

Scholarships for Indian Students to Study in Canada

Connect with Others

Build connections with fellow international students and locals. Participate in social events, join clubs, and engage in conversations to foster a sense of community.



Seek Support

Reach out to support networks available to you, such as university counselling services or local communities. Don't hesitate to seek guidance and share your experiences.



Stay Active

Engage in physical activities that you enjoy. Explore the local surroundings, join a gym, or try out new sports to keep your body and mind healthy.



Practice Mindfulness

Cultivate mindfulness through meditation, deep breathing, or journaling. Take moments of self-reflection to stay present and appreciate the journey you're on.





Studying abroad can be overwhelming for many reasons.

Taking care of yourself and prioritising your wellbeing while pursuing your education is essential.

SWIPE →

TO LEARN ABOUT SELF-CARE
TIPS THAT WILL HELP YOU THRIVE
DURING YOUR STUDY ABROAD
JOURNEY.



Explore Nature

Take time to appreciate the natural beauty of your study abroad destination. Visit parks, gardens, or nearby natural attractions to unwind and rejuvenate.





**WE HOPE YOU FOUND
THESE TIPS HELPFUL
AND INSPIRING.**



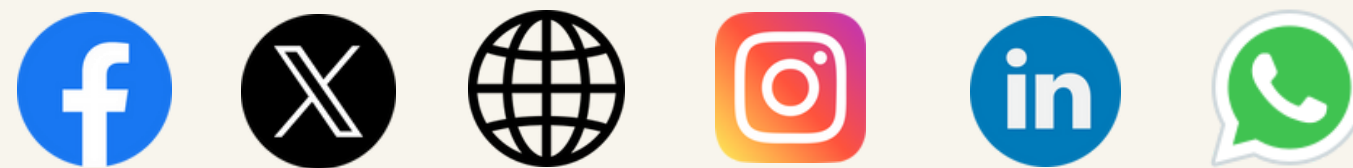
REMEMBER TO PRIORITIZE YOUR SELF-CARE
THROUGHOUT YOUR STUDY ABROAD
JOURNEY.



TAKE CARE OF YOURSELF, EXPLORE,
CONNECT, AND MAKE THE MOST
OF THIS INCREDIBLE EXPERIENCE!



Thank You



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Reference link - <http://bit.ly/48LhaZ2>