Psychologische Beratungsstelle Campus Luzern

Workshop for International Students

Navigating the Challenges of Studying in Switzerland

Have you ever felt overwhelmed by adapting to a new culture, academic system, or way of life? Do you sometimes feel isolated, uncertain, or under pressure while trying to meet the demands of your studies?

This workshop introduces the concept of cultural adaption and explores common challenges faced by international students. Participants will gain practical self-management strategies for coping with stress and learn about available support services.



Registration:	info@pblu.ch
Date:	07. December 2026, 16.30 – 18.00
Place:	Walter-von-Moos-Promenade 4D, 6005 Luzern, 1. Floor, Project Room 153
Instructor:	Dr. phil. Sarah Bürgler, MSc, Licensed Psychotherapist Psychological Counselling Center Campus Lucerne

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