

Psychoeducational Workshop



UNIVERSIDAD
DE MÁLAGA



ADAPTATION TO LIVING ABROAD. STRATEGIES TO PREVENT PROBLEMS AND ENJOY YOUR EXPERIENCE

DATE:

February 20th and
27th

TIME:

6 – 7.30PM

SESSION LENGTH:

Around 1.5 hours

NUMBER OF SESSIONS:

2

GOALS:

- What to know about Spanish culture
- Improving adaptation to an independent lifestyle
- Managing problems arising from living in a new city
- Socialisation strategies

ADRESSED TO:

- ERASMUS and Exchange students
- Mobility researchers, professors and management and administration personnel (e.g. ERASMUS +)