Psychological Counselling Services of the University of Tartu
When to come and see us?

• Adjustment (culture shock, homesickness, long distance relationships)
• Problems in academic performance (lack of motivation, procrastination, insufficient study skills)
• Problems with roommates, professors, family members, difficulties in intimate relationships
• Excessive feelings of sadness, anxiety or fear
• Lack of self esteem
• Difficult decisions
• Time management
• Simply a desire to talk with a neutral person 😊
Stages of culture shock

1. You feel positive. Everything is new, interesting, and exciting.
2. You start to notice cultural differences that irritate you. Problems occur and frustration sets in.
3. You may feel homesick, depressed, angry, and helpless.
4. You accept and embrace cultural differences. You see the host as your new home and don’t wish to depart or leave new friends.
5. You develop strategies to cope with difficulties and feelings, make new friends, and learn to adapt to the host culture.
6. You are excited about returning home.
7. You gradually adjust to life at home. Things start to seem more normal and routine again, although not exactly the same.
8. You may feel frustrated, angry, or lonely because friends and family don’t understand what you experienced and how you changed. You miss the host culture and friends and may look for ways to return.
9. You incorporate what you learned and experienced abroad into your new life and career.
Adjustment – cultural transition

Managing cultural transition –
• be (pro)active and learn about Estonian culture and community
• keep patient and have a sense of humor when encountering new experiences
• get involved in various activities to meet new people
• keep in touch with friends and family back home
• talk with other students about your experiences – sharing stories help
• talk to staff, you have a wide network of support who are here to help you through difficult times
• good lifestyle choises matter: eat well, get enough sleep and excercise
How to find us?

Psychological counselling:
UT Main Building, Ülikooli street 18, room 137

Counselling in English (Mailis Sults) and in Russian (Lea Nagirnaja)
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Thank you for your attention!

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