

Feeling homesick?

It's totally normal to miss home when you start University of come back for a new term. Here are some ways that you can help alleviate homesickness, or prevent it from arising in the first place.

Keep in touch

This one may seem obvious, but it's important to keep in touch with your loved ones back home. Set up regular video calls so you can feel connected to them.



Make new connections

Whilst it's important to keep in touch with your old friends, make sure you're making new ones too. You might find friends in your flat or on your course or you might want to join a society full of like-minded people!



Get stuck in

Societies are also a great place to find a new hobby to make the most of your free time between classes. Get involved in activities as well as taking the opportunity to explore the city and it'll begin to feel like home!



Be mindful

The majority of people do go through many ups and downs during this transition period, and what you're experiencing is entirely normal, regardless of what you might see on social media.

