

NEWSLETTER FOR FOREIGN STUDENTS OF UPJS 1/2022

| **ARTICLE: What do in times of war, so it won't affect your mental health**

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We've just crossed from pandemic which is not even over yet to another difficult situation again. Both situations have many things in common, feelings of uncertainty, stress, fear, helplessness, inability to predicts future outcomes or even seeing the end of the situation etc. All that has significant influence on our ability to withstand strong with intact mental health. Here are some basic rules to follow which can help us to keep our resilience:

1. It's ok not to be ok – don't worry, the majority feels the same way
2. Limit amount of information you collect about the war – ideally find one reliable source (official news media) and watch or read it once daily up to one hour to stay updated. Try to avoid overload yourself with information.
3. Bear in mind that you are in the safe country, with NATO protection, and currently there is minimum chance of being directly hit by war
4. Try to keep your regular daily activities as much as possible, so you don't lose your regular routine, it will give you as well the sense of stability. Don't forget about regular relaxing pleasure activities as well.
5. Maintain your social contacts, communication, and regular meetings with people. If you feel like talking about what is happening, use it as an opportunity to release the tension from the situation
6. In similar situations we cannot have control over it, so to bring us closer to sense of control, we can participate in activities like donate to charity, do some volunteer activities etc.
7. If you had any past experiences from war, revolution or any unstable and possibly harmful situation, you may experience flashbacks, sudden anxiety, more severe stress level, changes of mood, lack of sleep, difficulties to eat, changes in concentration, feeling like on the edge. In those cases you should talk about your past traumas with someone you trust, remember it in details, even cry to release the pressure and emotions, or maybe write it all down. Always remember, this is not the same situation, it is a different new situation.

But if you feel like you struggle handling it, you can always seek some professional help at our University counselling centre.

| **University counselling centre**

Providing services of psychological counselling, career counselling, social counselling, legal counselling, effective learning counselling and many other events and webinars to assist and help students.

If you feel like you seek advice of any of these areas, feel free to book the counselling session with your AiS2 login here: https://portal.ccvapp.upjs.sk/ticket-page/poradenstvo-pre-studentov/31?_locale=en

More information about UNIPOC you can find on main website: <https://www.upjs.sk/en/departments/university-counselling-center/>

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| Links related to support of Ukraine

Support of students/graduates affected by the conflict on Ukraine

<https://www.upjs.sk/en/actualities/support-for-the-students/>

Measures to help students, staff and their families

<https://www.upjs.sk/en/actualities/26669/>

Mobility programs for students and researchers from Ukraine at UPJS

<https://www.upjs.sk/en/actualities/mobility-programs-ua/>

| Great place to study in the city center

State Research library in Kosice – <http://svkk.sk/en/>

Main study room on Hlavna 10 – Opening hours: Monday to Friday 8 am – 6 pm

| Sport activities for students

UPJS sport activities: <https://www.upjs.sk/en/departments/institute-of-physical-education/actualities/activities-SS-2021-22/>

VSE CITY RUN – charity runs, walking, riding around the city – 12 May – Place: Dolna brana, Kosice – Registration here

https://registration.kosicemarathon.com/jsf/public/registracia_simple.jsf

Details about the event: <http://www.cityrun.sk>

SLOVAKIA BASKET TOUR – international street basket tournament – 14 May – Place: in front of Galeria shopping center

KOSICE PEACE HALF MARATHON – 15 May – Details:

<https://www.kosicemarathon.com/race-info-khm-2/?lang=en>

| Culture and evening venues

If you feel like you need break from the hard study and enjoy some cultural activities, venues or enjoy Kosice city. Here are some useful links to find ones:

VISIT KOSICE <https://www.visitkosice.org/en>

TABACKA <http://tabacka.sk/program/>

K13 <https://www.k13.sk/udalosti/>

Night clubs organizing student parties:

JAZZ <https://www.jazzclub-ke.sk/en/uvod/>

RETRO CULT CLUB <http://retro.cultclub.sk>

BOBA <http://boba.sk>

| Upcoming events

NIGHT OF MUSEUMS AND GALLERIES SLOVAKIA – 14 May - Museums and galleries all around the city opened until late night hours with many interesting exhibitions and events -

<http://www.visitkosice.org/sk/noc-muzei-a-galerii-2022>

BIG BEER FESTIVAL – 19-20 May – Place: in front of Galeria shopping center

STREET FOOD FESTIVAL – 2-5 Jun 12 am – 10 pm – Place: Kasarenske namestie