Advice for successful intercultural adjustment

STUDENT HEALTH CENTRE, LUND UNIVERSITY
• Establish routines. Take care of yourself.

• Also, create study routines; where, when and how to study. Find a balance between studies and free time.

• Be active! Explore your surroundings.

• Exercise, e.g. if you played tennis at home then join a tennis club. If you are not used to exercising, then go for walks.

• During the dark winter, try to get as much daylight as possible.

• Meet people, talk to people, create support networks.
  - Join a "nation", student union or other student organisation.
  - Check the International Desk Newsletter or follow their Facebook page for useful information about Swedish culture, news and events in Lund. And don’t miss the Student Association Fair "Hälsningsgillet"!
  - Remember "fika" (going for coffee) is a good way of getting to know Swedes.

• Stay in touch with family and friends back home. Find a balance between old and new friends.

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• Try to become aware of your own cultural background (values, traditions etc.). It helps when trying to understand a new culture.

• Be aware of the differences (communication styles, learning styles, academic demands etc.) and learn to accept them without judgment.

• Lower your expectations when it comes to your initial academic performance. It is normal to experience difficulties regarding concentration, memory etc. during a transitional period.

• Adapting to a new culture includes some degree of culture shock. This can be difficult to handle on your own. Be open to your reactions, talk to friends and don’t hesitate to contact the Student Health Centre if needed.
Contact information:

Address:
Lund University
Student Health Centre
Box 117, 221 00 Lund

Visiting address:
Studenthälsan
Sandgatan 3, Lund

Telephone: +46 (0)46 222 43 77

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