

*People who travel to another country to live, work or study for a period of time often suffer badly from homesickness.*

*Why is it?*

*What are the best ways to reduce this problem?*

Some people believe that people who immigrate to another country to find a job or study at a university might face loneliness and miss their hometowns. There are several reasons why individuals feel homesick and also there are also some strategies to decline-minimise these troubles.

On the one hand, it is fair to say that the majority of people, after traveling long, might undergo a painful experience such as homesickness. One thing that really stands out is that individuals, who are far from their hometown, are keen to spend their quality times with their parents, siblings, and friends. For instance, those who leave their old parents are afraid that they will never get an opportunity to visit them again. Another reason could be that people, who travel to find a better job or to achieve their other yearnings, after a while, may suppose that they have taken an unreasonable decision because if they lived in their own country, it was probable that they could find an appropriate job as well as studying in their university.

However, these problems are not insolvable, provided that effective actions are taken. The most obvious one could be that ~~because of~~ advanced d telecommunication technologies such as many applications like WhatsApp, Skype, and IMO, allow people to make a visual connection with their parents, not only do they talk to each other but also they can visit one another at least once a year. Another practical way might be that they should not be alone and attempt to make a suitable communication with other people to alleviate their feeling homesick.

To sum up, from my point of view, people, before going abroad, should be prepared to encounter a lot of difficulties and also in terms of mental situations must be ready to tackle these problems.