



COSTABEX

Complete Study Abroad Experience

International Mental Health Program

COSTABEX - your ultimate guide for an unforgettable study abroad journey.

Let's start with some eye-opening facts:

- 80 % of college students feel the weight of stress, either regularly or occasionally. That's a significant insight from the Anxiety and Depression Association of America, 2021.
- Moreover, the Mental Health Foundation in 2018 highlighted that 51 % of individuals experiencing stress also face symptoms of depression.
- Adding to this, the American Psychological Association in 2019 reported that 45 % of students seek counselling for stress-related issues.

What's COSTABEX all about? It's a specially crafted Mental Health program for students like you, embarking on or currently on an international study adventure. It's here to support you before, during, and after your journey, ensuring you have the best experience possible.

How do we support you? Through engaging training program and informative counselling emails.

Training program involves live workshops, online videos, webinars and meditation audios. It covers these topics:

1. **Stress Management:** Gain valuable strategies to manage study abroad stress effectively.
2. **Culture Shock:** Understand and navigate the complexities of adapting to new cultures with ease.
3. **Mental Health Awareness:** A supportive space to discuss and prioritize mental well-being.
4. **Crisis Management:** Learn to handle unexpected situations confidently.
5. **Cross-Cultural Communication:** Enhance your skills for smoother interactions in diverse environments.
6. **Conflict Resolution:** Equip yourself with techniques to resolve conflicts amicably.
7. **Financial Management:** Get practical tips on managing your finances wisely during your stay.

Counseling Emails are 15 insightful newsletters, tailored to guide you from pre-departure through to your return, ensuring a well-rounded and enriching study abroad experience.

Interested in more details? The costabex.eu website is your go-to resource, packed with workshop materials, engaging videos, and audio sessions designed to help you unwind and relax.

Need direct assistance? Our website also features a comprehensive list of contacts for counseling, academic, or career support, ensuring you have all the help you need, right at your fingertips.

Whether you're a student eager to make the most of your study abroad experience, or a university representative looking to implement COSTABEX's resources, head over to costabex.eu. Discover a wealth of materials and a step-by-step handbook for universities designed to facilitate a smooth and enriching journey.

Project Ambassadors

If you want to get first-hand advice, contact the Project Ambassadors!

Below is a list of students who have already taken part in an Erasmus study mobility programme and are willing to share their experiences.

Student	Contact e-mail	Institution of Erasmus+ study mobility
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Erasmus+



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