

## **How to stay happy and excited for the upcoming experience!**

How to overcome the main three top difficulties of studying abroad:

### 1. Distance relationship

Leaving to study abroad while being in a relationship might cause anxiety and depression. Sometimes it causes overthinking, and questions such as "what will be in the future?" or "will we stay as a couple?" may start to pop up in your head.

All of that can make you wonder if you are making the right decision.

Well, I'm here to tell you– YOU ARE!

Thoughts like this are normal before going through changes like this, So remind yourself that it is worth it. Think of all the positive things you can achieve- New friends, improved English, independence and a lot more!

Communicate with your partner about the way you feel, so you can go through it together. To cheer up, you should go through all the cool attractions you two can do together when She/He will come visit.

### 2. Choosing which clothes to pack:

Most of us love having wide dressing options, and the uncertainty of deciding what to pack for studying abroad usually causes overpacking. That is because we are going to a new University, in a different country, that has different culture and different weather. It is even more stressful to choose outfits for England Universities - due to the England classy dress code (based on what I learned from the "Harry Potter" movies).

Helpful way to cope with it, is by Exploring your abroad University social media page, preferably on "Facebook" or "Instagram" apps. That is because in these platforms you can find pictures of people and students living in the area of your future University. The pictures contain information about the dates, so you can understand what to pack with you depends on the season. Important tip- when you decide how to dress, Don't change who you are! Maintain your own personal style (But in a modest way).

### 3. British language is different from American English!

A lot of abroad students are used to American English that is common on TV shows and Movies. This can cause some misunderstanding at first and a gap to catch up while you are being tutored in an academic level by a British professor.

A good head start to overcome is watching British TV shows and Movies or listen to "TEDD Talks" by British lecturers on YouTube. This is a fun and efficient way to gain better understanding of British accent with learning the different use of nouns. Best way to do so is by watching without subtitles – in that way you will be a pro in no time!

Useful Recourses:

#### 1. A. Tips on making long distance work:

-<https://www.getlasting.com/long-distance-relationships>

B. Useful information for traveling:

-<https://www.tripadvisor.co.uk/>

-<https://www.expatica.com/uk/living/transportation/uk-public-transport-103419/>

2. Check out what to wear: (Example of a University Instagram page)

-<https://www.instagram.com/uniofreading/>

3. Improve your British English understanding with "TEDD Talks"

-[https://www.youtube.com/watch?v=yPccDNONx\\_g](https://www.youtube.com/watch?v=yPccDNONx_g)