

# UKRASTUD

PERCEPTIONS OF INCLUSION, WELL-BEING AND IDENTIFICATION WITH  
THE EUROPEAN UNION IN UKRAINIAN UNIVERSITY STUDENTS



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# THE ROLE OF THE INTERNATIONAL STUDENT OFFICE



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# CONTENT

- Introduction
- The Purpose of the Office
- Challenges You Encounter
- How to Reach the Office
- Why Is It Important?
- Closing and Encouragement





# WHAT CAN THEY HELP YOU WITH?

- Understanding how to register for classes
- Finding housing or getting advice on where to live
- Visa and legal questions
- Signing up for language courses
- Finding a doctor or mental health support
- Getting involved in student events
- And much more!





# EXTRA CHALLENGES



As a Ukrainian student, you may face extra challenges.

Maybe you are dealing with:

- Uncertainty about the future,
- Missing your family,
- Stress from war,
- Difficulties in language or culture,
- Or even just not knowing where to go when you need help.







# HOW DO I CONTACT THEM?

1

Visit their website (you can usually find it by searching: "[your university] + international office")

2

Send them an email – even in English or Ukrainian

3

Go directly to their office – you don't need an appointment in many cases

4

Ask your professor or another student to help you get in touch

5

You can say something simple, like:  
"Hello, I am a new Ukrainian student. I need some help with housing/classes/healthcare. Can I talk to someone?"





Hello, I am a new Ukrainian student. I need some help with housing, classes, healthcare. Can I talk to someone?





# WHY IS THIS IMPORTANT?

**Because students who get help early often feel:**

- More confident
- Less isolated
- Better prepared
- And more successful

**When you feel supported, you can focus on your studies, make friends, and enjoy your university experience.**

**Also, the ISO can connect you with tutors, student mentors, and other Ukrainian students at your campus.**

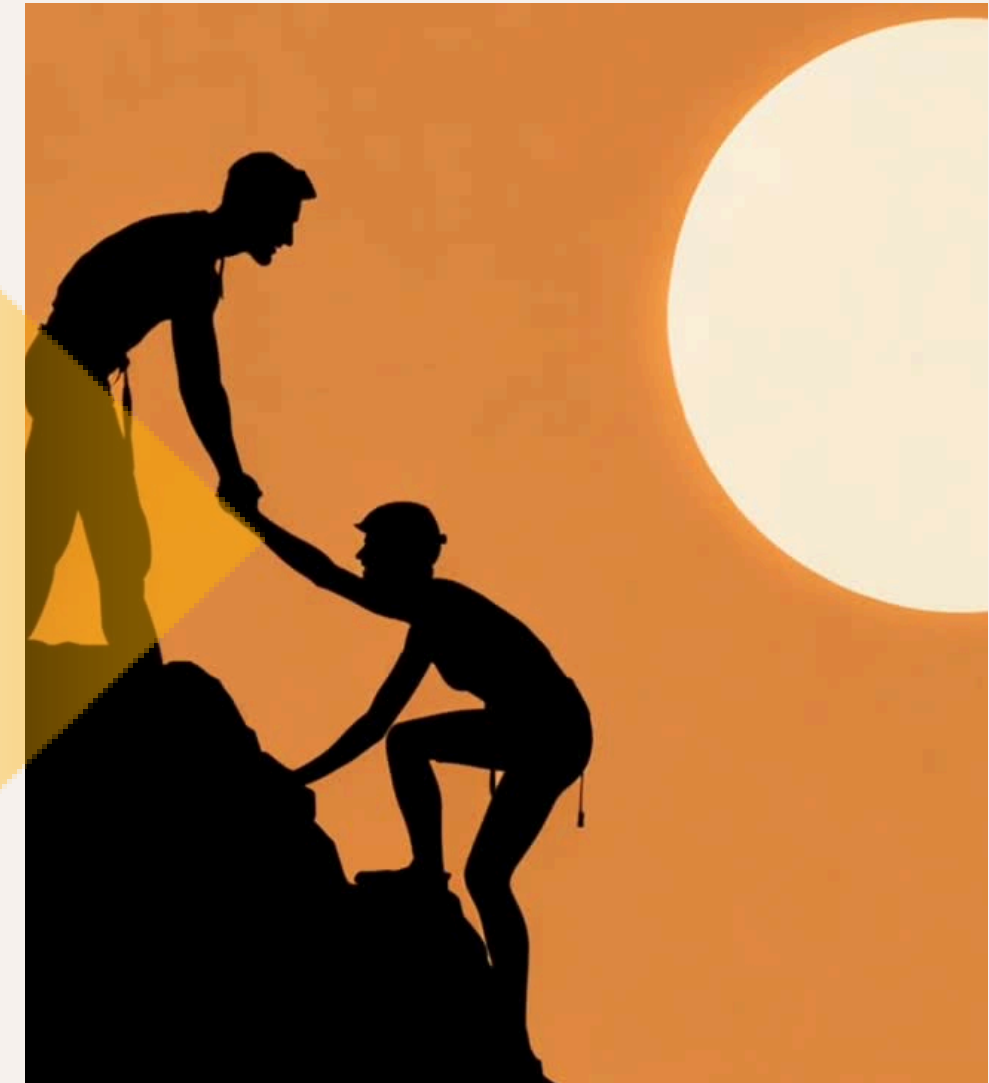




**SO, TAKE THE FIRST STEP.**



**SEND THAT EMAIL. VISIT  
THE OFFICE. ASK YOUR  
QUESTIONS.**



**YOU DESERVE TO FEEL  
WELCOMED,  
UNDERSTOOD, AND  
SUPPORTED.**



# CULTURE



















# Thank you for watching.

Any Question?

**Web**

[ukrastud.eu](http://ukrastud.eu)

**Social Media**

[@ukrastud](https://www.instagram.com/ukrastud)





