

PSB WORKSHOP FOR INTERNATIONAL STUDENTS

Are you an international or exchange student? Are you struggling to adjust to life in Düsseldorf? Feeling maybe homesick or starting to feel frustrated with German culture?

You are not alone!

Come and join us for a 'survival workshop'. Meet other international students and exchange tricks and tips on how to make the best of your stay in Düsseldorf.

Workshop:

'Stranger in a Strange Land'

Wednesday, 18 April 2018; 14:15 – 15:45

Room will be confirmed on receipt of your registration

- A workshop for international students: We'll explore the concept of 'culture shock', apply it to your experience here in Düsseldorf and collect coping strategies for culturally and personally challenging situations.
- The workshop will be offered in English and led by Marion Pahlen, Psychological Counselling Service (PSB).
- **Registration:** Send email to marion.pahlen@hs-duesseldorf.de by **Friday, 13.04.2018**