

8 Tips

Self Care Tips When Studying Abroad

1

Prioritise your physical health & sleep

3

Find a support network, join new clubs/ socs

5

Create a journal or travel guide as a keepsake

7

Explore your host country, learn about the cultural norms & rules

2

Manage your budget & time

4

Have a copy of essential documents

6

Engage in relaxation, yoga or meditation.

8

Stay connected to loved ones & friends at home

Self Care when Studying Abroad - Digital Pack:

<https://rb.gy/767dg>