Adjusting to a new way of life
Come here.....Go away......??????

Remember, communication can be hard but keep trying! It’s ok to make mistakes.
We are in this together!

Did you arrive about 3 or 4 months ago? Are you feeling a bit down?
Have you seen some unusual things?
Have you eaten some interesting food?
About 3 months after you arrive you might feel sad. It’s normal.
See your new home...

Go on a tour

Take a walk
Get in with the locals...

Go to the footy

Choose a team
Go out! Try the food!

- http://www.weekendnotes.com/adaelaide/
- http://www.adelaidecitycouncil.com/whats-on
- https://www.timeout.com/adaelaide
Join in…

University of Adelaide (The Blacks)

University of Adelaide Union - Clubs
Talk, talk, talk...

Stay in contact with family & friends

Talk to your teachers or the student services team
Be kind to yourself...

- Exercise
- Eat fresh food
- Sleep enough (but not too much!)
- Take time to have fun
Learn the lingo...

Hey, hows it going?!

Good thanks!
How about you?
Conquer the 6 greatest challenges for international students in Australia...