

CULTURAL ADJUSTMENT

How to get over homesickness and enjoy studying abroad.



Studying in another country is a great adventure with lots of opportunity for fun and learning – you know that, or you probably wouldn't be here!

But it can also be a challenging time as you adjust to a new culture, language, teaching styles, food and more – without your family and closest friends to help you navigate your way.

You may feel 'homesick,' especially on special occasions or holidays or when you've had a bad day. You may find all the differences difficult to get used to and you may feel lonely and isolated.

All of these feelings are common when people first move to another country, but there are some things you can do to make your experience more enjoyable.

If you're feeling lonely, homesick or having a hard time getting used to life in Australia, keep the following in mind:

- Give yourself time to settle in. It takes time to meet people and adjust to everything new – but most likely you will
- Set your flat or room up so that it's comfortable. Hang some pictures and make it feel like home
- Get into a routine to make life feel a bit more normal, and try to keep a balanced schedule. You want to be active and busy enough that you don't get bored, but are still able to keep up with your studies

- Develop friendships – there are lots of clubs and groups on campus. Go along to a few that interest you and you will be more likely to make friends with similar hobbies or interests



ahm OSHC's 24-hour counselling service

Take advantage of services that are there to help you. ahm OSHC has an emergency helpline that is available 24 hours a day, seven days a week as part of your membership. You will be connected to a qualified counsellor for an initial discussion over the phone. The counsellor will help you develop strategies to move forward and may suggest an appointment with a qualified professional in person for further assistance.

- Remember other international students are probably feeling the same as you. It may be helpful to talk to them and spend time together. Try joining one of the groups for international students
- Stay in touch with your friends and family back home through phone and email (and Skype!). This will help you feel far less removed from what's happening at home and give you extra support when you need it
- Make an effort to participate in Australian life and culture too. Try some of the tourist activities and send photos home so your family and friends can stay up to date
- Write down all the positive things about being away from home and remind yourself why you wanted to study overseas in the first place
- If you are finding it difficult to follow the lectures, or struggling with your studies in other ways, don't be afraid to get extra help. Student support services may be able to help you with tutoring. It can also be helpful to talk to the lecturer
- Take care of yourself – make sure you are getting enough sleep as you will be much more likely to keep things in perspective. Stay physically active as that also helps reduce stress. And eating good, healthy food will help you feel better too.

Emergency Service Helpline: 1800 006 745

Over-the-phone help for emergency medical assistance, stress and trauma counselling, plus interpreter service. Available 24 hours, 7 days a week.



All Enquiries: 134 246

ahm OSHC, Locked Bag 1006, Matraville NSW 2036

Email oshc@ahm.com.au Web ahmoshc.com

Fax 1300 329 246