



DEALING WITH HOMESICKNESS



STUDYING ABROAD IS A BIG DECISION TO MAKE.

Despite the outcome of how prepared you are and how excited that you feel about living and studying in a foreign country, you will inevitably miss your home, friends, and family members. The feelings of sadness and loneliness are not uncommon for university students who decide to study abroad and travel abroad for the first time. To prepare for these feelings of being homesick, read these tips and resources.



BEFORE YOU GO:

- Schedule regular times to catch up with your loved ones.
- Reach out to students who have done your trip before and ask them for recommendations on events to look forward to.
- If English is not the primary language in your destination country, learn some basics of the host language.
- Make a list of landmarks and places you want to visit during your stay.
- Make playlists of your favorite music with songs from your country of study.

DURING YOUR STAY:

- Decorate your living space with personal items to make it feel more like home.
- Keep a consistent routine that incorporates meals, studying, exercise, and sleeping.
- Limit your social media use.
- Explore new restaurants and events happening in your host city.
- Participate in extracurricular activities, unique tours, or fun classes.
- Spend some time journaling about how you are feeling throughout your trip.
- Make a bucket list of what you want to do before you leave.
- Be patient, flexible, and keep a sense of humor!

KNOW YOUR RESOURCES

Your on-site Provider!

Center for International Studies: www.studyabroad.tcu.edu

VISA Corps Ambassadors: TCU Study Abroad Alumni

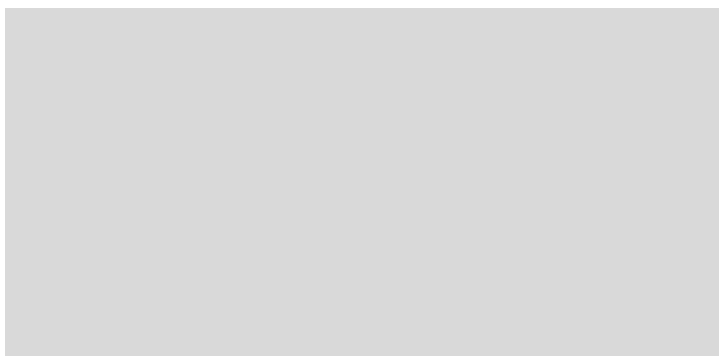
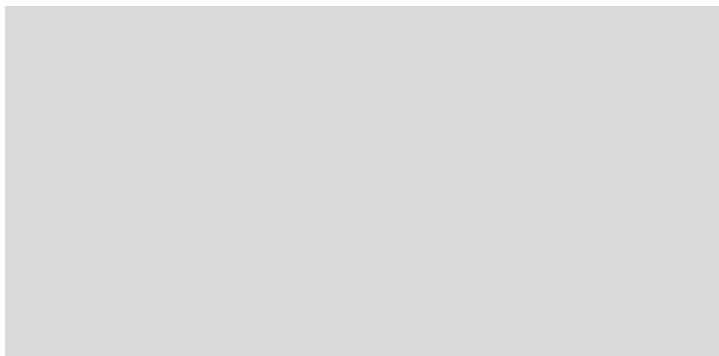
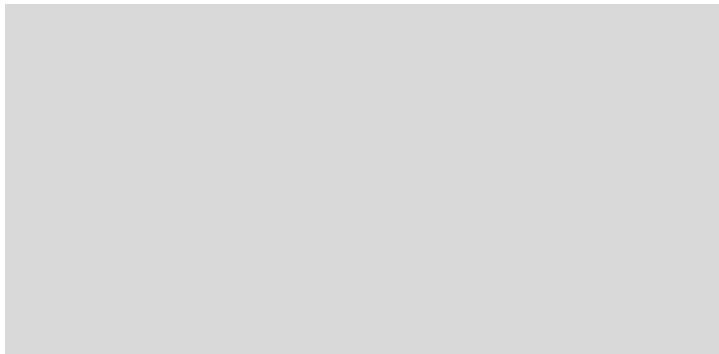
On Call: For health concerns or emergencies: 1- 603-952-2062

TCU Counseling Center online screenings: Visit <https://counseling.tcu.edu/resources/>

PLAN YOUR SUCCESS ABROAD

Use the space below to list your biggest challenges being away from home and the strategies you plan to use to overcome them:

MY CHALLENGES



MY PLAN



Pack this sheet for your study abroad to help you make the most of your international experience.