

## Introduction

I want to go out of Japan, see the whole World by my own eyes. Many people think that something will change. But I think some people worried about “Is it okay” and “What to do if things go wrong”. It is natural to be anxious. Because there is a world of different cultures. I don’t know what will happen. So, I wrote about “at least, this way is pretty”. If you want to go abroad, please read it. Also, if you come back from studying abroad and you are concerned about studying abroad, please talk to the International Student Counselor at the Campus Life and Health Support Center. When you talk to people about your intercultural experience, you can put your mind together and use that experience in your future life.



## Welcome everyone

### [Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00  
○<http://www.chc.kyusyu-u.ac.jp/>

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**Center for Health Sciences and Counseling,  
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**Center for Health Sciences and Counseling,  
Hospital Campus**  
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Offices of Research and Education) 092-642-6889

**Center for Health Sciences and Counseling,  
Chikushi Campus**  
(old health science center) 092-583-7685

**Center for Health Sciences and Counseling,  
Ohashi Campus**  
(2<sup>nd</sup> floor, Design Commons) 092-553-4581



## Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.  
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## For those who are going to study abroad



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

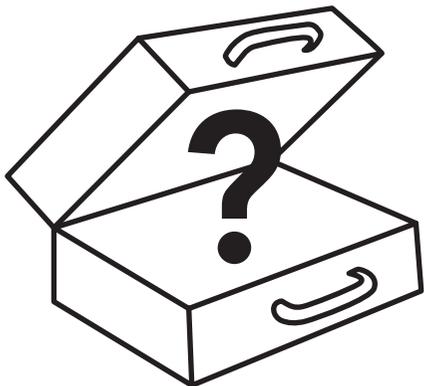
**Kyushu University**

Center for Health Sciences and Counseling

## For those who are going to study abroad (3 months to 1 year)

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We wrote this leaflet for people who go to study abroad for a period of less than three months to fewer than a year. For one to two months of studying abroad, you will be able to get over it while you are in a capsule of your own culture. In other words, I feel like I'm traveling somewhere, I learn the local language and I'm surprised at the new culture and unusual food. After a month, the initial excitement cools and gets tired, but it's still not long. After two months, there are few unusual things. And when you get used to living there, you will see the day when you will return home. I don't think my foreign language has improved much, but I don't think the research is over yet. In such a situation, the impatience gradually comes out. The people I've been with seem to enjoy it, but it's easier to feel like they're left behind. But in fact, other people are not doing so well. But no one says that.



### 1. Think of it as being able to achieve only about half of what you plan to do.

Please think that it takes about three to four months just to get used to living there. The time difference can cause you to wake up at a strange time or sleep deprivation. There are many mistakes due to lack of concentration and mistakes such as forgotten items and buses occur. You may think that your head is getting worse, but that's normal.

There was an example of breaking the experimental tool by making vague judgments without being able to hear English (local language) well. Also, such trouble is occurring, such as the computer is stolen and the memory is broken. Therefore, it is usual that only half of the students were able to do it. The goal is to return to Japan safely anyway because it is the infinitely low and low flight is good.

### 2. The story of studying abroad is only a good story.

Many things happen when you study abroad. "I want to go home now," "I wish I didn't come," "I didn't feel like going to college, so I slept for two months." But they don't say that. Because if you get a scholarship or your parents give you money, you're not looking good when you're living a rough life. So, in the blog, I'll post a picture of the local people toasting happily. The reason is that it is not going to put it except such a photograph. It is emphasized only that studying abroad is fun. But of course, you should realize that not all of the good things are happening.

### 3. Know about culture shock

It's called the honeymoon period at first and you're fascinated by something new. The next thing that comes is called the hostile period. In other words, the first month or two passes and you get tired. I feel like I'm not going to study abroad the

way I wanted to. I can't make friends and I don't have any fun at all. I'm just spending my days indifferently. It wasn't supposed to be like this. What if! It is a period of hostility. In such a case, please get together with people from your home country and international students to speak ill of the local government. While saying that "the people in this country are cold", "○○ teacher is mean", and "The party in the country is always playing", it advances to the next "adjustment period". Of course, this is not the only pattern. But what I want you to know is that the mood fluctuates violently. Remember that even if you're fine today, you'll be out of shape tomorrow.

### 4. People who leave in the cold season should be careful.

Be especially careful when you start from autumn to winter. The reason is that there is a thing called "Seasonal emotion disorder". Because human beings are also living organisms, they live under the influence of temperature and sunshine. It's natural to feel bright when you're exposed to the bright sun and darker stingy every day. On the other hand, the people who live there have various ideas to overcome. If the sun comes out during the day, I try to hit the sun as much as possible. They also warm up the room, hold parties, and cook delicious pot dishes. However, international students are unable to do anything about it and they are suffering from a serious decline in their mood. "Winter is the most important thing. I'm sure you'll be fine in spring."

### 5. Still, different cultures are interesting

It is an experience of studying abroad including such a mood change. Even if you're in trouble, you'll somehow get over it and discover yourself becoming stronger. Even if you can't get over it, there's a lot to learn from it. Put yourself in a strange world. That alone will help you get something useful in your life.