



LAKSHYA
OVERSEAS EDUCATION



A GUIDE TO **FOREIGN STUDENT STRUGGLES**





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It's finally happening! All those moments of struggles to apply and to fit in have now disappeared and you have secured your seat. Your friends and family must be constantly sharing their understanding and references for good academic years ahead. Going to that dream college which is located in a distant land and different from your own country brings along a lot of emotions. It can certainly overwhelm one, even the most emotionally stable ones. Of course, with the media accessibility and solid counselors to back your preparation, you aren't that scared about the journey ahead. At the same time, one must be aware of the fact that throwing oneself into unknown territories will bring along challenges. But isn't it all about staying on edge? Be a little different and a superstar in your own dreamy world!

Talking about struggles, the one major support that even the most prepared students face is the difference in cultures. Differences can be challenging for people, especially so at a young age. The differences speak volumes about the struggle stories of students and their education abroad. So, besides being rock-solid support throughout your preparation and flying abroad, here's our take on foreign struggles and of course their solutions. It's all about habits and tuning into the new normal that can shape one's career and personality into a better one.

READ ON TO KNOW MORE.



TIME ZONE:



Unless you fly to a nearby country for your education abroad, the change in time zone is the first mini struggle to deal with. Days and nights are mingled due to variations in the time zone. This is definitely a struggle in the initial days until your body clock sets in the new time zone. Your eating habits and sleeping schedules might get a little hazy due to the same.

Tip: Start to set your body clock while staying in India itself nearing the new time zone.





ACCOMMODATION:



Although universities have their dorms owing to the huge intake of students, they fill up faster. You might struggle with getting a good residence that balances the distance and finances. Initially, it might cost you a bit but sorting and finding a better place of accommodation will eventually balance things.

Tip: Seek the right information and don't fall prey to any deposits.





FINANCES:



Most students studying abroad would opt for a loan. Considering you have done your maths and have things in place, the change in currency can constantly test you. You might always be on the borderline of over or underspending. At the same time, you might be broke and taking student visa rules and country, your financing options might be limited. So ensure to have a weekly check on your finances.





LANGUAGE:



Another common barrier that foreign students struggle with is language. Even though English is a preferred medium, you must be aware of the basic words of the country's language. This will help you make friends and ease your social life. The speed, pronunciation, and dialect at which natives speak will always be different from you. Try to be patient with it.





LIFESTYLE:



Every country has the typical lifestyle for most of its citizens. When leaving your home country, you might be used to a certain way of living. While moving out will help you experience and understand newer lifestyles owing to newer culture. The working style, eating habits, sleeping schedules, and access to utilities will change. Be aware and patient with the new culture and do go helter-skelter trying to fit in the new culture completely.

Tip: Be patient with systems and know the rules right.





SOCIAL RULES & LAWS:

Of course, you wouldn't want to make fun of yourselves when in another country. Get to know basic social rules and basic laws. This will help you to stay away from the bully's radar. Also, the other side of it is to easily socialize and be friends with locals. While in India, certain rules and behaviors are socially acceptable, the foreign land might label them as a punishable offense. So ensure you are aware.

Tip: Be friends with locals and keep emergency contact handy.





HOMESICKNESS:



Either you might get too comfortable with the new settings or find yourself to be a loner. In either case, you will keep missing home. Constant new faces, the initial itch to make friends, people across the globe, and their behavior might shock you. Different time zones, busy schedules, and infrequent physical connections with your loved ones can make you feel homesick. This feeling is quite common for Indian students who are quite close and constantly surrounded by parents and friends when at home.

Tip: Video calls can help. Share your emotions daily.





WORK-STUDY LIFE:



It is most likely that you will start to work to support your education, no matter the level of scholarship that you have earned. Since you will have to manage newer expectations, it could be trickier to balance work and study. It can be tiring as well if you are in a physically demanding role. Also, the fact of being on your own for anything and everything itself needs some time to be accepted.

Tip: Set reminders and calm down even if you do not match the expectations.





These were a few foreign education-related struggles that students usually face. Of course, being away from your bunch of regular friends could be challenging during the initial days. Not being too emotional and sharing what you feel with your loved ones can help you overcome these challenges.

Over the years of experience in training and helping students achieve their dream of studying abroad, we at Lakshya Overseas are adept to suggest better. Our support team is always there to help students with their issues. Our team of expert and well-informed counselors guide and train them enough to deal with the challenges head-on. As it is not just the career that the student builds but studying in a different culture and renowned education system that builds one's personality.

**We help you achieve your career abroad
and shape your personality.**





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