



IAU
INTERNATIONAL STUDENT AND
STAFF AFFAIRS (ISSA)

MARCH APRIL BULLETIN 2023

1. 2023–2024 International Student Union (ISU) President

Our sincere congratulations to our Syrian student ALMUATASEM ALKHOULI who has been selected as the ISU President for 2023-2024.

We congratulate him!



2. The distribution of breakfast meals by the Syrian Community

In cooperation with the Eva Volunteering team, the Syrian community has distributed breakfast meals to fasting individuals in several regions of Istanbul.



3. Iftar Ceremony on 20th anniversary of our university establishment

Celebrating the 20th anniversary of our university establishment, international students took part in the Iftar ceremony hosted by our university Board of Trustees Chairman Assoc. Mustafa Aydın at T-block, along with the university academic staff and administrators.



4. ISU Meeting Photo

International Students Union team (ISU) 2023-2024 held their inaugural meeting at J-block and Brainstormed ideas for upcoming projects and events.



5. Morocco fair and alumni dinner

In Casablanca city (Morocco) our university Board of Trustees Chairman Assoc. Mustafa Aydın invited our university Moroccan alumni for dinner.



6. Syrian Community Iftar

The Syrian student community came together outdoors to break their fast during the holy month of Ramadan.



7. Futsal Tournament's application

The registration for this year' Futsal Tournament is now open.
Football lovers can submit their applications until May 17th.

A promotional poster for a Futsal Tournament. The background shows a futsal player in orange socks and yellow shoes about to kick a ball on a wooden court. At the top, there are four logos: Istanbul Aydın University, SKS (Samsun Kiltür ve Spor Kulübü), IAU ISSA, and ISU (Istanbul Aydın University International Students Union). The main text 'FUTSAL TOURNAMENT' is in large, bold, blue and red letters. Below it, the tournament details are listed: 'Tournament Start Date: 9th May, 2023', 'Tournament Registration Due Date: 7th May, 2023', and 'Tournament Location: T BLOK Spor Salonu'.

**ISTANBUL AYDIN
UNIVERSİTESİ**

SKS
SAMSUN KÜLTÜR VE SPOR KULÜBÜ

**IAU
ISSA**

ISU
ISTANBUL AYDIN UNIVERSITY
INTERNATIONAL STUDENTS UNION

**FUTSAL
TOURNAMENT**

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Psychological challenges for student moving abroad for education

“Moving abroad to study does not just familiarise you with the intricacies of your craft but also acquaints you to the process of leading life as an independent adult” While acquiring education from a recognised institution overseas can lend you a competitive edge, moving away from the life you have always known can prove to be a draining experience. Students often have to face a range of psychological challenges in their move abroad and coping with them is essential for the maintenance of a good academic record and subsequently an upward scaling career growth chart.



Homesickness

One of the most prominent challenges of moving abroad for education is homesickness. There is an inherent sense of attachment that we share with our homes and our hometowns which makes moving to a new place incredibly hard because we essentially lose that sense of familiarity and security. Added to that, the pressures of being away from your family, friends and everyone you know can give rise to a lingering feeling of homesickness.

How to cope

If we were to recreate a sense of belonging in our new city similar to the one that we share with our home city, the feeling of homesickness can be blissfully avoided. Discover the city with an open mind, visit new places and try to connect with new people. You can also take small day trips to explore the places nearby and build beautiful memories on the way so you can associate a sense of belonging with the area and that is what will help you in overcoming homesickness.



Stress

Moving abroad to study does not just familiarize you with the intricacies of your craft but also acquaints you to the process of leading life as an independent adult. Along with taking care of your academic responsibilities, you also have to manage your finances, your chores, groceries, social life, safety and your overall wellbeing. When the responsibility of managing all aspects of your life, big or small suddenly falls on your shoulders, feeling stressed is absolutely normal but you must make conscious efforts to avoid the translation of this stress into anxiety or even depression.

How to cope

Begin journaling to avoid feeling overwhelmed. When you have all your lists and expectations put out in front of you, it will be significantly easier to complete them all without missing any deadlines. Alongside that, you can invest some time into activities that can bring you peace. Meditating, practicing slow breathing exercises and indulging in workout sessions often prove to be immensely helpful in keeping one grounded and in a balanced state of mind.



Isolation and Loneliness

The feeling of loneliness is almost inescapable, at least during your initial days in a new city. If you are an introvert, it can be even more difficult to connect with people and make new friends instantly. If you are moving to a new time zone, your contact with your family or friends might also become minimal, thereby igniting feelings of isolation.

Culture Shock

Moving to a new city and being exposed to the differences in lifestyle is often enough to give you a bit of a culture shock. As values from one region differ from the other, your move abroad can lead you to discover how some things unacceptable in your hometown are absolutely normal in your new city and vice versa. Alongside that, when you are placed in an international study environment, you might also come across people from different cultural backgrounds and the nuances of their values and lifestyle which could sometimes put you in a spiral of contempla



How to cope

Use the experience to soak in the spirit of multiculturalism. Expand your perspective by visiting global fairs and attending cultural events. Make active attempts to learn about your fellows' beliefs and ideologies and partake in their festivals to make your stay more vibrant and eventful.

Braced with the knowledge on how to address these common psychological concerns, we hope that you can make the most of your study abroad experience without feeling overwhelmed. Good luck to you for your move and study abroad!