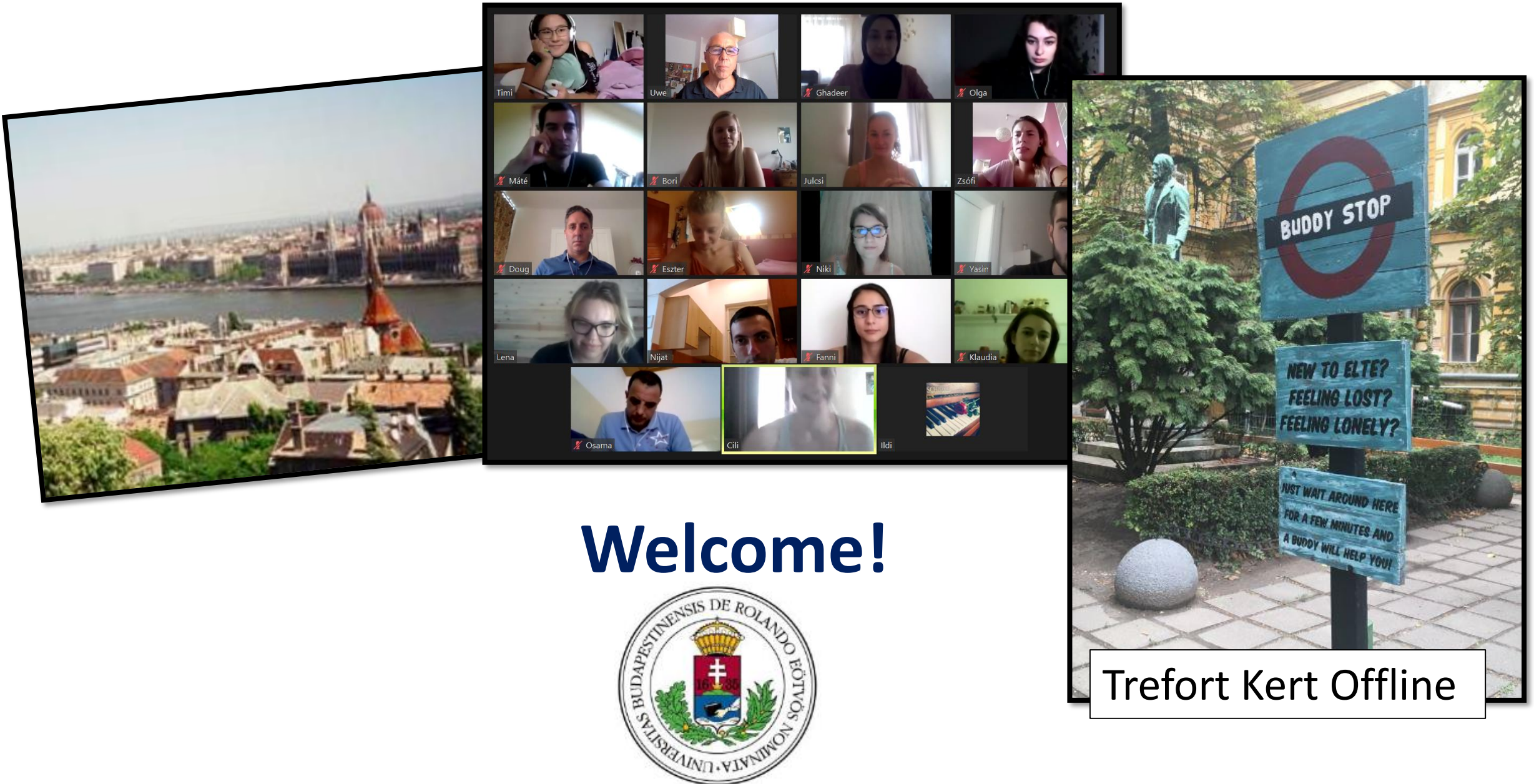


Studying abroad: an adventure in transitioning




A grid of 20 video call windows showing various participants. The names visible in the windows are: Timi, Uwe, Ghadeer, Olga, Maté, Bori, Julcsi, Zsófi, Doug, Eszter, Niki, Yasin, Lena, Nijat, Fanni, Klaudia, Osama, Cili, and Ildi. There is also a small image of a keyboard in the bottom right window.

BUDDY STOP
NEW TO ELTE?
FEELING LOST?
FEELING LONELY?
JUST WAIT AROUND HERE
FOR A FEW MINUTES AND
A BUDDY WILL HELP YOU!

Trefort Kert Offline

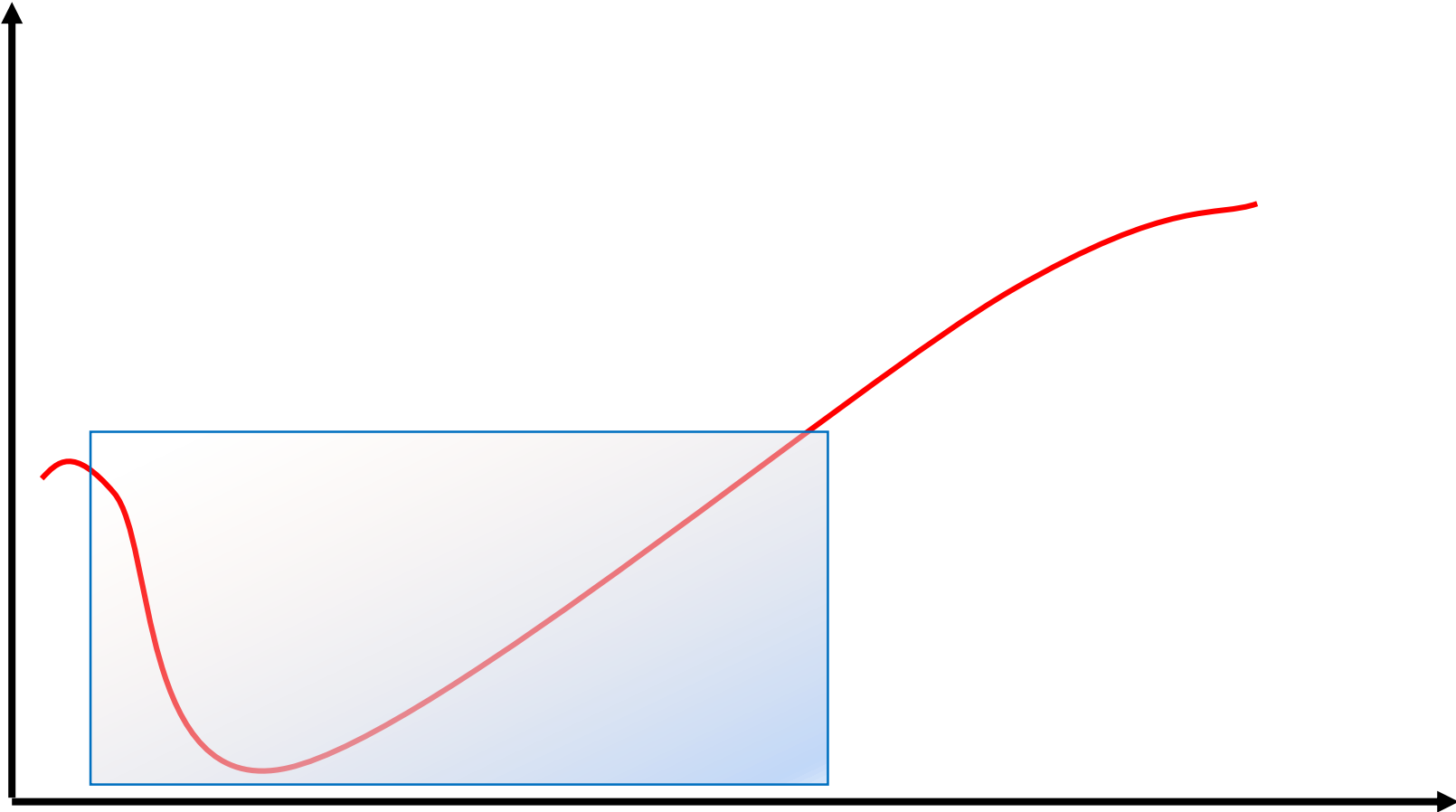
Welcome!



The logo is a circular seal with the text 'UNIVERSITAS BUDAPESTINENSIS DE ROLANDO FOVOS NOMINATA' around the perimeter. In the center is a shield with a cross and a crown above it.

Transition experiences

degree of
adjustment



time

Black, JS./Mendenhall, M. (1991) The U-Curve Adjustment Hypothesis Revisited: A Review and Theoretical Framework.
In: Journal of International Business Studies, Second Quarter.

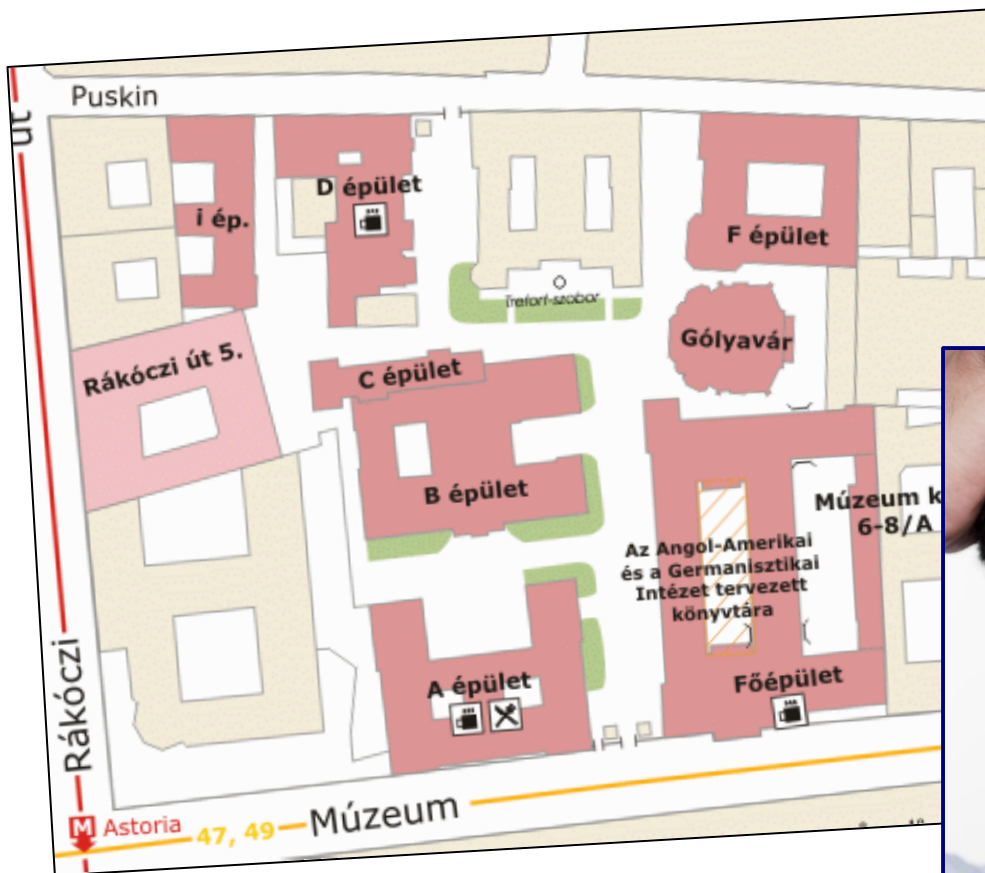
Budapest Public Transport



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...



lecture, seminar
tutorial, lesson?

Culture /Transition shock

“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

**HELPLESSNESS
& WITHDRAWAL**

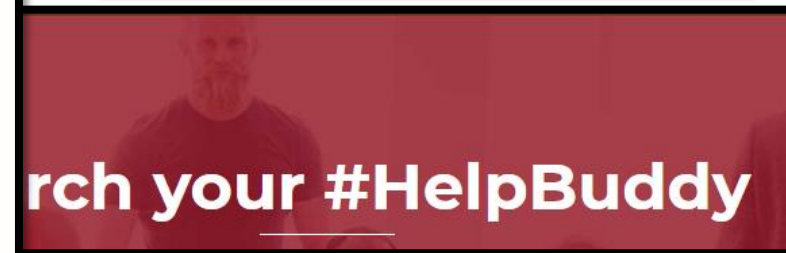
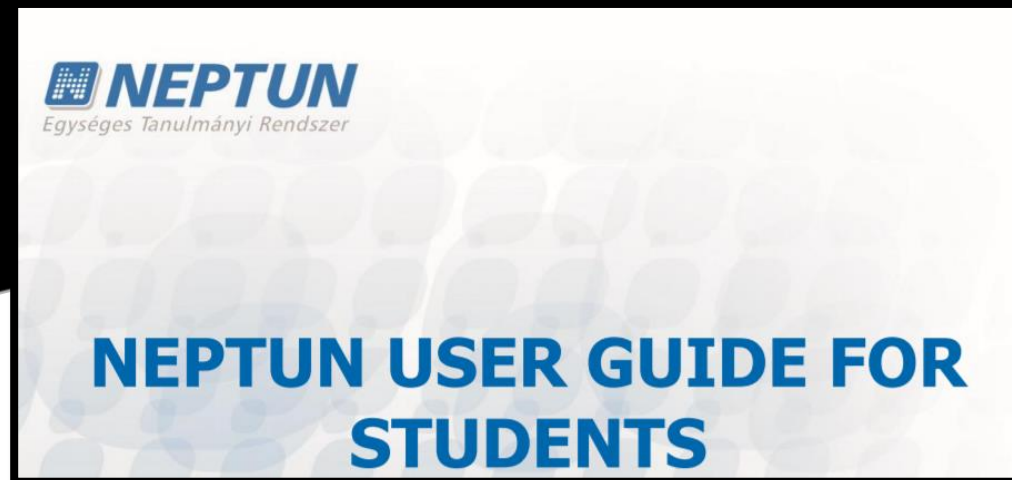
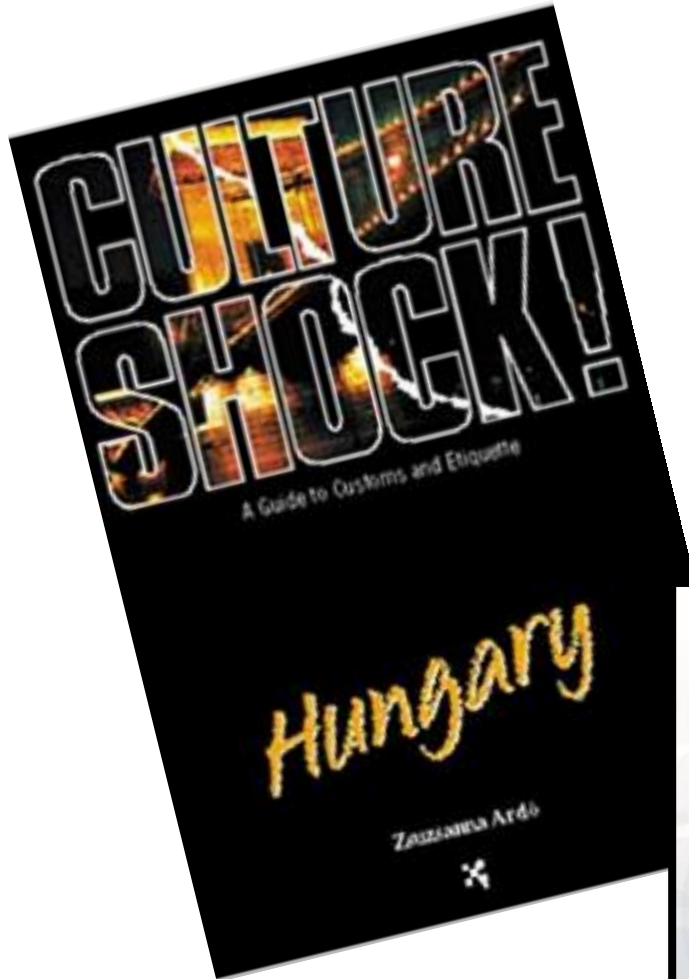
**DESIRE FOR
HOME**

TIREDNESS

IRRITABILITY

**EXCESSIVE
CONCERNS**

What helps you to adapt and grow?



HELP English-speaking local student mentors

Study Buddy App - Instant help from student to student

STUDYBUDDY

HOME

COURSES

EVENT

PAGES

TEACHERS

BLOG

CONTACT



Register now

[Home](#) > [Register](#)

Fields with * are required.

First Name *

Last Name *

Email *

kumarmanoj90@gmail.com

Password *

User Type

--Select Type--

needbuddy

helpbuddy

Create



EÖTVÖS LORÁND UNIVERSITY | ELTE FACULTY OF HUMANITIES

HELP project workshops

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

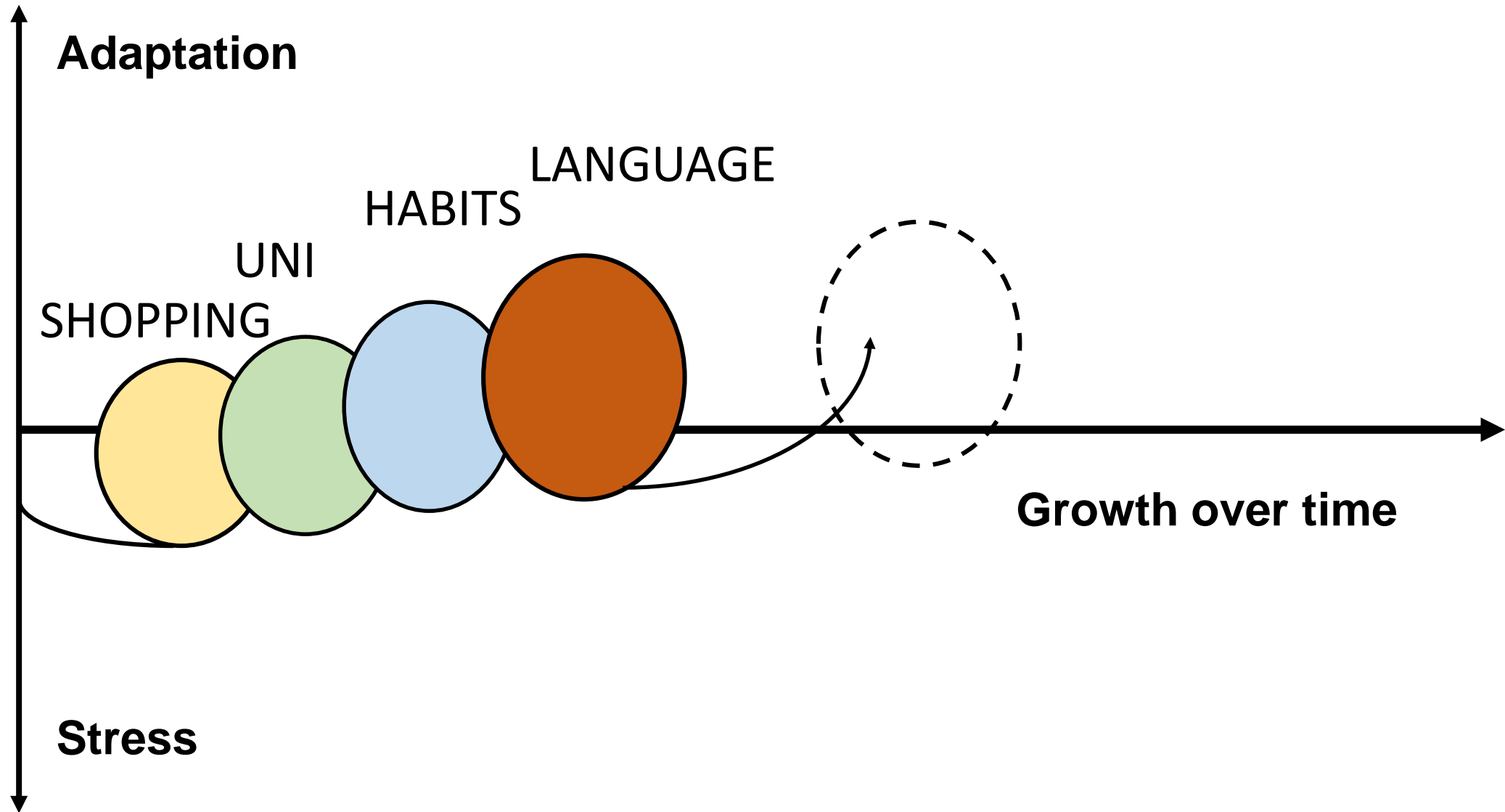
Who for?

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
English speaking coaching

Transitioning as a process of learning



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

Stay well!



Stay safe!