



ELTE

FACULTY OF
HUMANITIES

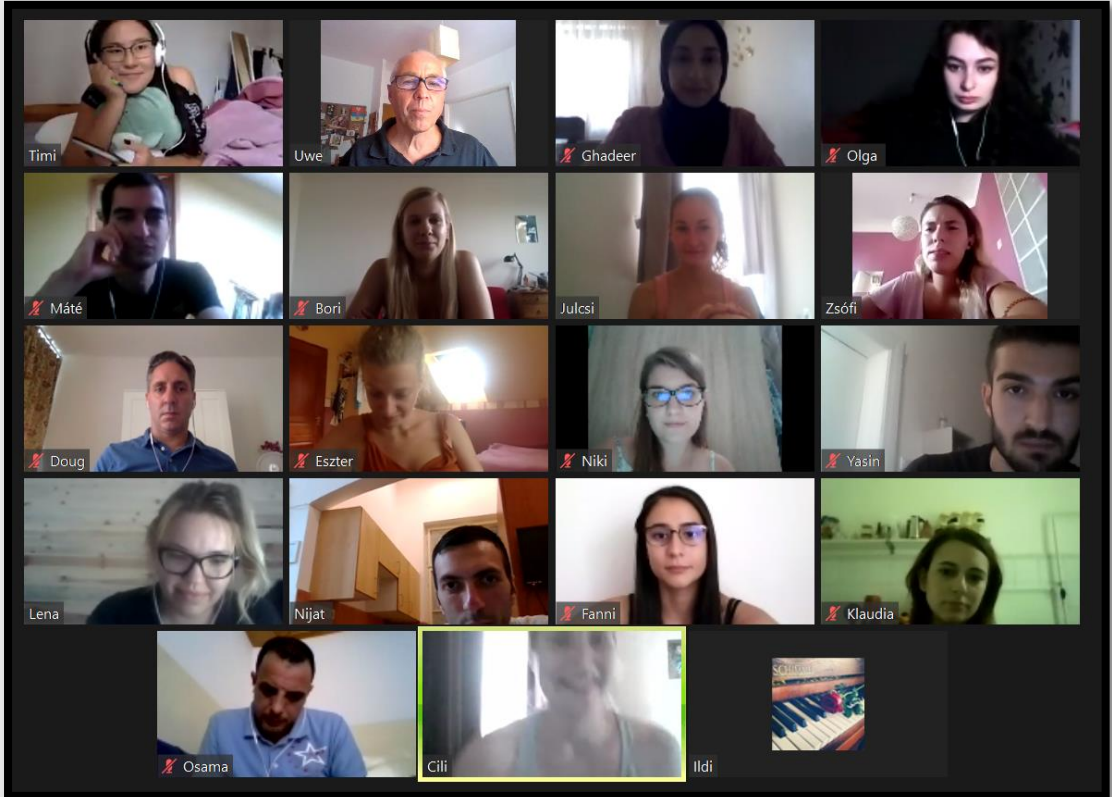
Studying abroad: an adventure in transitioning

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Welcome and Information Days, 6 September 2022

Welcome!



Transition experiences

degree of
adjustment



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

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

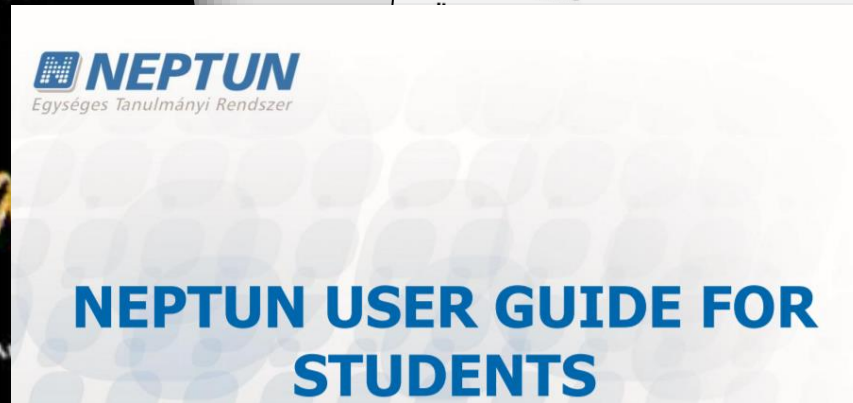
IRRITABILITY

**EXCESSIVE
CONCERNS**

(Bennett, J.M.1998: 216)



What helps you adapt?



The university's HELP network

DEPARTMENT OF INTERNATIONAL AFFAIRS



HELP English-speaking local student mentors

HELP project workshops

Being an international student (online): transitions, communication, well-being

Who for?

If you are an international student at the ELTE Faculty of Humanities for the next few months, this workshop project is for you! You are about to embark on a journey – a real or virtual one - in strange and difficult times. We would like to help you to make the most of the exciting and challenging experience that lies ahead. It'll be a real venture because you will engage with an unfamiliar country, culture and education system. With this in mind, we are planning to hold four workshops throughout the spring term to accompany and assist you on this journey.



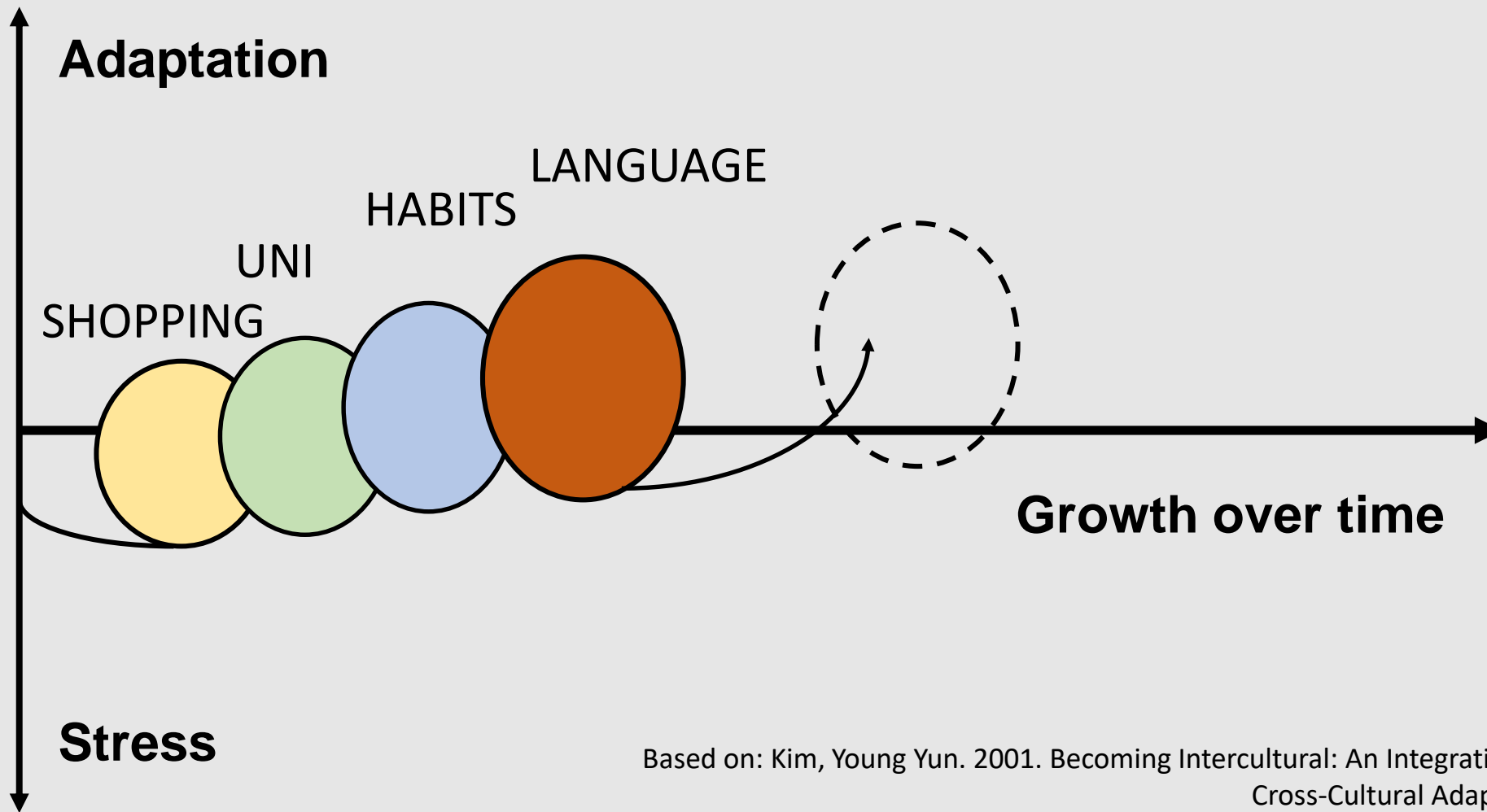
HELP offers professional (online) coaching in English



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Transitioning as a process of learning and growth



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

Stay well!



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Thank you for your attention!

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