Understanding the cultural rollercoaster while living abroad
You have a great experience ahead!
1. Honeymoon :) 
2. Culture shock / Frustration :( 
3. Adjustment :|
4. Acceptance / Mastery :)
Culture shock triggers

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Exercise your flexibility to overcome the disappointment...
Set yourself a goal each day of interacting with at least one new person, whether that's a shop assistant or a bartender.

Suggestions
Other suggestions...
Psychological Counseling Service

Email: serviziopsicologia@unipv.it

Zoom interviews will have a maximum duration of 50 minutes
... HAVE FUN!

And wear your mask!!
THANK YOU FOR YOUR ATTENTION!

If you have any questions, please write in the chat!