

Homesick?

How to manage away from home

Attending university can be a challenging transition for any student. However, coming to a university as an international student can sometimes have an added difficulty. There may be cultural differences, language differences and social differences that make living in your new city challenging.

These differences can make you miss your home comforts even more than other students. It is important to recognise that others may share this feeling and how you can manage your homesickness while studying at Leeds Conservatoire.

Feeling homesick is a natural part of the university experience. It doesn't always happen straight away. We can feel really positive during the first few weeks on campus, finding out about your new city and making connections with people.



After the initial excitement wears off, it can feel strange to adjust to your new "normal". It can cause feelings of sadness, loneliness and confusion. This will pass with time as you start getting into new routines and prioritising your self-care.



It can be difficult to be in constant communication with your loved ones back home either by text, calling or returning home often. A critical part of the year happens after students return to their homes for winter break and then come back to their new city. Being home can feel less familiar to you but your life in your new city doesn't feel fully settled either.



Eventually, acceptance of your new normal may happen and you can feel fully integrated into your community and friendship groups. You may thrive in your new city and be a helping hand to others who are feeling homesick too.



DO:



**Acknowledge
that it's OK to be
homesick**

**Make yourself at
home**

**Explore your
new home**

**Make a schedule
& get into a new
routine**

**Stay in touch
with home (but
not too much)**

**Get involved on
campus**

**Talk about your
feelings**

**Ask for help
when you need
it**

**Plan in self-care
activities**

**Avoid staying in your room all
the time**

**Try not to ignore your feelings
and emotions**

**Avoid spending too much
time on social media**

**Avoid going home every
weekend (or calling home
every day)**

Remember, you chose to come here!

Write down a list of your aims and goals of moving here.

Keep this list as a reminder.

Get involved with the Student Union. Get in touch for activities, parties and peer-to-peer support. You could also join a either community, performance or sport related societies.

As a Conservatoire Student you can also join the societies at University of Leeds which offer a wider range of societies and gives you the opportunity to meet other students outside the Conservatoire .

Explore your new home in Leeds by checking out new places to go, bars to drink in and restaurants to eat in. Leeds List is a great platform to inform you about everything that's on in the city.

Find out about sports, events, art and nightlife activities that are happening in Leeds on visitleeds.co.uk and share what you find out with other students. Another great way to make new friends.