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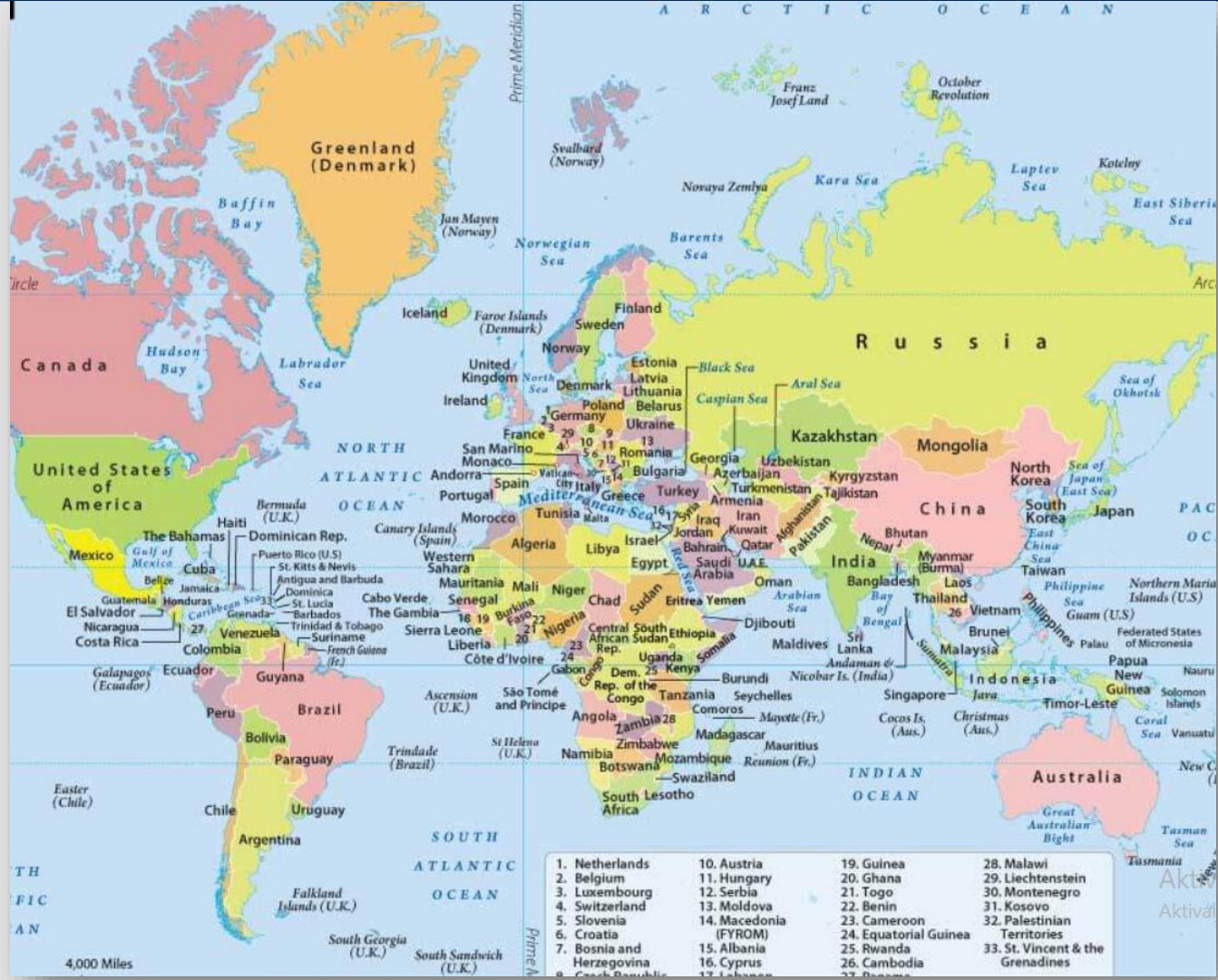
Studying abroad: an adventure in transitioning

Dr. Uwe Pohl

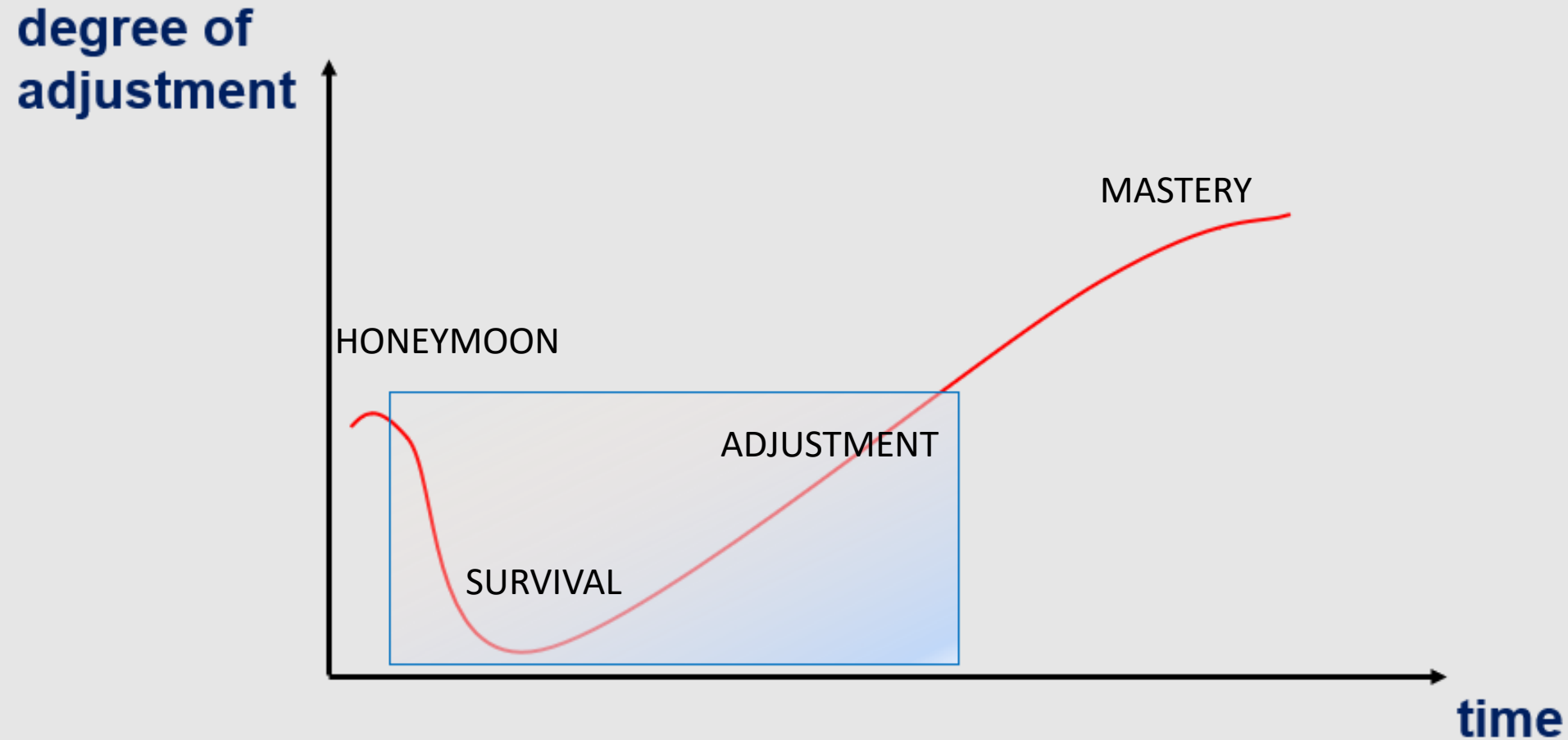
Associate Professor, School of English and American Studies

Welcome and Information Days, 3 February 2026

Welcome!



Transition experiences



Black, JS./Mendenhall, M. (1991) The U-Curve Adjustment Hypothesis Revisited: A Review and Theoretical Framework. In: Journal of International Business Studies, Second Quarter.

The late-night shopping challenge

As someone who was new to the country and the city, everything seemed perfect at first and I was very excited. However, as I continued living here, I couldn't help but see the bad sides of the whole thing.

What comes to my mind first is that **after a certain time in the evening, like 7 or tops 9, everything closed, even the big shopping malls...**

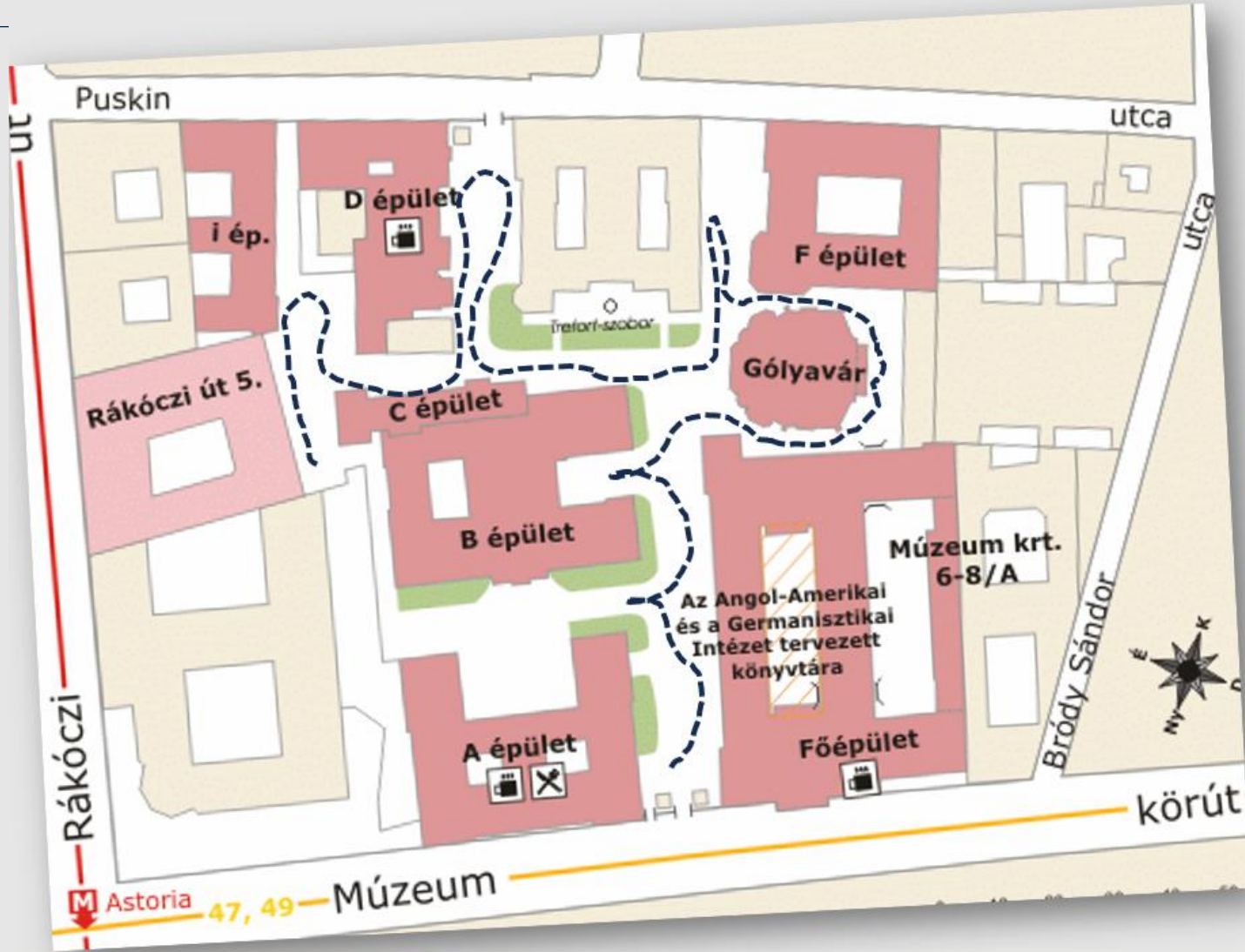
In my country everything is open until midnight or even after midnight. So if I want to go buy or drink something at a cafe, I could go at 10 p.m. and it would still be open...

Gülden

The Budapest transport challenge



The 'where-the-heck-is this-room?!' challenge



The making-friends challenge

This was the first time that I stayed away from my home country.

The first thing I would like to mention is that **we don't really plan a meeting.**

When we want to visit someone's home, we just go to their home, either have lunch or dinner there, and you are very welcome.

And if you do have a planned gathering, **you will be asked to stay as long as you can...**

Xiao

Transition shock

“the emotional and physiological reaction of **high activation** that is brought about by sudden immersion in a new and different culture.”

LONELINESS

**HELPLESSNESS &
WITHDRAWAL**

**DESIRE FOR
HOME**

TIREDNESS

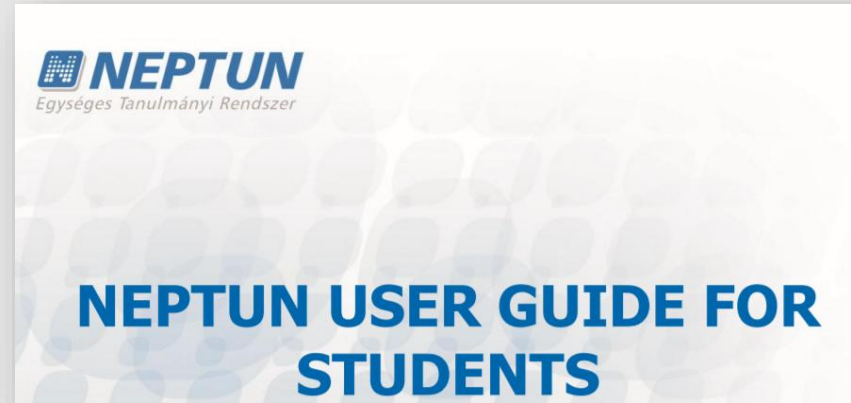
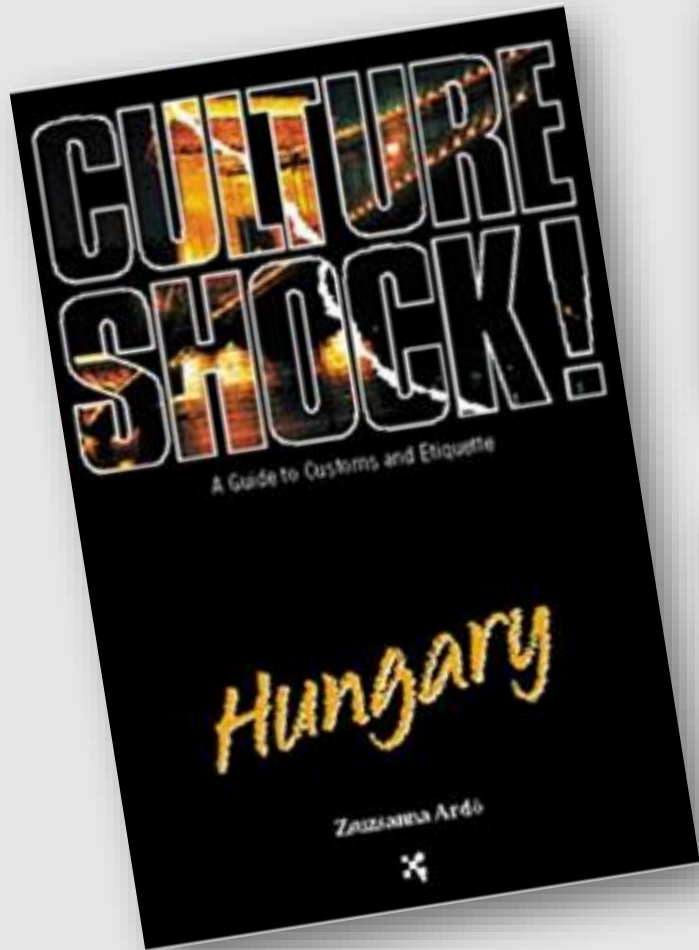
IRRITABILITY

**EXCESSIVE
CONCERNS**

(Based on Bennett, J.M.1998: 216)



What helps you to adjust?



The faculty's HELP network



Uwe Pohl

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HELP English-speaking local mentors



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HELP workshops:

Being an international student – transitions, communication, well-being



20 September
20 March
17 April

Stay well!



Enjoy your studies!



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Thank you for your attention!

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