

Welcome to Epsom College! We hope and trust that you will be very happy here with us. This is an excellent opportunity to learn English and study in a cross-cultural community. It is a big step to move so far away from home and we will do all we can to make sure that you soon feel part of the Epsom family.

When you first arrive in England everything is really new and exciting. But after some time, things may change. You may start to feel homesick or you experience some of the following:

- I don't understand what people say.
- I have a headache.
- My stomach is sore.
- Why am I so tired?
- I don't like the food here.
- I am not doing well in class.
- I can't trust anyone in this place.
- I don't want to tell mum and dad how I feel – they would get upset.
- I want to go home.



If you feel like this, don't worry, you are not alone! What you are experiencing is called "Culture Shock" and it is *NORMAL*. It happens to everyone who moves away from home to a different country.



First of all, you can be sure that your English will improve, even if it takes some time. Don't be afraid to ask your teachers to repeat something that you don't understand. Also try this:

- Drink lots of water.
- Eat breakfast every morning.
- Don't sit alone in your room: make friends!
- Join in lots of activities. Get exercise and fresh air.
- Learn as much as you can about life at Epsom College and in the United Kingdom.

Talk to somebody – a buddy in your House or a friend who speaks your own language or a teacher you like. Most of the older students from overseas know exactly how you feel. Also remember that many teachers and staff have lived in different countries so they too understand what it is like to be far away from home. ***Don't be afraid to talk to them.***

Culture Shock is *not* a sign that you have failed or that you have made a mistake coming here. We are here to help you and support you and we want you to have a successful and happy time here. If you are going through culture shock, don't worry, you will soon feel better.



EPSOM
COLLEGE

These are (most of) the countries represented at Epsom:

- | | |
|--|--|
|  Australia |  Japan |
|  Azerbaijan |  Kazakhstan |
|  Bangladesh |  Malaysia |
|  Belgium |  Netherlands |
|  Bulgaria |  New Zealand |
|  Cambodia |  Nigeria |
|  Canada |  Poland |
|  China |  Portugal |
|  Cyprus |  Romania |
|  Denmark |  Russia |
|  France |  Singapore |
|  Georgia |  South Africa |
|  Germany |  South Korea |
|  Greece |  Spain |
|  Hong Kong |  Sweden |
|  India |  Taiwan |
|  Iran |  Thailand |
|  Ireland |  Turkey |
|  Italy |  Ukraine |
|  Jamaica |  USA |

Don't be afraid to come
and talk to us!



Mrs E Kennedy
Head of EAL and IELTS

You can find me in EN1



Mrs H Keevil
Assistant Head (Pupil Welfare)

You can find me in the Tuck Shop

Far from home?



Information for our
international students