

New Ways To Think

Everybody who has been spending some time abroad will be telling you about a lot of challenges they had to face: making new friends, speaking a different language or missing home. There are so many challenges in moving abroad but there are still so many people who choose to do it. And I think that is because they are learning New Ways To Think, which is what I am declaring as the answer to all of my three personal top challenges for my time abroad.

The first big challenge I had to face was gaining trust in myself and making sure I wanted this change. I'm currently pretty happy in Germany: I have a good job, I live in a nice flat, I have a loving boyfriend and my family close by. My head kept asking me if this adventure would really be worth leaving all that even though my heart knew that it would be. The challenge of convincing my head and rationally realizing that change can be a good thing was a tough but important struggle. It taught me to view things from a different perspective, to focus on the good instead of the bad. I also started reading other Study Abroad and Travel Blogs (e.g. <https://www.ceastudyabroad.com/blog>) and started realizing that I had to gain trust in my adventure.

Another challenge, which I am facing right now, is getting everything organized. I do get overwhelmed pretty quickly and now having to move out of my flat, having to pack up my stuff and saying goodbye to everyone is a lot at once. Instead of letting all of this stress me out too much I am trying to think positive and to accept the fact that I am doing the best I can and that I can always ask for help. If I still get too overwhelmed I use breathing-apps like 'Calm: Sleep & Meditation' or watch Mady Morrison's meditating YouTube clips. There are also lots of To-Do-Apps that help me stay organized (e.g. Do! – Simple To Do List).

The third challenge, which I think I will have to face during my time abroad, is, that bad days will happen and that it won't be my fault. Especially through the influence of Social Media people (including me!) tend to pressure themselves into having perfect lives. Watching other people's TikToks about their semester abroad can be hard because on social media everything seems so ideal. Already now watching them makes me have extremely high expectations. But I need to understand that everybody has their own ideal experience and that everybody has days where they just want to cry their hearts out and that that's okay. It will definitely be a challenge for me to not compare myself with others and to accept that bad days are part of the experience. But the first step in overcoming a challenge is admitting the challenge and for that I am sure that I will find New Ways To Think.