

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



Welcome!

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Workshop dates and times

Workshop 1: **06** February 2025

Workshop 2: **21** March 2025

Workshop 3: **25** April 2025

All workshops will have the same time frame:

14.00 – 14.45 / 15.00 - 15.45 / 16.00 – 17.00





Putting ourselves on the map



MY NAME

... where I'm from

How are you feeling now?

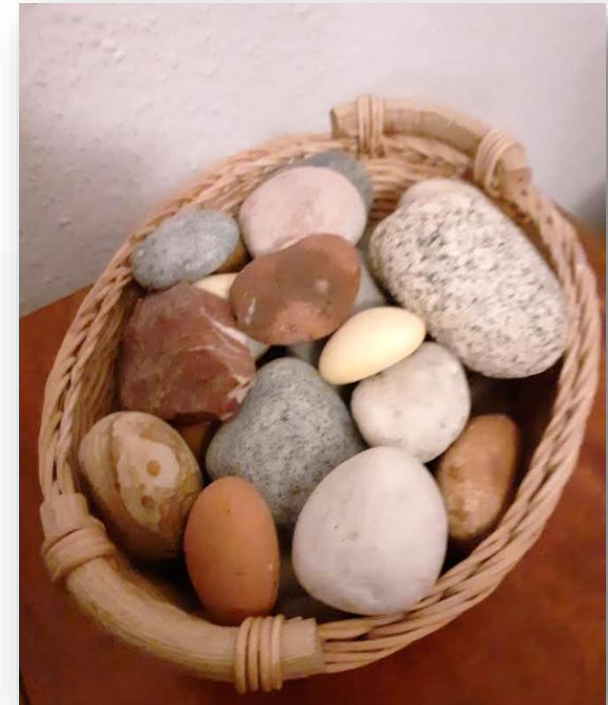


Identities: who are we?



“These multiple identifications
with **different** attributes, relationships, roles, narratives and social groups
help people to define their own **individuality** and to position
and orientate themselves in the world **relative to other people.**”

(Barrett, Byram, Lázár, Mompoin-Gaillard and Philippou, 2014)





About wellbeing...



What is wellbeing to you?

Make a list of things you do for your wellbeing.

How about you?

Please discuss with a partner how you exploit the 5 ways to wellbeing.



• leaving with your friends
 • do yoga to calm yourself
 • meet people (again)
 • use the Hungarian words you know
 • EUTE sports classes

CONNECT
 • watching sth. together
 • joking with others
 • go ice-skating
 • rent a bike
 • walk to uni

BE ACTIVE
 • of the words people use
 • explore the city
 • (try) learning Hungarian

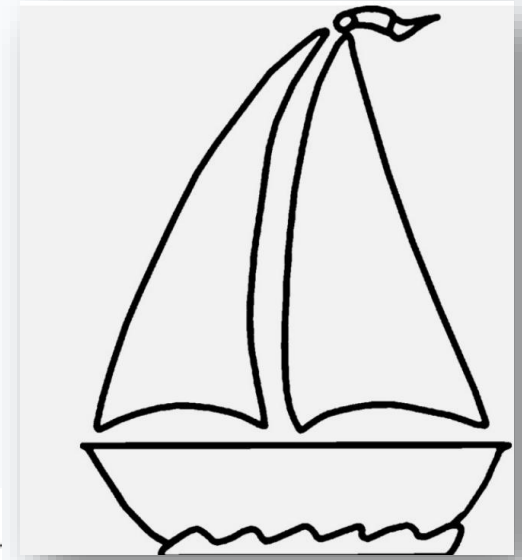
TAKE NOTICE
 • give of yourself + what you are good at
 • give others the chance to give to you
 • compliment others

GIVE
 • attention
 • compliment others
 • give to you





The joys and jitters
on the journey

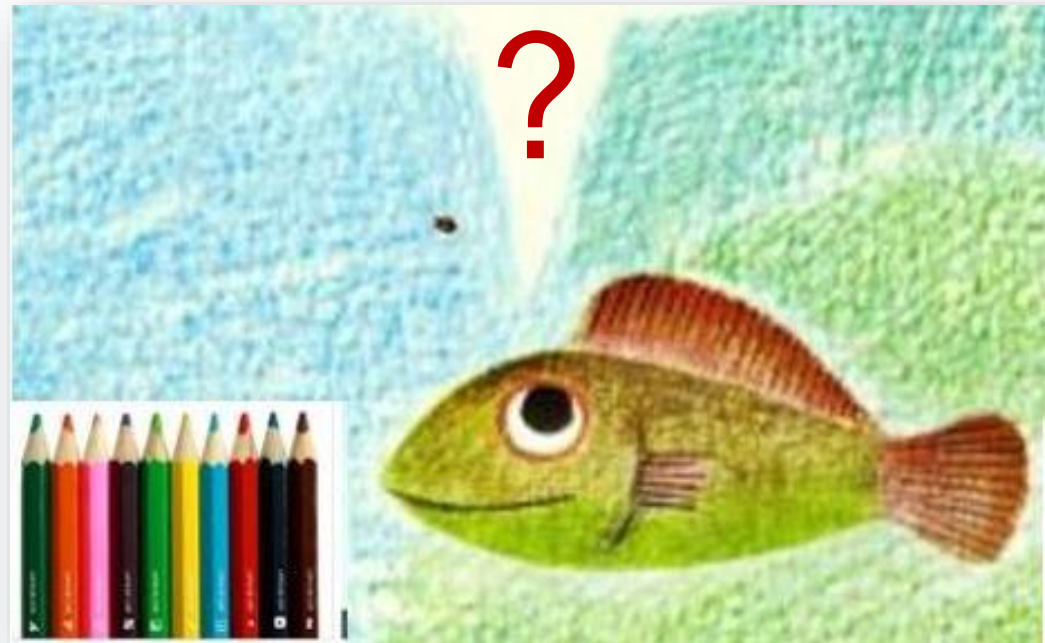


Impressions: do you see what I see?





Draw the creatures (or one creature) the fish saw in his dreams.









How shall I talk of the sea to the frog,
if it has never left its pond ?

Chung Tsu, 4th Century B. C.

The process of **people perception**

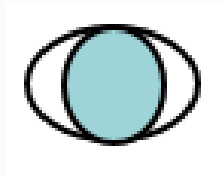
socialised/cultured

socialised/cultured

SELF



OTHER



What the eye doesn't see,
the mind doesn't get.

First impressions



Working hours

I have experienced several differences in daily life of Budapest. Firstly, Hungarian people love leisure. I noticed that some companies' office hours are irregular (especially during weekdays), including stores and etc. For example, our Quaestura office or a Lidl store near the dormitory which can close early on weekends.

And what struck me the most is **closure of everything on festivals/holidays** for one or two days. It is interesting because in my country people work more than 12 hours even on some holidays. Also, there, most shops are open round the clock.

Here in Hungary, what were your first impressions of the country and the people you have met?

I was *surprised* that ...

I thought it was *funny* that ...

I was *confused* by ...

I felt *annoyed* when...

I found it *interesting* that ...

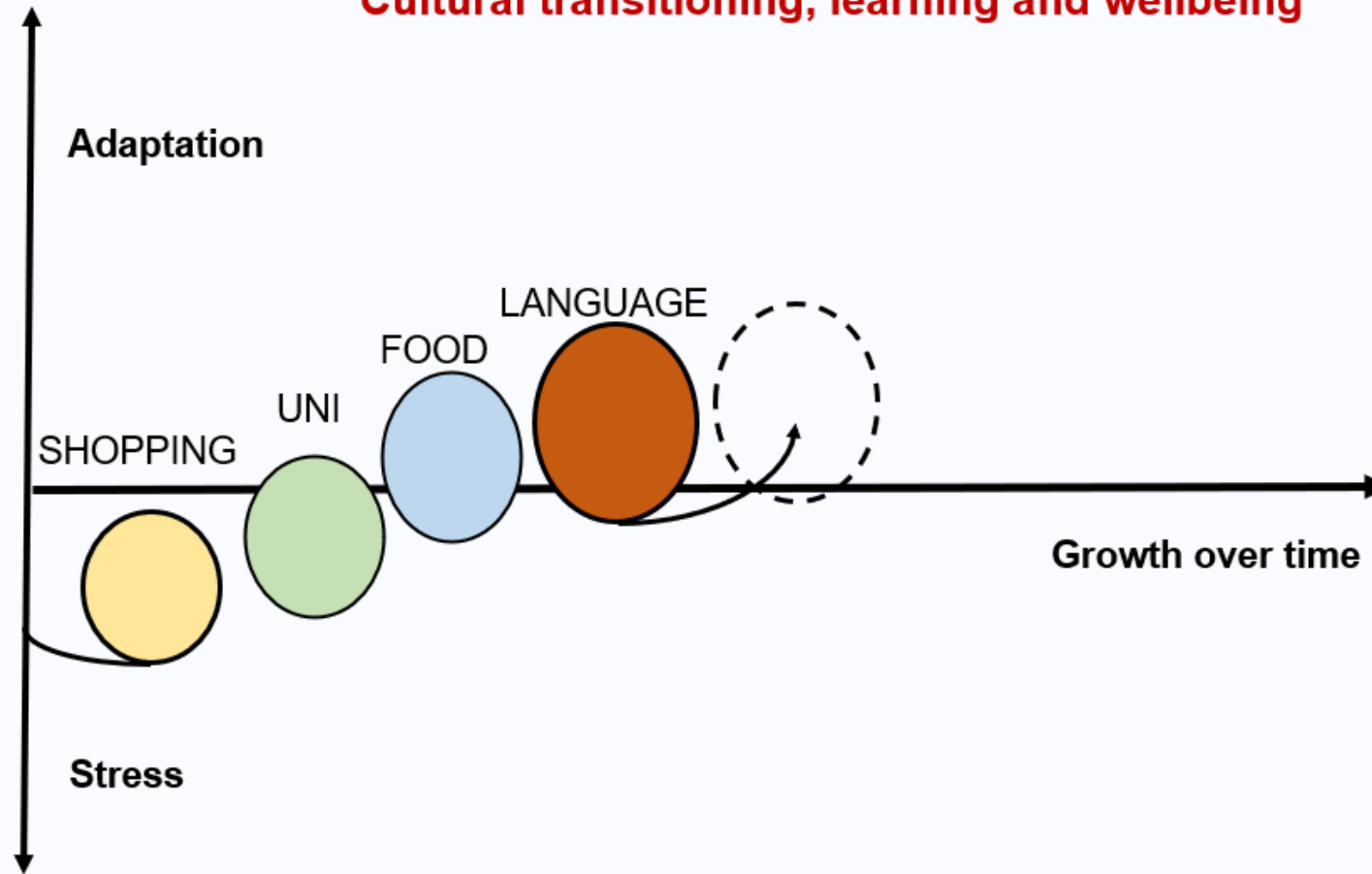


Observe, record, share!

- In the next few weeks, **note** some of your impressions, observations, experiences – funny, puzzling, annoying.
- **Be ready to share** some, including some pictures you took or short videos on *Padlet*. You can also bring your notes and pix to our next workshop on **21** March.



Cultural transitioning, learning and wellbeing



Based on: Kim, Young Yun. 2001. *Becoming Intercultural: An Integrative Theory of Communication and Cross-Cultural Adaptation*. Thousand Oaks, CA: Sage.

Culture /Transition shock or stress

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

(Bennett, J.M.1998: 216)

LONELINESS

**DESIRE FOR
HOME**

IRRITABILITY

**HELPLESSNESS
& WITHDRAWAL**

TIREDNESS

**EXCESSIVE
CONCERNS**

Things that can go wrong...

Mending things ...



What can help you to achieve well-being as an international student?

Here is what other students have suggested

- write a **diary** of your experiences and emotions
- **engage** with the new culture, follow the flow and allow yourself to enjoy things
- find something that remains **stable**
- find something and somewhere to **wind down**
- **accept** your vulnerability at this time
- surround yourself with **people you like** and those who are in a similar situation
- create your own **support** system, i.e. friends, people to rely on, family connections
- stick to your **own** plan – see the bigger picture, take the longer view
- have something or someone else to **take care** of
- be patient and trust that it **won't** last for ever



The importance of breathing ...

Workshop 2:

21 March 2025

More intercultural learning and well-being in practice

