

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

***Why is this?***

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

Throughout the globe, people always seek for better opportunities, in their career, education and in their daily life. Disappointed of getting what they believe ~~is~~-rightfully belongs to them in their motherland, some choose to immigrate or to study abroad, despite the fact it will be a challenging decision which affects every little aspect of their lives.

It is widely accepted that travelling to another country will bring new opportunities and may provide many new facilities to help one's dreams come true. Though, it is not as easy as it may seem to be. One of the first and most important challenges which an immigrant or foreign student is faced with is cultural shock. They encounter ~~with~~ people who think different and see world from different perspective, sometimes one word or action may have totally opposite meaning and they will end up in an unwanted quarrel. Also, leaving their countries in their twenties or thirties, people lose their network of families and friend and get separated from the emotional bonds they have always had. On the other hand, seeking a better educational environment or looking for a more convenient career, people tend to fantasize about a utopia which has never existed. This fantasy soon will vanish and reality pervadesprevails, and an otherwise safe haven will become a hell.

However, there is also a bright side to immigrating or studying abroad. Having assessed all the aspects of living in a new country, from cultural views and social relations to daily life issues, like going to a grocery store or how to use ~~the~~-public transportation-system, people will have a more realistic view towards their new home. Through socializing with other citizens and by being focused on their vision, over which they said farewell to their loved ones, immigrants and foreign students will ameliorate the circumstances and feel less homesick.

To summarize, the challenges associated with moving to another country, either to live, to work, or to study, cannot be neglected. By losing their emotional support from their relatives and friends, it may be harder to cope with new conditions than ~~it-those which~~ initially appeared and people will get homesick. On the contrary, having a clear outlook, embracing the opportunities ahead and being actively engaged in their goal, people will find the new home as sweet as their mother country.