

PSYCHOLOGICAL COUNSELING FOR ERASMUS STUDENTS

The Erasmus experience is a great adventure with many joys and challenges. For many students, this is the first time they spend a longer period away from their family, friends, and familiar school environment. This can cause unexpected psychological difficulties. On the other hand, in a foreign country, we can also experience the difficulties of culture shock: people are different, and communication, administration, and transportation work differently. These can cause a psychological crisis that is natural, even though it can feel extremely difficult.

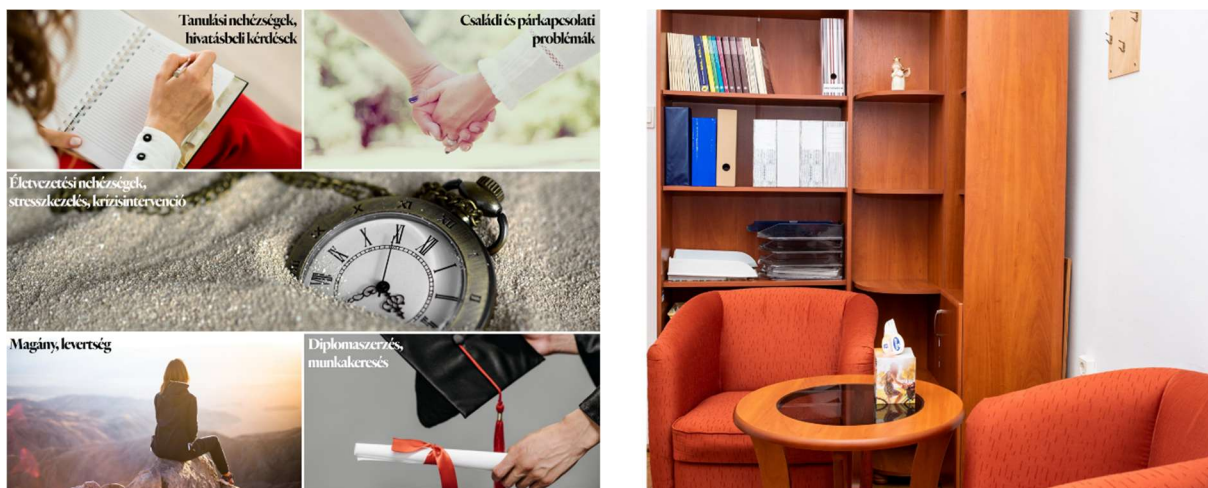
Besides, in every person's life, there are crises, difficulties, decision-making situations, or sad events when the help of a professional would come in handy. Someone who

- listens to you professionally;
- looks at your life situation from an outside perspective; gives advice from a neutral standpoint;
- and knows Hungarian culture and customs well.

Apor Vilmos Catholic College is committed to supporting Erasmus students to ensure that their study period here is as peaceful and safe as possible, so that at the end of their mobility, they return home with joyful and memorable experiences.

Where?

- Online or in person in office K 031 (in the Central Building, opposite the TO [Student Affairs and Registrar's Office]) – see the photo below.



When?

- At a time previously coordinated via email with the psychologist.

How?

- Free of charge
- Anonymously if you choose a specialist who does not teach you

Appointment

- Please register via email with the chosen psychologist at one of the contact details below.

You are more than welcome!

CONTACTS:



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