• 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.

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

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COORDENATION

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*with the help of Prof. Mark Daubney (ESECS)
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 IPEleiria 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 transportation, 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.

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 IPEleiria 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.).

CONTACT US (SSS)
www.sape.ipleiria.pt