

Your First 60 Days Abroad

A week-by-week adaptation timeline. From landing and paperwork to building a circle and planning what comes next.



How to use this guide

Four phases, sixteen steps. Work through them roughly in order. Each phase unlocks the next. Tick items off as you go, and don't worry if you run a week behind; almost everyone does.

1

DAYS 1–14

Land & Legalise

Get the paperwork out of the way while your energy is high. Almost everything else depends on these.



Register your address with local authorities

Many countries (for example Germany's *Anmeldung*) require this within 1–2 weeks. Your bank account, residence permit, and phone contract all depend on it.

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Finalise your residence permit and visa formalities

Book any required biometrics appointment as soon as you arrive. Slots fill up fast in university towns at the start of term.

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Collect your student ID and enrolment confirmation

You'll need it for library access, student discounts, transport passes, and often your bank account application.

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Activate your health insurance

Confirm whether your University's policy starts on day one, or if you need temporary cover until it does. Save the emergency number in your phone.

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2

DAYS 15–30

Set Up Daily Life

The practical infrastructure that turns a new city into a place you actually live in.

**Sort out banking that works locally**

A neobank covers day-to-day spending, but some things need a local IBAN: rent direct debits, iDEAL payments in the Netherlands, or getting paid by a local employer. Check what your landlord and University actually require before you queue at a branch.

**Get a local SIM card or eSIM**

A local number makes banking, transport apps, deliveries, and appointment bookings far easier than roaming.

**Sort out transport**

Buy a student travel pass and learn your two main routes to campus, including the late-night option.

**Map your real monthly budget**

After two weeks you know what groceries, transport, and coffee actually cost here. Rewrite your pre-arrival estimate with real numbers.



3

DAYS 31–45

Build Your Circle

By now the admin is done. This is the stage most students skip, and the one that decides how the year feels.

**Join two student societies: one academic, one social**

Repeated, low-pressure contact is what turns acquaintances into friends. Showing up three times beats one perfect event.

**Learn phrases in the local language**

Greetings, ordering food, asking for directions. It changes how locals respond to you, even in English-taught programmes.

**Expect a dip, and plan for it**

Culture shock usually peaks around week 4–6, once the novelty fades. Keep a routine, stay in touch with home, and know it lifts.

**Find your three anchor places**

A café, a gym or park, a study spot. Familiar places make a city feel like yours much faster than sightseeing does.



Look Ahead

You're settled. Now start converting this year into what comes after it.



Check in on your academic footing

Talk to your tutor or academic advisor before the first assessments. Ask what a strong submission looks like here, because standards differ by country.



Visit the careers service early

Find out about internships, work-permit rules for students, and CV conventions in your host country. Most students go a year too late.



Plan your term calendar

Exam dates, visa renewal deadlines, and holidays. Book travel home early, because prices climb sharply near term end.



Take stock at day 60

What's working, what still feels hard, who you can call. Adaptation isn't linear, and naming the gaps is how you close them.



⚠️ Turning up under 18? Read this first

Plenty of bachelor students arrive at 17. Almost nothing on this list is impossible, but most of it needs a parent or guardian's signature, and that is much harder to arrange after you land.

- **Give your parents signing power before you fly.** A notarised parental consent or power of attorney, translated into the local language, saves weeks. Some banks (Deutsche Bank among them) ask both parents to certify documents in person at the consulate.
- **Line up a guarantor for your housing contract.** Under 18 you usually can't sign a tenancy or University licence agreement yourself. An adult guarantor has to co-sign, so ask the housing office who they accept before you commit to a room.
- **Check whether your country requires a local guardian.** UK universities often expect a UK-based educational guardian, and visa authorities may ask for custodial declarations. Germany is easing up: Baden-Württemberg and North Rhine-Westphalia now give under-18s full capacity in study matters.

Want it done with you, not alone?

Our full support service is coming soon: post-arrival orientation, language coaching, community integration, and career guidance. Email euditoria@gmail.com to be notified at launch.