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EMPOWERING GROWTH: HOW ADAPTATION SHAPES THE FOREIGN STUDENT EXPERIENCE IN UKRAINE

Introduction. Adaptation of foreign students in Ukraine is a complex process that encompasses various aspects of their life and studies. The extent to which they successfully integrate into a new environment can depend on individual students. The main factors influencing this process include language barriers, cultural differences, peculiarities of the education system, level of social support, financial aspects, presence of ethnic communities and operational support. The interaction of these factors determines how comfortably and successfully students can adapt to a new life and studies in Ukraine.

The purpose of the work is to analyze and highlight the factors affecting the process of adaptation of foreign students at higher educational institutions of Ukraine.

The adaptation of foreign students in Ukraine is a process that involves interaction with various aspects of the new environment [1]. It includes adapting to the language environment and learning Ukrainian, as well as understanding cultural differences, such as traditions, norms of behavior and peculiarities of interaction. In addition, foreign students face the peculiarities of the Ukrainian higher education system, such as teaching methods and requirements for students [3]. Social support from the university, exchange programs and other student organizations is also important for successful adaptation.

Financial issues, presence of ethnic communities and operational support can also influence this process. The interaction of these factors forms a unique experience of adaptation for every foreign student in Ukraine.

The further adaptation process may also involve active participation in student life, interaction with local students, and participation in cultural events

or clubs. This helps international students deepen their knowledge of the country and culture, as well as develop new friendships and social connections. Support from the university administration and the availability of adaptation programs aimed at supporting foreign students in the first months of study are also important. As a result, successful adaptation allows foreign students to maximize their potential for study and personal development in Ukraine.

Further adaptation may also include involvement in academic and extra-curricular projects, internships with local companies or organizations. This participation helps them expand their knowledge and skills, find potential career opportunities, and build professional contacts. In addition, maintaining mental health through a healthy balance between study, work, and rest is crucial for adaptation. By finding fun and engaging activities in their new environment, international students can enrich their experience [2]. Overall, the ongoing process of adaptation empowers foreign students to become active participants in university life and successfully integrate into Ukrainian society.

An additional component of the adaptation for foreign students is the development of independence and decision-making skills. In a new country, they often face new challenges that require them to find independent solutions. This not only fosters successful adaptation to new conditions but also contributes to their personal growth. Additionally, participation in international exchanges, internships, or cooperation projects allows them to gain valuable experience, expand their career prospects, and promote cultural exchange and understanding through interaction with students from other countries.

The process of adaptation for foreign students in Ukraine is an ongoing journey of self-development, where they acquire new knowledge, skills and experience that contribute to their personal and professional growth. An important aspect of this adaptation is understanding and accepting Ukrainian cultural values and customs. This includes getting to know the country's traditions, holidays, cuisine and other aspects of cultural life. Integrating into the local environment and respecting local customs fosters a sense of comfort and

belonging for students in their new place of residence. Furthermore, developing intercultural competence becomes crucial. This refers to the ability to effectively communicate and interact with people from different cultural and social backgrounds. It encompasses understanding and respecting cultural differences, the ability to accept and adapt to new views and beliefs, and working effectively in a multicultural environment.

Conclusion. Therefore, adaptation for foreign students in Ukraine extends beyond simply learning and adjusting to a new educational environment. It encompasses a journey of cultural immersion, personal growth, and the potential for fostering new avenues of international collaboration. This enriched experience can equip them with the skills and knowledge to become well-rounded global citizens, prepared to thrive in an interconnected world. Ultimately, successful adaptation empowers them to not only excel academically but also to embrace the unique cultural tapestry that Ukraine offers.

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