

Culture Shock Survival Kit: Adapting to University Life Abroad

Dive into a comprehensive workshop designed to help you master the study abroad experience at the University of Warsaw! This session will equip you with essential tools for adapting to a new culture, managing expectations, and understanding Polish academic norms. You'll explore key elements of the acculturation process, learn about culture shock, and discover important aspects to watch for when engaging with a new culture. Through practical mindfulness techniques and effective stress management strategies, you'll build confidence and gain valuable insights. Engage in interactive activities and discussions to get the support you need for thriving in your new academic and cultural environment. Join us to make the most of your time abroad!

How Will We Work?

This is an interactive session that requires active participation. In addition to learning the theory, you will engage in group discussions, brainstorming, and conceptual tasks. This approach will give you the opportunity to deepen your knowledge and skills.

Please note: During this workshop, we will be engaging in group activities that may involve louder sounds and a dynamic pace. Please consider this before deciding to join the initiative.

What will you learn?

Stages of the acculturation process: What to expect when transitioning to a new culture

Details about culture shock and acculturation stress

What to expect while studying at a Polish university

Practical guides for managing stressful situations

Basic mindfulness techniques and exercises to enhance your well-being and resilience

Where to find tools and resources that help to deal with stress at the university and beyond