



# HOW TO

# Adapt & Thrive ABROAD



## Excited *and* overwhelmed?

## Exhilarated *and* stressed?

When you're adapting to a new culture, it's normal to feel a range of emotions all at once. It's easy to see why: studying abroad places you in a new environment where you're surrounded by different customs, new people, unfamiliar foods, and (often) a language that's not your own. While everyone experiences these feelings differently, many students go through five general stages when they're adapting to a new culture.

### TAKE GOOD CARE OF YOURSELF

## ♥ Eat healthy

## GET ENOUGH SLEEP

## exercise regularly

## & KEEP A ROUTINE.

### HONEYMOON STAGE

# Yah!

## "Let the fun begin!"

Everything is **exciting** and new; you're filled with curiosity and can't wait to explore your host city.



#### → TIP: TAKE CARE OF YOU



Eat healthy



Get enough sleep



Exercise regularly & keep a routine

### CULTURE SHOCK STAGE

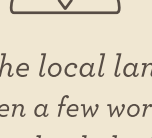
## "Umm... this place is weird."

# Yikes!

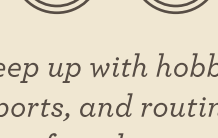
Once the novelty wears off, you start noticing differences—both good and bad—in local customs, food, living arrangements, and how people interact... and you may **feel lonely, insecure, or anxious**.



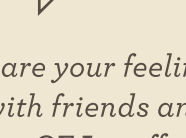
#### → TIP: FEELING HOMESICK IS NORMAL! ADAPT BY:



Learn the local language (even a few words per day helps!)



Keep up with hobbies, sports, and routines from home



Share your feelings with friends and CEA staff.



### BE CONFIDENT:

### you can succeed at studying abroad!

### ADJUSTMENT & ACCEPTANCE STAGE

# Ahh...

## "Okay.. I got this."

As you start to **understand** how life works, things make more sense... and you start to appreciate the differences between home and your host city.



#### → TIP: DON'T BE TOO HARD ON YOURSELF FOR FEELING STRESSED OR UNABLE TO COPE



Keep an open mind about the culture (even if it seems strange)

Deep breathing, meditation, or yoga can help reduce stress and anxiety.



## You'll adapt over time, SO GIVE YOURSELF A BREAK!

### ADAPTATION STAGE

# Whoo-hoo!

## "I live here now... and I never want to leave!"

Your ability to **communicate** grows, along with your confidence, and you start to assimilate; you're on your way to feeling truly at home.



#### → TIP: CREATIVELY EXPRESS YOURSELF!



Journaling or blogging are a few positive ways to reflect on and record your experiences.

### REVERSE CULTURE/ RE-ENTRY STAGE

## "Why does everything seem so weird?"

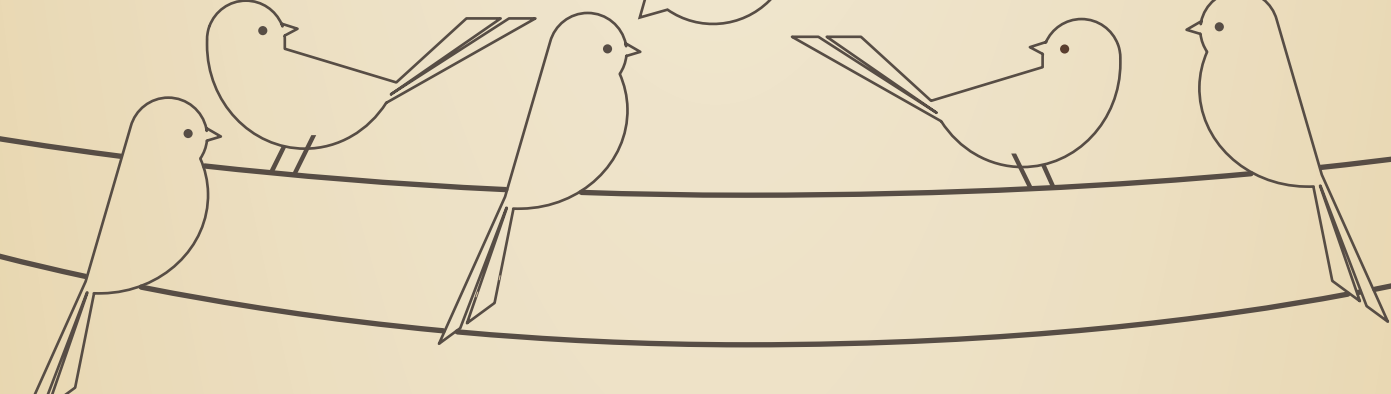
# Huh?

Things just **seem different** once you return home—you miss your routine, the food, and the people you met abroad, and no one seems to understand how life-changing your time overseas really was—leaving you **feeling** (ironically) **homesick**.



#### → TIP: YOU ARE NOT ALONE!

Share your feelings & connect with other study abroad alumni on your campus.



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