

BRESCIA WELCOMES YOU!

PROPOSAL FOR A LABORATORY ACTIVITY FOR INTERNATIONAL STUDENTS FY



WHY PARTICIPATE?

Arriving in a country that is completely different in terms of habits, culture and language, while on the one hand it should be a stimulating experience, on the other hand it can contain some obstacles and difficulties. This activity aims to offer all young people arriving from international countries with a view to being inserted into the academic world, the opportunity to benefit from group support that can act as a facilitator to better deal with the experience of being students abroad, far from their families and without initial points of reference.

OBJECTIVES AND CONTENTS

The proposal is divided into 4 meetings, during which a psychologist will guide the students, through group activities, in a path aimed at promoting adaptation and inclusion in a new environment and increasing personal well-being.

The relationship with the group will become an important resource not only for sharing with others but also for deepening self-knowledge.

MEETING TITLES

1. "My first arrival in Brescia: how do I feel?"
2. "Different lifestyles and habits: difficulties and resources"
3. "Managing anxiety and stress"
4. "Do I feel ready?"

NOT FEELING ALONE WHEN FACETING NEWNESS is the goal of this activity!

THE METHOD

Through sharing in a group, using active verbal and non-verbal techniques supported by iconic and creative materials, you will be able to learn functional strategies for self-expression within the university experience. The laboratory activity will be carried out in Italian as the group can also become a valid tool for learning and consolidating the language.



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HOW

Each group will consist of a minimum of 5 and a maximum of 10 students.

WHERE

At the Spazio Studenti headquarters in Viale Europa 39 in the Cedisu meeting room.

WHEN

The four meetings, lasting 2 hours each, will take place on Thursdays on the following dates: May 8, 15, 22, 29, 2025.

HOW TO REGISTER?

Registration is mandatory and must be done by sending an email to matricolando@unibs.it with the subject: "Registration for the laboratory activity for FY Brescia welcomes you!" and indicating your name and surname.

The possibility of adding students in progress is not precluded, if the number of participants allows it.

"Every beginning contains a magic that protects us and helps us to live"

H.Hesse

We are waiting for you as a group to share the magic of your new experience!