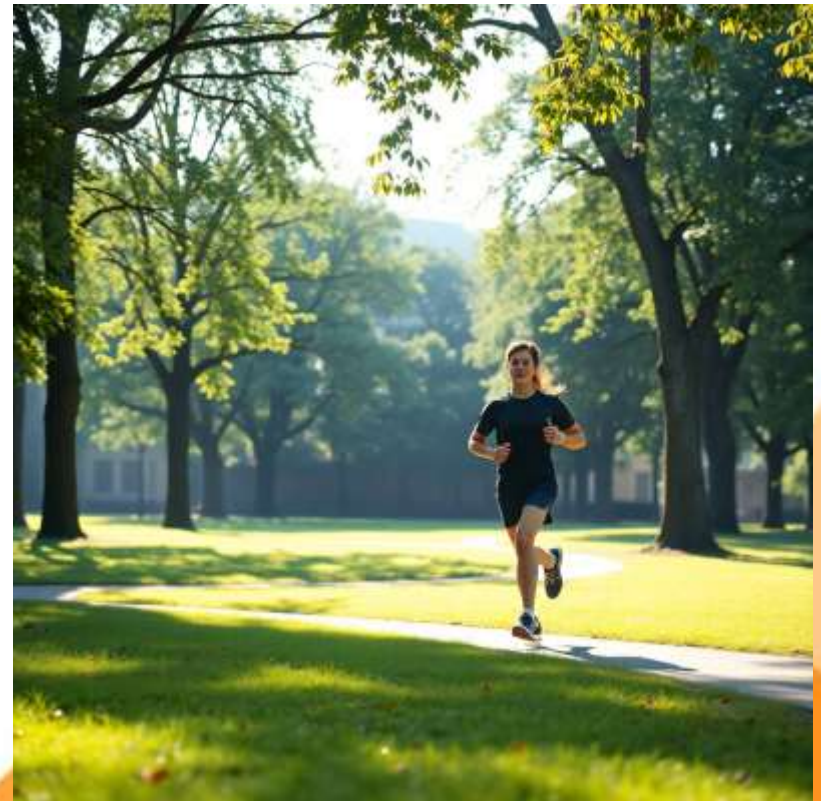
Creating a pleasant homey atmosphere in your room



- Bring along your favorite things, photos of loved ones, or decorative items. Familiar scents and tastes will also help create a sense of security. Make your room a place you want to return to.

A healthy daily routine and beneficial habits

- Adequate sleep and proper nutrition are the foundation of a good mood. Try to go to bed at the same time and don't forget about physical activity. Even short walks reduce stress levels.



An active social life and new acquaintances



- Don't isolate yourself from others in your free time. Participate in student clubs, events, and get to know other foreigners. Shared interests will help you find true friends and support.

A sensible balance in communication with home

- Call your family regularly, but don't spend all your free time on video chats. Constant immersion in household matters hinders adaptation to a new place. Enjoy the present moment and your student life.



Where to turn for professional student support



- If stress interferes with your studies and daily life, don't be afraid to ask for help. The university employs psychologists and advisors for working with foreigners. Seeking help from a specialist is a sign of your strength, not weakness.