Hello international freshers of the Department of Health Sciences,

We, Danielle Feldman, a fifth-semester student in the International Health Sciences Bachelor program, and Ioana Codreanu, a third semester student of the International Health Science Bachelor Programme, are very happy that you decided to study at the University of Applied Sciences Fulda and would like to warmly welcome you at our Department of Health Sciences by inviting you to our Rock it Together - Welcome Day!

What is Rock it Together, you ask? Rock it Together is a student initiative and has become a well-established project at the Department of Health Sciences. Over the past three semesters, it has offered a supportive network for international students.

Studying abroad brings a lot of wonderful experiences and moments! But unfortunately, it does not always go as smoothly as we wish and small or larger stumbling blocks lie on the path to successful university graduation. This can be homesickness for friends and family, the feeling of being alone, difficulties in dealing with cultural differences in everyday life and studies, disappointment because expectations of the study time in Germany are not met, feeling inadequately prepared for studies or the challenge of understanding and acquiring study content and the university system, language problems, money worries or even problems with administrative processes.
Rock it Together – Welcome Day for all international students at the Department of Health Sciences
Wednesday, the 12th of October 2022

Since the struggles of the international students are similar, this project was created for us:

✔ to get to know each other
✔ to share and discuss our experiences, problems and worries
✔ to try to find solutions together and
✔ to support each other.

Having such a supportive community can be extremely helpful to clear the stones out of the way and to successfully master the studies. And for that reason, it is called “Rock it together”. In addition, Rock it Together also initiates intercultural exchange activities and excursions together with German students during the semester. Some exciting events are planned for this winter semester, but first, let us get together on Welcome Day! This event is going to provide you with all relevant information you need to successfully start your studies as international student at our Department. So don’t miss it! In the agenda below you can find the schedule of the Rock it Together Welcome Day.

We meet in Building 53 Room 022 at 10:15 on the 12th of October 2022.

Good to know! Our international community is already there for you, so just join our WhatsApp group with the QR-Code beside. And save the date! On Friday, the 21st of October 2022 we meet at 18:00 at the Uniplatz Fulda. Fulda is your new home. Therefore let us meet and get to know the city a bit better. We will have a walk-around with students from upper semesters. In the end, we will have dinner all together at “Alte Schule”. Do not miss the opportunity to get involved in student life.

We are very enthusiastic about our upcoming experiences and together time in the Rock it Together project and excited to meet you!

Danielle & Ioana
## Rock it Together – Welcome Day for all international students at the Department of Health Sciences

**Wednesday, the 12th of October 2022**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:15-11:30</td>
<td><strong>Get to Know Each Other</strong>&lt;br&gt;When you first enter a new environment, you don't anticipate knowing everything right away. Only networking in the early days of your stay will help you overcome obstacles and feel at ease. With some fun ice-breaking games will we will start our welcome day.</td>
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<td>11:30-12:30</td>
<td><strong>Learning Culture</strong>&lt;br&gt;Coming to a new country and having to adapt to a new educational system is not an easy thing to do. But do not worry, Ms. Chainani-Barta, who is in charge of intercultural services at our university, will give you starting guidance tips. After this workshop, you will have the tools to master the culture challenge along the way.</td>
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<td>12:30-13:30</td>
<td>Lunch all together in the Mensa</td>
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<tr>
<td>13:30-15:00</td>
<td><strong>Introduction to the University support offers</strong>&lt;br&gt;The University of Fulda offers a wide range of supportive offers that will help you to succeed in your studies. We will give you a comprehensive overview of what offers you can use. Additionally, some students from upper semesters will join us and report about their experiences.</td>
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<tr>
<td>15:00-15:30</td>
<td><strong>Ask Us</strong>&lt;br&gt;If you will still have any questions, worries, or uncertainties we will be happy to answer them and provide any support you might need.</td>
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If you have an online Moodle presentation scheduled for that day, you can arrive early and participate in the session in the room we will use for the welcome day event (Building 53; Room 022).