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FACULTY OF
HUMANITIES

Studying abroad: an adventure in transitioning

Dr. Uwe Pohl

Associate Professor, School of English and American Studies

Welcome and Information Days, 6 September 2022

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.

Budapest transport



Student perceptions

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.

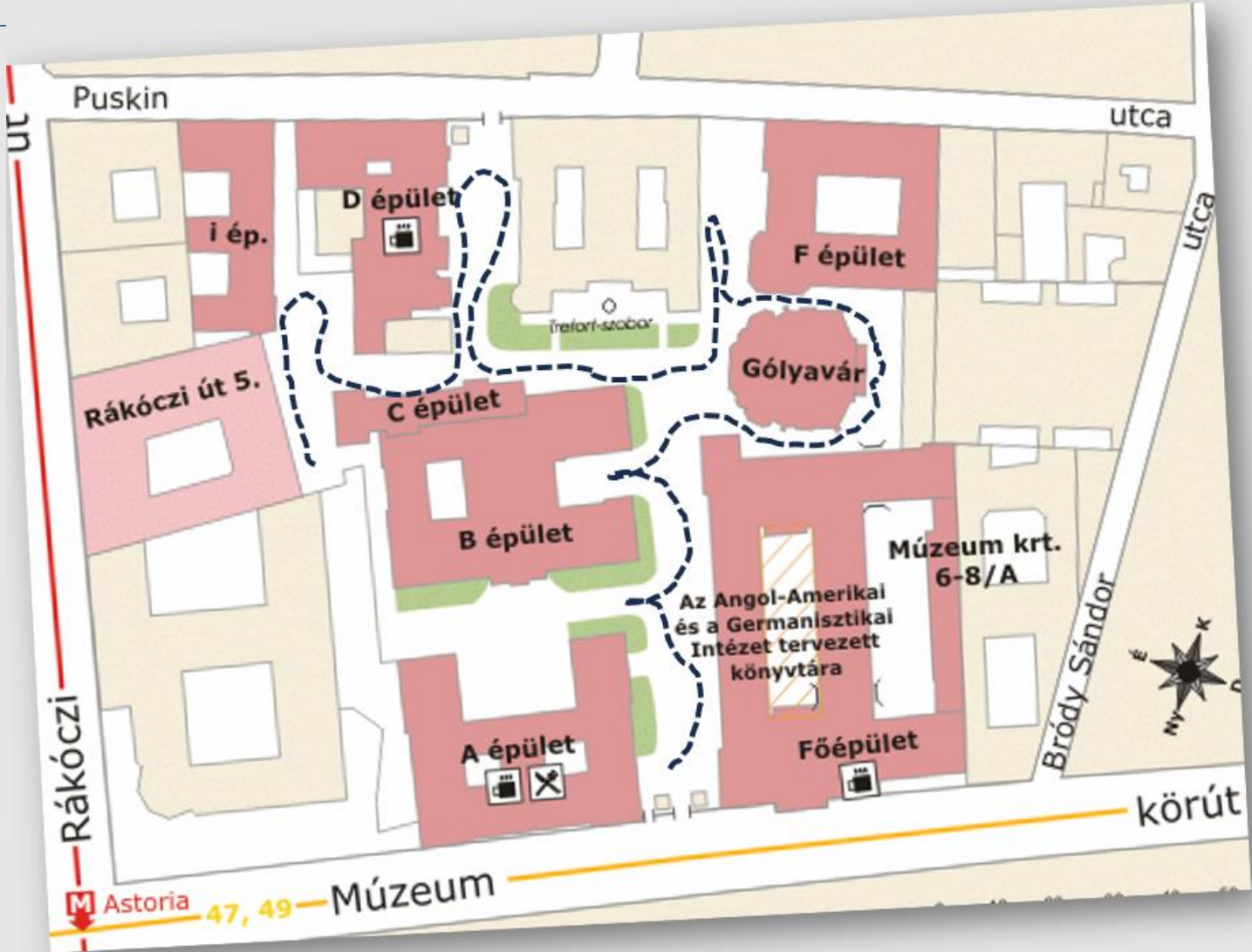
What comes to my mind first is that **after a certain time in the evening, like 7 or tops 9, everything closed, even the big shopping malls...**

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



Student perceptions



Student perceptions

One of the things that bothered me a little bit in the beginning is the **“waiting at the door so as to let the other person go first”**. I remember the first few times that fellow students stopped at the door to let me go first I would also stop not knowing what was wrong.

It is not that this is not done in Croatia, but it **is done for the elderly and professors**. Not everybody. It might be a minor thing, but it is confusing when you have to pass through 10 doors just to get out of a building, and there is ten people on the other side of the doorway saying *“Tessék!”*

Katarina

Student perceptions

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

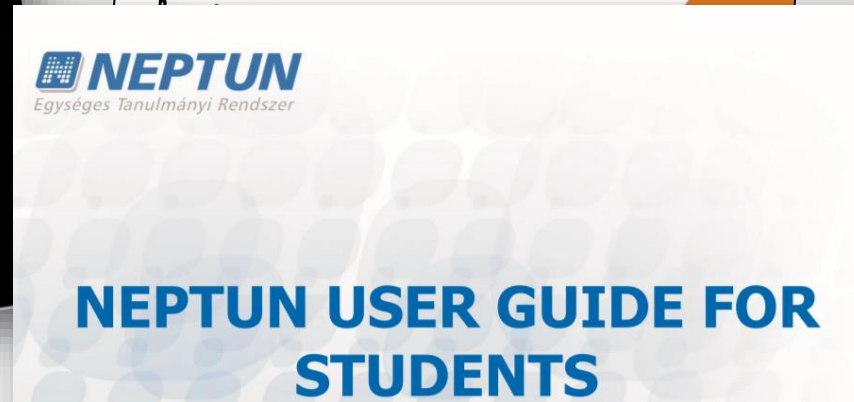
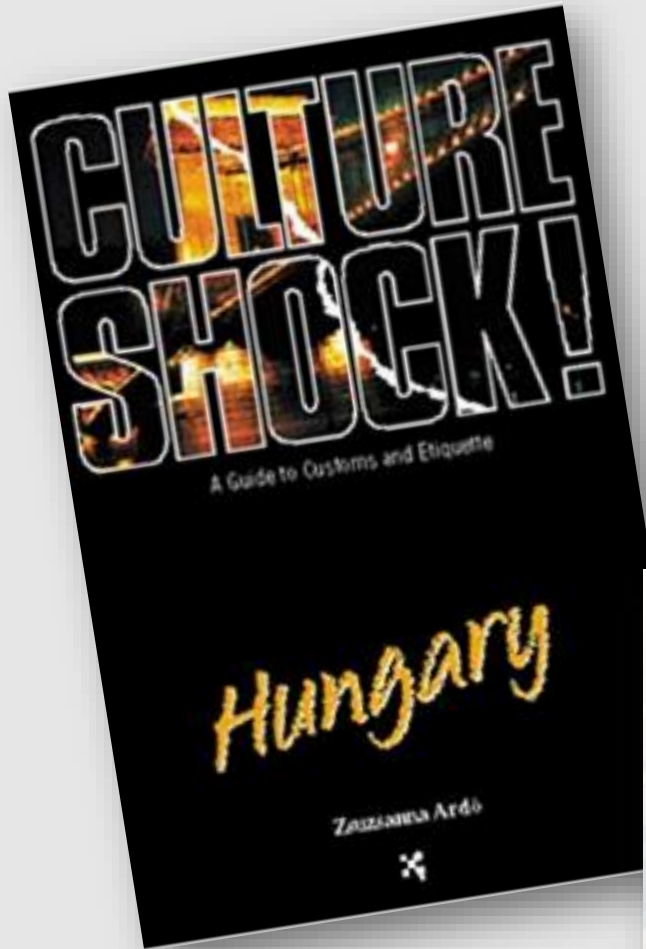
IRRITABILITY

**EXCESSIVE
CONCERNS**

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



What helps you adapt?



The university's HELP network



HELP English-speaking local student mentors

• help_coaching@btk.elte.hu

HELP workshops:

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



06 February
21 March
25 April

Stay well!



Enjoy your studies!



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Thank you for your attention!

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