

# **STRANGER IN A STRANGE LAND**

**A Workshop for International students  
offered by the Counselling Service in cooperation with the International Office**

## **What the workshop has to offer:**

This is a workshop for international and exchange students. We'll explore the concept of 'culture shock', apply it to the participants' experience here in Düsseldorf and collect coping strategies for culturally and personally challenging situations. The workshop will be offered in English.

## **Workshop facilitator**

**Marion Pahlen**

Psychologische Beratung/ Counselling Service (PSB)

The **Counselling Service** at the HSD is free, confidential and available to all enrolled students. You can talk about personal or academic issues, whether large or small. We offer one-to-one sessions, group workshops and links to relevant internet sites.

## **Time and location of the workshop**

**When:** Wednesday, 19th October 2016, 10.00 - 11.30

**Where:** HSD, Campus Derendorf, Building 3, 3rd floor, room 025

## **How to register:**

You can register online:

<https://portal.cit.fh-duesseldorf.de/anmeldung/zwek-veranstaltungen/SitePages/Startseite.aspx>