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Studying abroad: an adventure in transitioning

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Welcome and Information Days, 6 September 2022

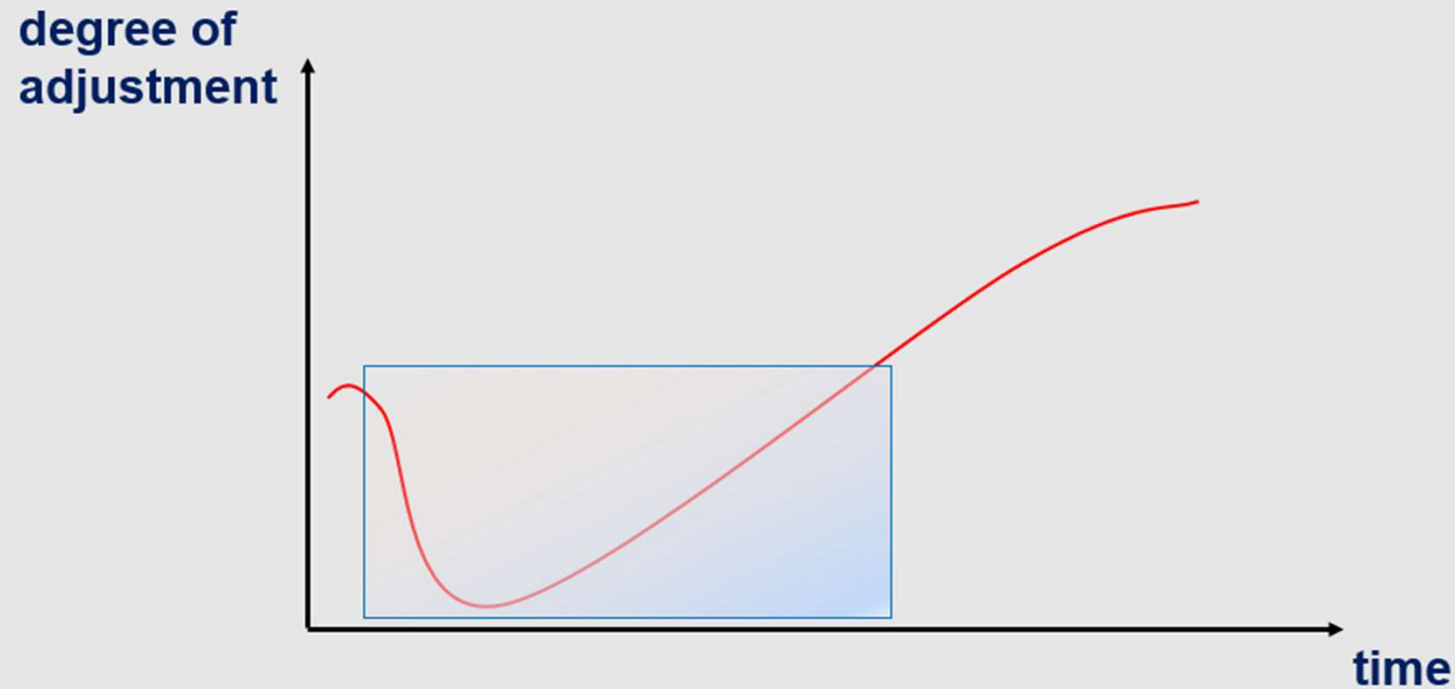
Welcome!



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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

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*

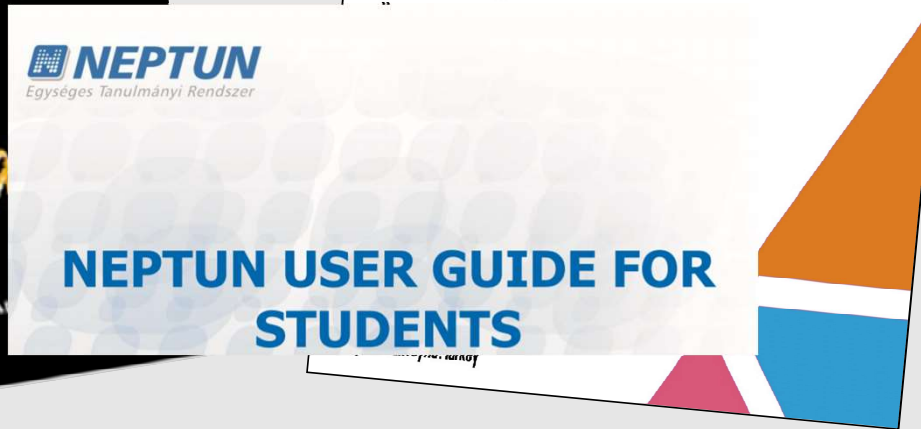
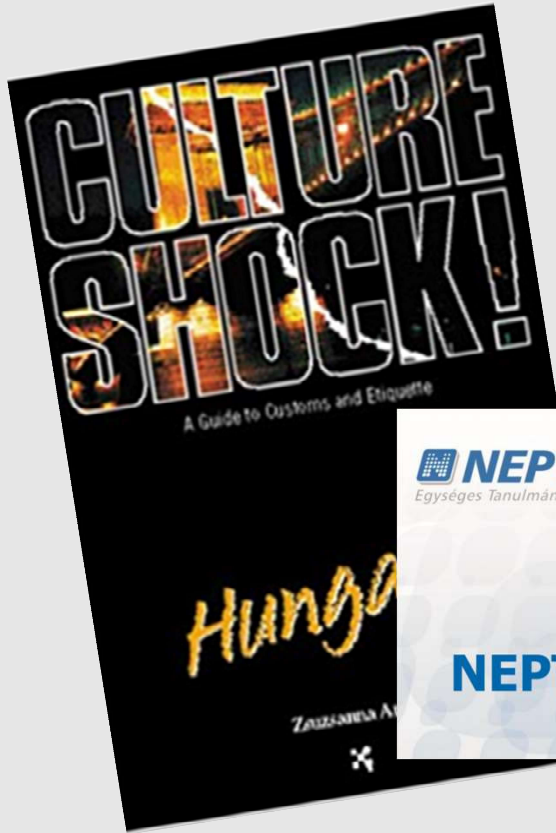
(Bennett, J.M.1998: 216)



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What helps you adapt?



Come and learn Hungarian at ELTE TÓK!

TÓK Department of Foreign Language and Literature, 4 days ago



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The university's HELP network



HELP English-speaking local student mentors

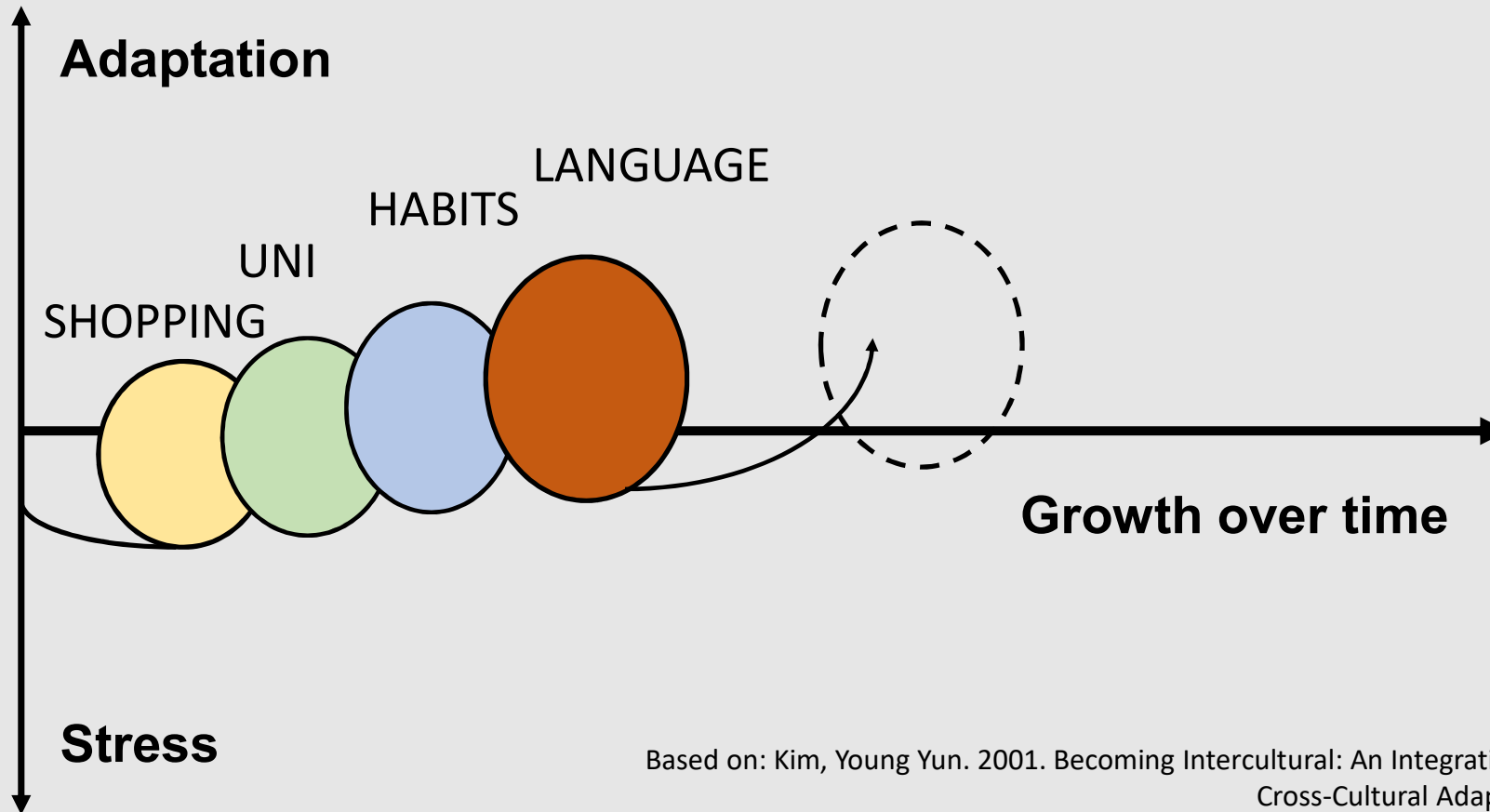
• help_coaching@btk.elte.hu

HELP workshops:

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



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!



Enjoy your studies!



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Thank you for your attention!

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