



SUPPORT FOR INTERNATIONAL STUDENTS

PSYCHOLOGICAL COUNSELLING SERVICE

GET IN TOUCH WITH US!

Counselling is confidential and free of charge. The counselling sessions may take place either in German or English.

To make an appointment for a counselling session, please drop by during the walk-in hours or contact us by phone or e-mail.

phone: (0441) 798-4400

e-mail: pbs@sw-ol.de

walk-in office hours:

mon 8.30 - 10.30 am

thur 3.00 - 5.00pm

OFFICE ADDRESS

building A15 | Campus Haarentor

1st floor

main office: A15-1-103



The Psychological Counselling Service Oldenburg is a joint institution of the Carl von Ossietzky Universität Oldenburg and Studentenwerk Oldenburg.

www.studentenwerk-oldenburg.de/pbs

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STUDENTENWERK
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WELCOME, INTERNATIONAL STUDENTS!

Studying abroad is an exciting adventure as well as a major life transition. For many of you this is the first time away from home. While you may be looking forward to all the opportunities that come with living in a foreign country, you may also feel apprehensive about the many unknowns.

EVERYTHING IS NEW

Before you left your country, you may have wished to become more independent of your family. Now, perhaps, you may encounter too many choices or too little direction and guidance.

German values, traditions and habits may be confusing. You may wonder how you will make friends and how to communicate with others; you may feel uncertain about how to spend your free time especially on weekends.

PSYCHOLOGICAL SUPPORT AND GUIDANCE

Maybe helpful strategies to deal with difficulties are not available at the moment. If you find yourself experiencing typical adjustment or other personal concerns, please do not hesitate to contact our Counselling Services.

With the help of a counsellor (psychologist) you can overcome difficulties and find new ways to deal with your problems.

Maybe you think that a person must have a serious mental health problem to seek help with a counsellor. But for students in Germany it is quite common to consult the student counselling services.



WHEN CAN WE HELP?

Students who have visited our Counselling Service in the past have talked about adjustment and mental health issues like the following:

- experiencing culture shock
- homesickness
- feelings of sadness or loneliness
- problems with their parents or other family members
- difficulties with a friend or romantic partner
- self-doubt
- depression
- anxieties
- psychosomatic problems
- test anxiety
- learning problems, procrastination
- stress-related symptoms
- sexual harassment

SOCIAL SUPPORT:

STUDENT ADVISORS HELP FELLOW STUDENTS

If you have questions or problems concerning life in Germany or your stay in Oldenburg, need help filling in official forms or just want to get in touch with other students sharing your situation, you can contact our student advisors. They have been living in one of Studentenwerk's dorms for some time and are well acquainted with different questions or difficulties that might arise during your stay.

The student advisors' leisure activities programme is a great opportunity to get to know other students as well as the city of Oldenburg and its surroundings. Never miss an upcoming event and get in touch with the advisors by following them on Facebook ("Studentenwerk Oldenburg WohnheimtutorInnen").

All students are very welcome to take part in the leisure activities program: whether from Germany or from abroad, and regardless of whether they live in a student dorm!