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# **ERASMUS: MENTAL WELLBEING FROM DEPARTURE TO COMING HOME**

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- **COSTABEX PROJECT**
- **PSYCHOLOGY**
- **HOME FROM ERASMUS PROJECT**



- **SOUTH KOREA**
- **THE NETHERLANDS, NEPAL**
- **SOUTH AFRICA**
- **BOSNIA AND HERZEGOVINA**

**MY ERASMUS EXPERIENCE** ❤️

**International mobility is a psychological, intercultural and career transition.**

**Not only:  
paperwork  
accommodation**

....

**Also:**

- ✓ identity change
- ✓ emotional adaptation
- ✓ skills development

# Three phases

**BEFORE - PREPARE**  
reduce avoidable uncertainty

**DURING - ADAPT**  
build routines and support

**AFTER - RECONNECT**  
make sense of what changed

# Three phases

## **Before departure**

- expectation setting
- uncertainty tolerance
- practical preparedness

## **During stay abroad**

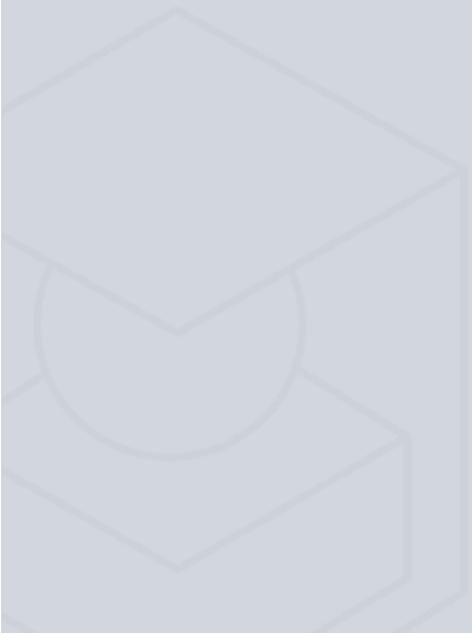
- access to wellbeing resources
- peer connection
- crisis pathways
- emotional normalization

## **After return**

- reflection
- integration of learning
- employability language

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**BEFORE**



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**What are the things students can  
worry about before Erasmus?**

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**What is one thing you are excited  
about and one thing you are a little  
worried about?**

# Readiness

## Practical

- confirm key documents
- know your budget and housing
- save emergency contacts
- keep copies of essentials

## Emotional

- expect an adjustment period
- plan how to stay connected with family and friends

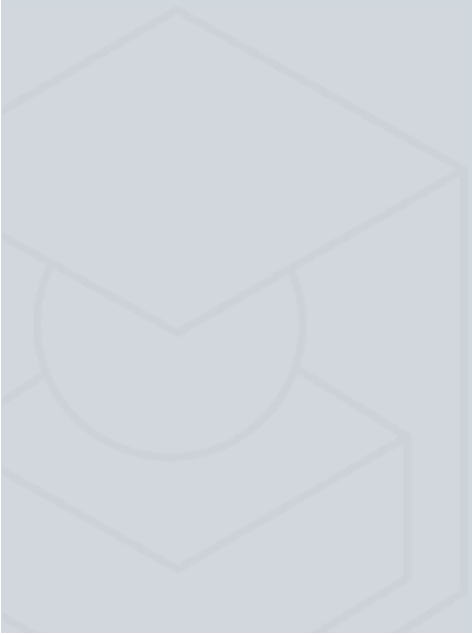
## Language

## Social

- contact a buddy or a student group
- ask returning students what surprised them
- identify one person you can call/have a chat with

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**DURING**



## **My personal support network**

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- **PERSON:** Someone I can message when I feel overwhelmed.
- **PLACE:** Somewhere I can go to feel calmer or less alone.
- **SERVICE:** A university or local service I can contact.
- **FIRST STEP:** One thing I can do if I need help within 24 hours.

# Support network

**01** PEERS

**02** UNIVERSITY

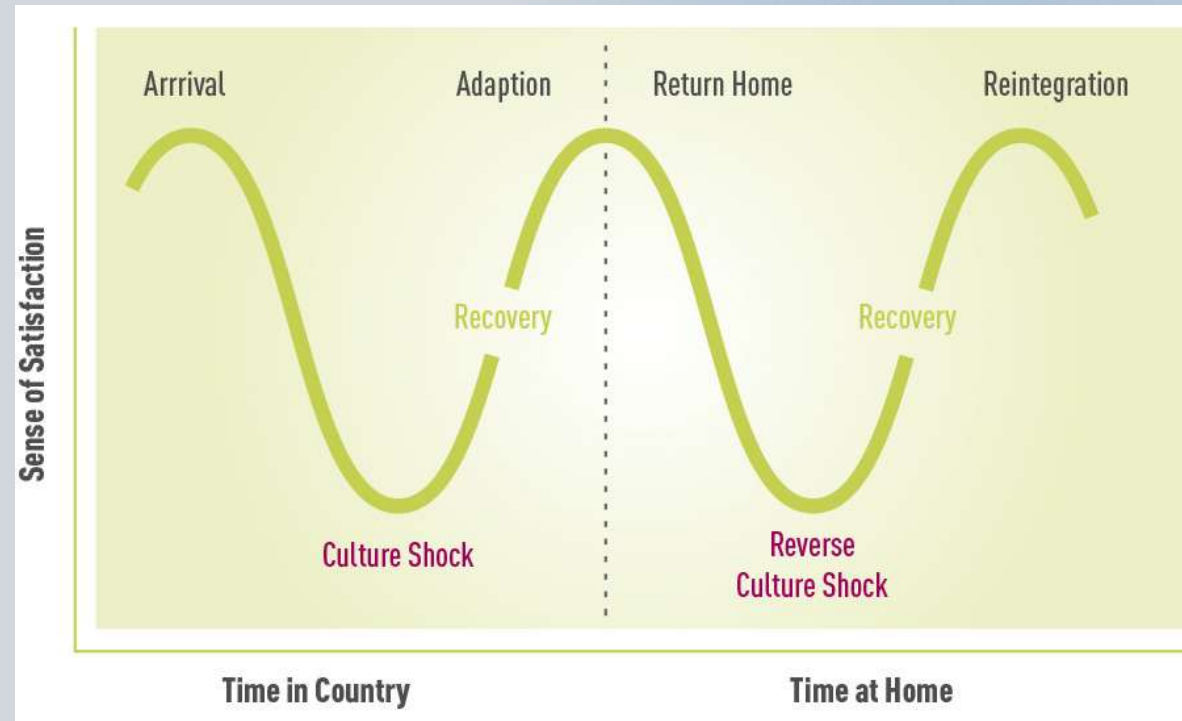
**03** PROFESSIONAL

**04** URGENT HELP

# Culture shock

different rules, humour, food or social habit

ask, observe, compare without judging yourself  
or others



# A quick reality check

## Highlights

- new friends
- independence
- travel

## Hard parts

- admin and money stress
- language fatigue
- homesickness

## Depends

- love the experience, but still having difficult days

# Your stress dashboard

## **BODY**

- tense shoulders
- poor sleep
- low energy

## **THOUGHTS**

- trouble concentrating
- racing mind

## **BEHAVIOUR**

- too much scrolling
- procrastinating

Check in: What is my stress level from 0–10? What is one signal I notice first?

# My personal stress map

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## WHAT STRESSES ME AND WHAT HELPS ME?

**What situations might cause me stress?**

**How do I usually notice stress in myself?**

**What helps me cope?**

**Who or what could support me abroad?**

|                             |                       |                         |
|-----------------------------|-----------------------|-------------------------|
| My stressors                | My warning signs      | What helps me           |
| Speaking a foreign language | I avoid conversations | Practising with a buddy |

# Build a routine that protects your energy

Ask yourself: Which one of these is easiest to neglect when life gets exciting or difficult?

- 01** SLEEP - protect a reasonably regular sleep window; FOOD + WATER.
- 02** MOVEMENT - walk, stretch, dance...
- 03** DOWNTIME - you do not need to attend everything.
- 04** CONNECTION - schedule contact with people who matter.

# Simple crisis plan

Am I or someone else in immediate danger?

Move to a safer place; contact emergency services if needed.

Call a trusted person, host university contact or local support service.

Write down the next 1–2 actions. Handle one thing at a time.

Once safe, check in again and arrange practical or professional help.

**SAFETY**

**STABILISE**

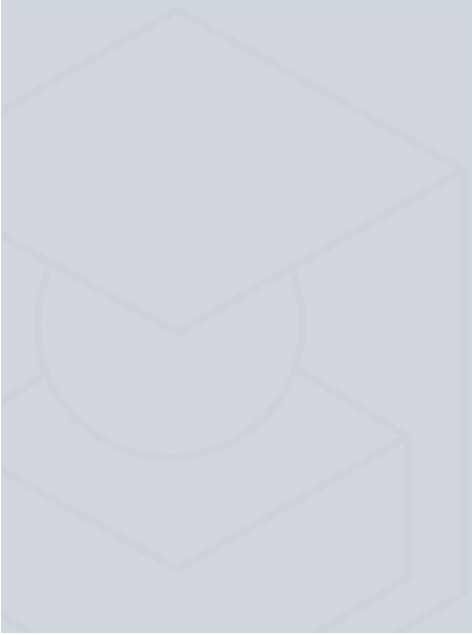
**CONNECT**

**SIMPLIFY**

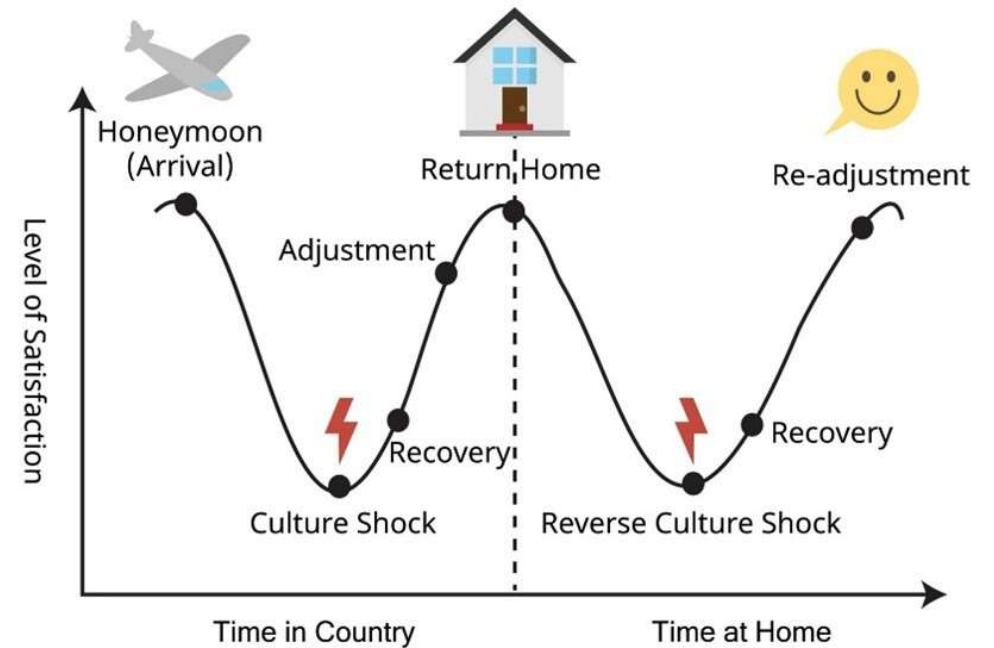
**FOLLOW UP**

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**AFTER**



# Reverse culture shock



What is one thing you want to bring home from Erasmus - a habit, value or skill?

# COMING HOME

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## **YOU MAY NOTICE**

Friends have moved on  
Home feels smaller or strange  
You miss your host country  
It is hard to explain the experience

## **TRY THIS**

Give yourself time to readjust  
Keep one meaningful new habit  
Talk with people who understand  
Reflect on what you learned

## **MAKE IT USEFUL**

Update your CV or portfolio  
Share stories without pressure  
Stay in touch intentionally  
Help the next outgoing student

## **Think about what has changed:**

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What have I learned about myself?

Which skills have I developed?

What do I see differently now?

What would I like to keep in my life at home?

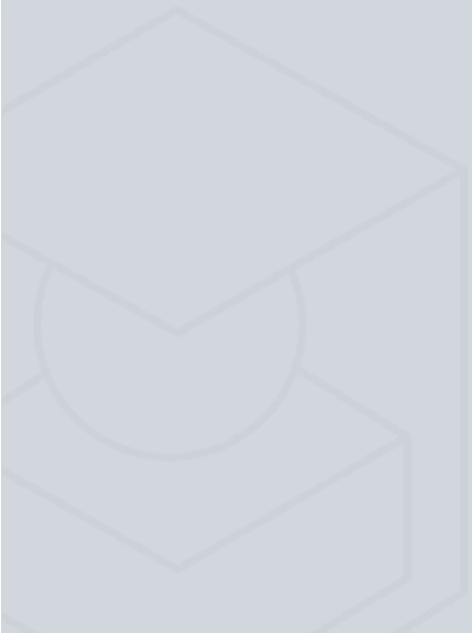
What is one experience from Erasmus that changed me?

What is one thing that may be difficult to explain to people at home?

Who could understand or share this experience with me?

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# **RELAXATION TECHNIQUES**



# 60- second reset

- 01** PAUSE - stop for a moment, put both feet on the floor
- 02** BREATHE - gently and slowly
- 03** NOTICE - name three things you can see, 2 things you can feel and 1 thing you can hear
- 04** CHOOSE - ask yourself - what is the next helpful action?

# Body scan

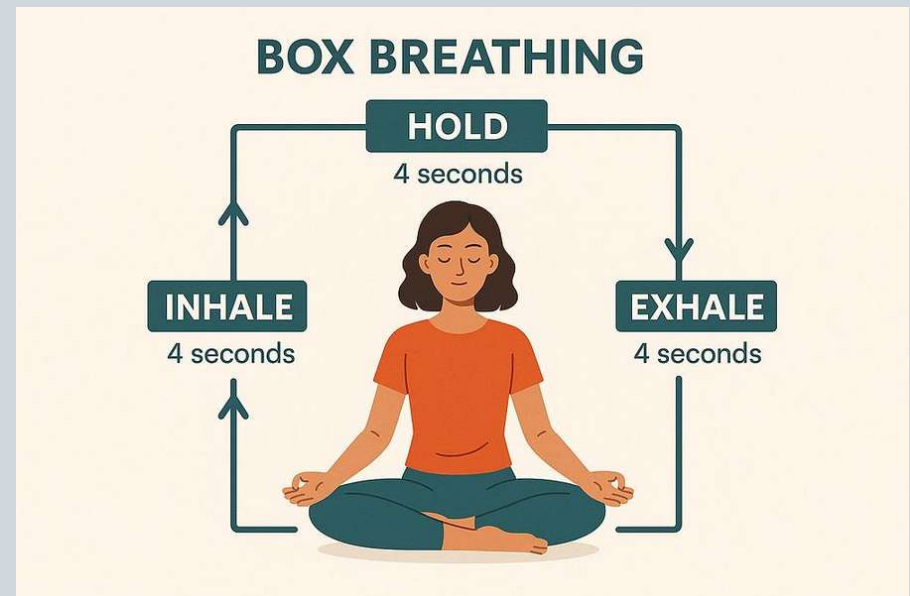
## BODY SCAN: PAUSE AND NOTICE

- Sit comfortably and notice how your body feels.
- Bring your attention to your feet, legs, shoulders and face.
- Notice any tension without judging it.
- If it feels comfortable, gently release your shoulders and jaw.
- Return your attention to the room and ask: “What do I need right now?”

# Box breathing

## BOX BREATHING

1. Breathe in gently.
2. Pause briefly.
3. Breathe out gently.
4. Pause briefly.



# MATERIALS

## COSTABEX

Keep in mind things like



**Price of living**

- Costs of living
- Cost of living calculator



**Language & culture**

- Erasmus+ Online Language Support
- Language Learning Apps



**Weather**

- New weather patterns
- Weather app

## LEARNING HUB BY MOBIL MINDS IN MOTION



# Learning Hub

### ERASMUS STUDENTS

- Articles
- Podcasts
- Videos
- Mental Health Self-Assessment Tool

### ERASMUS STAFF

- Guidelines
- Information
- Podcasts
- Videos

# THREE SMALL ACTIONS

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## BEFORE

I will prepare one practical thing and name one worry.

## DURING

I will notice my stress signals and protect my daily routine.

## AFTER

I will give myself time to reflect, reconnect and ask for support if needed.