

## DON'T FORGET:

- to accept and understand what is going wrong;
- to understand that it's normal to be fearful of new things;
- to determine realistic goals: short-, medium- and long-term goals;
- to exercise and make sure you eat healthily;
- to give time for things to get reorganized;
- that after you calm down, after some time it is normal to feel homesickness again;
- whenever you have doubts to look for someone in IPLeiria to help you;
- to participate in activities with your new colleagues;
- to chat with your new colleagues, you are all in the same boat: new school, new colleagues, new experiences.

**“When you get homesick, it's not something missing, it's something present, a visit. People and places from far away arrive and keep you company for a while.”**

Erri De Luca

### USEFUL CONTACTS:

**Police**  
[www.psj.pt](http://www.psj.pt)

**Health services**  
Health line 24 (808 24 24 24)  
[www.saude24.pt](http://www.saude24.pt)

**Polytechnic of Leiria**  
[www.ipleiria.pt](http://www.ipleiria.pt)

## STUDENT SUPPORT SERVICE (SSS)

SSS can help you with:

- psychological support;
- psychopedagogical support;
- vocational orientation;
- training in time management, study methods, presentation of work/projects, etc.;
- student support in school and community adaptation;
- sharing of information and activities or your interest.

SSS has therapy rooms in each of the IPLeiria *campi* and a team of 3 specialize psychologists.

### YOU CAN CONTACT US DIRECTLY

ESECS | ESTG | ESSLei



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[sandra.alves@ipleiria.pt](mailto:sandra.alves@ipleiria.pt)

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### CONTACTOS GERAIS SAPE

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[sape.esslei@ipleiria.pt](mailto:sape.esslei@ipleiria.pt)

<http://sape.ipleiria.pt/>

[www.facebook.com/sapeipl](https://www.facebook.com/sapeipl)

\*with the help of Prof. Mark Daubney (ESECS)

# sape

Serviço de apoio ao estudante  
Student Support Service



# Homesickness

USEFUL INFORMATION  
FOR THOSE FEELING HOMESICK\*



2017

## WELCOME TO THE POLYTECHNIC OF LEIRIA!

You've started a new phase in your life. You're in a school of the third largest Polytechnic Institute in Portugal, with about 12,000 students. A central concern in IPLeiria is that you get a warm welcome and, for this reason, the Student Support Service has prepared some useful tips for those experiencing a new school/town/country for the first time.

### **IF YOU HAVE JUST ARRIVED IN PORTUGAL:**

contact the school you're going to attend, informing them that you arrived and schedule a greeting meeting;

keep the contact of the international mobility office in your school for future reference;

go straight to your previously booked accommodation;

go out and get acquainted with your street (groceries store, coffee shop, public transportations, etc.);

take pictures or shoot some videos of your surroundings and send them back to your family;

look for and save some reference contacts (school, police, health services, embassy or consulate, etc.).

### **IF YOU CAME TO A NEW SCHOOL/TOWN:**

look for information on your school website concerning sessions and other welcoming activities;

look for the class schedules on the school site;

at the welcoming activities look for where they'll take place, there you'll get some more feedback about school and course.

### **HOMESICKNESS**

Anyone who changes and comes to a new place naturally misses home, family and friends left behind.

**“There are far, far better things ahead than any we leave behind.”**

C.S. Lewis

### **HOMESICKNESS SYMPTOMS:**

sadness, loneliness, insecurity;

irritability;

a feeling that “nobody understands me”;

becoming upset when thinking of home;

anxiety and sleep problems;

demotivation;

thoughts about the people left at home;

physical complaints;

lack of appetite.

### **CONTACT US (SSS)**

[www.sape.ipleiria.pt](http://www.sape.ipleiria.pt)

### **IT'S NORMAL:**

to feel homesick and think that you won't make it. You're not the only person having such feelings, and everyone can overcome these issues;

to feel that everything around you is a threat, even if that's not true;

to feel lost and confused in a given moment;

to feel like crying and to experience feelings of despair and fear, leading to isolation.



### **IT'S BETTER IF:**

you use a map for the route to school and try to make it the next day or as soon as possible. If necessary ask an IPLeiria employee or a colleague for help;

decorate your bedroom with pictures and objects that remind you of home;

don't keep calling home, set an hour to do it;

accept that sadness is normal and it will pass with time;

look for someone at school to talk with about your feelings (psychologists, professors, colleagues, employees, etc.).