

## Exploring the Relationship between Social Engagement and Well-being of International Students in Groningen



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### **Abstract**

This study explores the intricate relationship between social engagement and the overall well-being of international students in Groningen, the Netherlands. By conducting interviews with international students, the study examines the role of social activities, local interactions, and barriers to social engagement in shaping their well-being. The results highlight the importance of social engagement in fostering connections and providing access to social support, which is essential for adjustment processes. The study emphasizes the complex interplay between personal and environmental factors shaping international students' social engagement, adjustment, and well-being. These findings contribute to the existing literature on social engagement and well-being among international students and provide context-specific insights into their experiences in Groningen.

*Keywords:* social engagement, well-being, adjustment, international students, social support, Groningen

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## **1. Introduction**

### *1.1 Background*

Over the past few decades, the globalization of higher education has led to a significant increase in international student mobility (Altbach et al., 2019). Until 2022, over five million students were studying outside their home country, which has tripled in the past two decades (OECD, 2022). This diverse group has also been recognized as vulnerable due to the many challenges during their stay abroad. These challenges include cultural and language barriers, as well as social exclusion, loneliness, and isolation. (Smith & Khawaja, 2011; Zhou et al., 2008).

Groningen, one of the country's leading student cities, is a popular destination for students worldwide due to its high-ranking universities, vibrant student life, and inclusive and safe environment it offers (Adeline, 2023). However, like other international students globally, those in Groningen face challenges that can affect their overall well-being. Hence, studying this demographic in the context of Groningen is relevant due to the unique combination of their vulnerability and the city's international appeal.

Social engagement, also known as social involvement or social participation, is a critical aspect of the student experience. Extensive research suggests it significantly influences students' overall well-being (Glass et al., 2013; Hendrickson et al., 2011). Particularly for international students, social engagement not only aids in overcoming feelings of loneliness and isolation but also fosters a sense of belonging and integration into the host society (Poyrazli & Kavanaugh, 2006). Previous research has also highlighted the role of social engagement in promoting positive health behavior and overall well-being (Luo et al., 2020). Engaging in social activities can help individuals feel like they belong, establish supportive networks, and access resources that can improve their well-being, according to Tang et al. (2017). However, the effect of social

engagement on the overall well-being of international students still needs to be explored, despite the recognized benefits.

The COVID-19 pandemic has significantly impacted the social engagement and well-being of students, especially international students, as noted by Amoah & Mok (2022) and Sahu (2020). Due to social distancing measures and remote learning, many students have experienced feelings of isolation and loneliness. Therefore, it is crucial to understand the impact of social engagement on international students' well-being in a post-pandemic context which could provide insights into how to support students in readapting to normal university life and ensure their overall well-being.

By exploring the experiences and challenges of international students in Groningen, this research can contribute to the literature and inform the development of support services and interventions strived at improving their well-being. Given the importance of social engagement in overall well-being and the lack of research, particularly in the post-pandemic era, this study can provide context-specific insights and help students readapt to university life.

### *1.2 Main Research Question*

How does social engagement shape the overall well-being of international students in Groningen?

### *1.3 Sub-questions*

1. How do international students in Groningen perceive their social engagement, and how does it influence their well-being?
2. What are the barriers and facilitators for international students in Groningen regarding social engagement and adjustment?

3. How do personal factors and environmental factors influence the social engagement, adjustment, and well-being of international students in Groningen?
4. How do international students in Groningen cope with difficulties relating to social engagement
5. How does the availability of social support influence their well-being and adjustment?

## **2. Theoretical Framework**

This theoretical framework aims to comprehensively examine the dynamics between social engagement, adjustment, and the overall well-being of international students in Groningen. Drawing from a wide range of literature, this framework strive to understand the underlying mechanisms that bind social engagement and overall well-being and interrelates these elements through the medium of adjustment. It include critical concepts like social engagement, adjustment, social integration, social networks, and well-being to unravel the complex realities of international students. As illustrated in Figure 1, social engagements, adjustments, and overall well-being represent a complex interplay of factors that can influence the experiences of international students in Groningen. It is crucial to acknowledge the interplay of these elements. The relationship between social engagement and well-being may be bidirectional, where an individual's well-being can influence their level and quality of social engagement and vice versa. Moreover, the adjustment process may interact with both social engagement and the student's overall well-being.

### *2.1 Conceptualizing Social Engagement*

The concept of social engagement, alternatively known as social participation or social involvement, plays a foundational role in shaping social relationships and fostering a sense of belonging, social identity, and fulfillment (Luo et al., 2020). Social engagement's core aspects stem from Bowlby's (1977) idea that humans universally form close affectional bonds.

Subsequently, social networks emerge as a web of social relationships surrounding an individual, characterized by their ties and defined by opportunities for engagement that foster meaningful social roles (Berkman et al., 2000). These roles ultimately cultivate a sense of value, belonging, and attachment. Extensive research has consistently associated higher levels of social engagement with lower health risks, reduced perceived depression, improved self-rated health, and an enhanced quality of life (Luo et al., 2020). Moreover, the concept of social inclusion, involving both physical and emotional aspects of social interactions, is essential to form and to maintain meaningful social relationships (Arslan et al., 2022). It can promote mental health and well-being among individuals, especially among young people, and help to address several challenges, such as psychological symptoms, relationship insecurity, and loneliness (Arslan et al., 2022).

## *2.2 Adjustment*

For international students, the concept adjustment refers to the process of adapting to a new environment, encompassing academic, social, and cultural aspects while experiencing reduced stress or satisfaction in their new setting (Rybo-LoPresti & Rhein, 2021; Rienties & Tempelaar, 2013). It is a complex process, including dealing with stressors in the new environment and adopting new cultural norms (Rybo-LoPresti & Rhein, 2021). In the short term, an adjustment involves making small changes in effect, behavior, and cognition to accommodate new settings. The adjustment process involves three aspects: cultural adjustment, academic adjustment, and social adjustment.

Cultural adjustment involves understanding and navigating the cultural values, beliefs, and practices of the host society (Berry, 2005). It requires international students to clarify their

own cultural values and adapt to the new cultural context (Berry, 2006). The academic adjustment refers to the degree of success and satisfaction a student experiences in coping with the educational demands of the host institution (Rienties & Tempelaar, 2013). Social adjustment focuses on how well a student engages in interpersonal and social activities within the new social environment (Rienties & Tempelaar, 2013).

The process of adjusting to a new culture is influenced by various factors, including the presence of intimate friendships with host nationals, the depth of social interactions with host nationals, and the establishment of a social support network (Hendrickson et al., 2011; Rienties & Tempelaar, 2013; Hotta & Ting-Toomey, 2013). Lack of social engagement and limited social interactions with locals can hinder the adjustment process (Hendrickson et al., 2011). Therefore, participating in social activities can help facilitate the adjustment process.

### *2.3 Social Integration and Social Network*

Social integration is also an aspect of social engagement that involves participating in both formal and informal social relationships, such as being involved in religious and volunteer organizations (Umberson & Montez, 2010). Studies suggest that having low involvement in social relationships can increase the risk of mortality. Furthermore, social ties influence health behaviors that promote health and prevent illness or undermine health. Thus, it is crucial to emphasize the need to promote social integration for overall well-being.

Social networks refer to the web of social relationships surrounding an individual and the characteristics of those connections. These networks operate at the behavioral level through four primary pathways, including social support, social influence, social engagement and attachment, and access to resources and material goods (Berkman et al., 2000). Therefore, it is essential to



find out the role of social networks in facilitating social engagement, well-being, and adjustment in the framework.

#### *2.4 Understanding Well-being*

The concept of well-being has been the subject of significant interest and research over the years, as it is such a complex and intertwined subject. However, despite numerous dimensions being linked to it, defining it remains a challenge, as there is no universally agreed-upon definition yet (Dodge et al., 2012). While most studies focus on the dimension and experiences associated with well-being rather than providing a clear definition. Dodge et al. (2012) proposed a conceptual approach, introducing the notions of equilibrium and the balance between resources and challenges.

A new definition proposed by these authors defines well-being as the balance point between an individual's resource pool and the challenges faced. They illustrate this concept with the model of a seesaw, representing the drive of an individual to return to a set point for well-being and maintain equilibrium or homeostasis (Dodge et al., 2012) According to this model, an individual's well-being is affected when they face more challenges than resources available to them. On the other hand, a stable state of well-being is achieved when individuals have the necessary psychological, social, and physical resources to overcome specific challenges. The concept of well-being is dynamic as any imbalance between these factors can impact it. This new definition highlights the importance of resources in maintaining well-being (Dodge et al., 2012). This definition will also use to explore how social engagement would play a role in this equilibrium and achieve the balance of well-being.

### *2.5 The Interplay of Social Engagement and Well-being*

The interplay between social engagement and well-being is very intricate. Luo et al. (2020) suggests that social engagement could expand individuals' social networks, increasing access to social support and enhancing health behaviors. These health behaviors might include various practices and habits that have a significant influence on one's health, such as physical activity, healthy eating, regular sleep patterns, appropriate stress management, and avoidance of harmful substances. Interactions within social circles can help individuals adopt these positive lifestyles, thereby enhancing their overall health. By offering a sense of belonging and attachment, social engagement positively impacts individuals' mental health, thereby influencing their overall well-being (Berkman et al., 2000).

Interactions between these dimensions of well-being are also essential to consider. Social support, referring to the emotionally sustaining qualities of relationships, has been found to significantly benefit mental and physical health (Umberson & Montez, 2010). Moreover, greater social connection fosters a sense of "coherence" or meaning and purpose in life, enhancing mental, physiological, and physical well-being. Social well-being often hinges on social inclusion, fostering a sense of coherence and meaning in life, which subsequently promotes mental health (Umberson & Montez, 2010).

Social engagement could buffer against the negative impacts of cultural value conflicts, often experienced by international students (Yue & Lê, 2013). The extent of social involvement within the host society directly influences these students' sociocultural adjustment, which in turn, affects their overall well-being (Yue & Lê, 2013). Social engagement can also increase social connectedness and social support network satisfaction, both significant predictors of stress for international students (Hendrickson et al., 2011). Furthermore, personal factors such as

personality traits, language proficiency, and cultural background also play a crucial role in determining the level and type of social involvement that a student can engage in (Zhang & Goodson, 2011). For example, students who are more extroverted or possess better language skills might find it easier to establish social connections and participate in various activities, thereby enhancing their social engagement and, ultimately, their well-being.

Environmental factors, such as institutional support systems and local communities, can also shape international students' social engagement experiences. Greater support from the host institution and a welcoming local community may facilitate social interactions and networking opportunities for these students, promoting their well-being and adjustment process (Rienties & Tempelaar, 2013).

Overall, the complex interplay between personal and environmental factors, cultural differences, and social engagement significantly shapes the well-being of international students in different contexts, such as Groningen. Understanding these factors is crucial for providing targeted support and fostering a positive experience for international students in their host environment.

## *2.6 Conceptual Model*

Figure 1 shows the conceptual model illustrates the relationship between social engagement, adjustment, and overall well-being for international students studying in Groningen. According to the model, higher levels of social engagement can lead to improved adjustment, which positively affects the well-being of international students. It's essential to recognize that well-being can also have a reciprocal effect on social engagement. Individuals with higher well-being levels are more likely to engage socially, creating a bidirectional relationship.

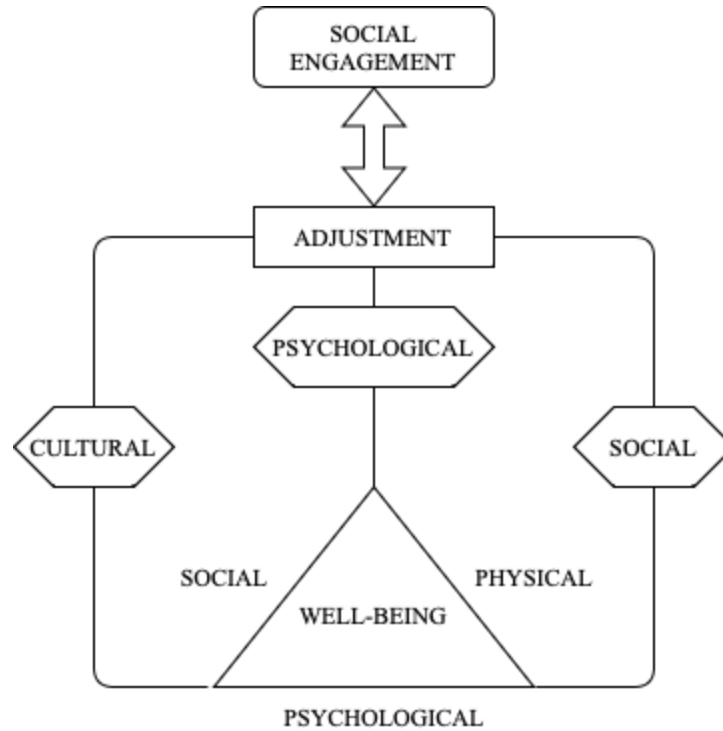


Figure 1. Conceptual Model

### *2.7 Expectations*

The expectations focus on understanding the nuanced, multi-dimensional experiences of international students in Groningen. It is expected that participants' narratives will highlight how social engagement interplays with their overall well-being, spot the influence of personal and environmental factors on their adjustment processes and provide insights into potential areas for support and intervention. The goal is to gain a deeper understanding of the complex experiences of these students in their host environment.

### **3. Methodology**

#### *3.1 Research Design and Rationale*

This research use a qualitative method to explore the experiences of international students in Groningen, specifically focusing on the dynamics of social engagement and well-being that drove by the process of adjustment. The qualitative method is ideal for this research it could provide in-depth insights and rich descriptive data, which are needed to capture the complexity and richness of the international student's experiences. The qualitative method also aligns with the research aim and research questions, which seek to understand the students' experiences from their own perspectives instead of focusing on associations or causality. It can also help to dive into participants' attitudes, feelings, and behaviors, allowing a thorough understanding of their social engagement and well-being.

#### *3.2 Data Collection*

Semi-structured interviews will serve as the primary data collection tool for this study. This form of interview is suitable as it enables the collection of detailed personal and subjective data from participants (Clifford et al., 2016). It is flexible enough to allow researchers to dive deeper into issues that emerge during the interview process, thereby encouraging participants to share rich, relevant, and unexpected insights. The participants will consist of international students currently studying in Groningen. They were recruited through a combination of purposive and snowball sampling to ensure the inclusion of a diverse range of experiences. The interviews were guided by an interview guide that included open-ended questions and prompts related to the student's social engagement and well-being experiences. All interviews were conducted in English, recorded, and transcribed to ensure accuracy and facilitate analysis.

In this study, six international students currently studying in Groningen were interviewed to gather valuable perspectives and insights into their social engagement and well-being experiences. Table 1 below provides an overview of each participant's background, including age, gender, country of origin, and length of residence in Groningen.

<b>Participant</b>	<b>Age</b>	<b>Gender</b>	<b>Country of Origin</b>	<b>Length of Residents in Groningen</b>
1. Vernon	24	Male	Germany	4 years
2. Maria	25	Female	Albania	4 years
3. Patricia	26	Female	Gambia	3 years
4. Fiona	22	Female	Iran	5 years
5. Martin	21	Male	Hungary	9 months
6. Adrianna	20	Female	Poland	9 months

Table 1. List of Participants (Pseudonyms are used for anonymity)

### 3.3 Data Analysis

For this research, the data collected from the interviews were analyzed through an iterative process of both deductive and inductive thematic analysis, which involved identifying, analyzing, and interpreting patterns or themes throughout the transcripts (Clifford et al., 2016). First started by familiarizing the data through multiple readings of the interview transcriptions. The coding process started with a deductive approach, identifying pre-existing concepts from the literature, and then focusing on the underlying themes of social engagement, adjustment, and well-being. It was flexible to adopt any emerging insights, therefore integrating an inductive approach. This coding process were done many times to represent the data accurately. Codes were then grouped into themes, and smaller clusters were classified as sub-themes.

The analysis was conducted using ATLAS.ti to organize, code, and manage the data. The process was flexible, allowing for continuous reflection and refinement of themes as the analysis evolved throughout the project. The data was revisited regularly during coding to ensure the codes' precision and relevancy. Throughout this iterative thematic analysis process, this study can provide rich details from the data.

### *3.4 Quality of the Data*

The quality and reliability of the data collected for this study were preserved through several strategies. One of the central factors was the researcher's objectivity and neutrality during the interviews. The open-ended questions were deliberately formulated and asked that allowed participants to elaborate on their experiences freely, without feeling led towards specific responses. In doing so, the risk of interview bias was minimized.

The questions were designed based on the theoretical framework, make sure that they targeted the relevant aspects of social engagement and the well-being of international students. This process could also better explore these concepts and encouraged participants to provide detailed responses that were rich in content and context.

Furthermore, the semi-structured format of the interviews offered flexibility and adaptability during the interview process. It allowed participants to navigate the conversation and emphasize areas they felt were most significant to their experiences. Using this approach, we were able to gather detailed and subtle insights that would not have been possible through a more structured interview process.

### *3.5 Ethical Considerations*

Before initiating each interview, all participants were asked to provide verbal consent to participate in the study. This was audio-recorded at the start of each recorded interview as evidence to affirm the consent obtained was recorded and traceable. They were fully informed about the study's objectives, methods, and their rights as participants. The researcher reiterated that they had the right to withdraw from the study at any time. In order to maintain their anonymity, pseudonyms are used and participants' identities were not disclosed or linked to their responses at any point during the data collection, analysis process. All research materials, including interview recordings and transcripts, were securely stored, and access will be limited to the researcher and supervisor, where applicable.

## **4. Results**

The results are presented in three main themes: Social Engagement, Adjustment Processes, and Well-being, which were derived from the literature and participants' narratives. The themes are divided into subthemes that provide a detailed analysis of participants' experiences, including social activities, interactions with local students, barriers to social engagement, social support's role in adjustment processes, socio-cultural adaptation experiences, personal and environmental factors, and coping strategies.

### *4.1 Social Engagement*

#### *4.1.1 Social Life*

When considering the social lives of the participants, they revealed a variety of experiences to engage in within Groningen. It is evident from the responses of the participants



that social activities have played a significant role in their social engagement and overall well-being. Most participants mentioned participating in various activities such as clubs, sports, going out with friends, attending university events, and joining student associations. One participant mentioned that *"Luckily, I had a group of people, which I still am friends with, that really pushed me to go out and to be more present."* (P2, Maria, Albania). Another participant also expressed, *"I meet up with friends, go out to the city center, bars, concerts. I also play tennis and attend events organized by student organizations."* (P1, Vernon, Germany). These activities allowed them to develop meaningful connections with fellow international students and local students, enhancing their social engagement.

However, student narratives reveal an additional layer of complexity brought on by the COVID-19 pandemic. For instance, Participant 2 initially experienced overwhelming feelings when adjusting to her new life in Groningen. Yet, she had managed to settle into her new environment in time. Unfortunately, just as Maria had become comfortable, the COVID-19 pandemic reshaped her experience, *"my mental well-being took a turn for the worse during COVID, which I believe happened to many people due to the lack of social contact."* (P2, Maria, Albania). Maria only went out to buy groceries every eight or nine days. The academic experiences of online schooling also affected her mental state. She apparently dealt with significant hindrances to maintain her mental well-being during the pandemic.

Similarly, participant 5, shared his experiences of feelings of loneliness and the steps he took to overcome them. *"I often feel lonely, especially since I've been spending a lot of time by myself. About a year ago, I started going to the gym to make new friends and boost my energy levels. However, due to the COVID pandemic, my routine has been disrupted, and I've been forced to isolate myself more. It's been tough adjusting to these changes."* (P5, Martin, Hungary),

highlighting the profound impact that COVID-19 has had on students' mental and social wellness.

These stories resonate with the literature emphasizing the indispensable role of social engagement in enhancing students' overall well-being (Glass et al., 2013). They highlight the detrimental effects that social restrictions related to crisis events like the COVID-19 pandemic can have on international students' social engagement experiences and overall well-being, thereby stressing the need for effective coping strategies and support systems to navigate through such challenging times. The significant change to their everyday routines and the lack of social contact deeply affected the students' mental well-being, demonstrating how key elements of social engagement such as participation in social activities and interaction with peers play a fundamental role in shaping international students' well-being (Luo et al., 2020).

#### 4.1.2 Interactions with Local Students and Community

The participants reported varying experiences when it came to their interactions with local students and the community. Some participants felt that there was a barrier and limited connections between international students and local students, while others reported positive and easy interactions with both local and international students. A participant joined a magazine and another student association, resulting in interactions with a larger circle of friends. She expressed, *"The longer I've stayed here, the better it got."* (P3, Patricia, Gambia), indicating that her interactions improved over time. Another participant felt that language barriers could be a hindrance to engaging with local students but mentioned that their interactions have improved over time, *"Not speaking Dutch is like a big factor in making new social connections."* (P5, Martin, Hungary).

An insight was provided by Participant 1, who stated, *"Even though, at the beginning, it was hard to make Dutch friends, even in the study, because they were most of the time in their own kind of circle. Exactly. Which is okay. But it just made it sometimes difficult. Yeah. I could feel the exclusion a little bit."* (P1, Vernon, Germany). This comment reflects existing research that has identified that limited social interactions with host nationals can hinder the adjustment process (Hendrickson et al., 2011). By being predominantly within their own social circles, local students inadvertently create an invisible barrier, which can make it hard for international students to engage in social participation. This experience could lead to feelings of exclusion among international students.

On the other hand, Participant 4 shared her positive experience with people from their community. She stated, *"I am fortunate to have friendly neighbors in my community who are 40 plus. I appreciate living in this neighborhood and feel grateful for the few neighbors I have formed a bond with. During my time as a student, I studied for a year at the Hanze and was able to connect with local students. It was easy to approach them for help or just a chat since we worked together frequently on projects. However, it can be challenging to establish a deeper connection with others."* (P4, Fiona, Iran). Additional insight by Participant 5 further emphasizes the complexity of international students' interactions with locals. He shared his experience: *"And of course, when I when I talk with Dutch people, and there's like other Dutch people around and they start speaking in Dutch, and you know, that situation feels a bit excluded."* (P5, Martin, Hungary).

The diverse experiences of the participants spotlight the complexity of social engagement for international students. Some participants were able to successfully navigate their social interactions, fostering connections and enhancing well-being. For others, however, pre-existing

barriers such as language differences and cultural norms caused difficulties in establishing meaningful relationships with local students.

#### 4.1.3 Barriers and Facilitators

Language barriers and cultural differences surfaced as barriers affecting participants' social engagement. The inability to speak Dutch, as well as different social cultures, could limit the depth of connections between international and local students. Multiple participants have mentioned: *"Not being able to speak Dutch fluently could cause some feelings of exclusion for me."* (P4, Fiona, Iran). *"Well, of course, not speaking Dutch is like a big factor in like making new social connections."* (P5, Martin, Hungary). Participant 1 also mentioned the limited connections between international and local communities: *"I mean, with my neighbor community, I don't really interact much with other flatmates. I see him sometimes but mainly when we're using the kitchen together, we have a conversation, but it's very limited, I would say not."* (P1, Vernon, Germany).

On the other hand, some facilitators included participation in social activities and the support of close friends. Participant 2 highlighted, *"My friendships helped me a lot. I would say, also something that I didn't mention, I know that support from the university, even though I haven't directly used any of the support, but I know that it's been there."* (P2, Maria, Albania). Also, Participant 5 emphasized the importance of participating in introductory events to facilitate integration and adjustment for international students and also living in a student house helps: *"I believe that the fact that I lived in like, like in a big student house, which was like around 100 residents, it really adds because especially the fact that it had a common kitchen because it was*

*like a good meeting place for everyone on the floor. Yeah. And that's where I met a lot of people."* (P6, Martin, Hungary).

## 4.2 Adjustment Processes

### 4.2.1 Social Support

Participants emphasized the vital role of social support in their adjustment processes. They reiterated that emotional assistance from close friends, family members, and intimate relationships greatly contributed to their well-being and their ability to cope with foreign surroundings. As highlighted in previous literature, various aspects such as intimate friendships with host nationals, the breadth and depth of social interactions, and the formation of a support network significantly influence adjustment for international students (Hendrickson et al., 2011; Rienties & Tempelaar, 2013; Hotta & Ting-Toomey, 2013).

Participant 3 claimed that emotional support, particularly from close friends and family, was essential for their well-being. *"My close friends and my brother offer the most important support for me."* (P3, Patricia, Gambia) Participant 6 also highlighted the significance of social support from various sources, including friends, family, and intimate relationships. *"My close friends and my parents offer the most important support for me."* (P6, Adrianna, Poland). She particularly highlighted the support she received from her boyfriend. *"Oh, it was life-changing. Like, you know, it's a new city. It's a new country. But since I've met him, I feel like I started feeling like at home here."* (P6, Adrianna, Poland). Such intimate relations significantly contribute to international students' sense of belonging and ease their adjustment to a new environment allowing them to cope better with challenges and participate in social activities more comfortably.

Furthermore, Maria also acknowledged the facilitative role of various on-campus and community activities in fostering integration and creating a supportive social environment. She recognized Groningen's wealth of social opportunities, from university-organized activities to other city-wide events facilitating social interactions and integration. As she pointed out, *"There are a lot of student associations and a lot of activities that are organized by the university, but also not just university activities. Also in the city, there are a lot of opportunities for people to be more integrated."* (P2, Maria, Albania). Although she noted that language proficiency could enhance the integration process, she felt it was still possible to feel integrated as an international student without learning the language, thereby highlighting the importance of an inclusive and welcoming host environment in facilitating the adjustment process.

#### 4.2.2 Socio-Cultural Adaptation

Participants acknowledged the challenges of adapting to a new cultural environment. Participant 4 stated, *"Of course, it's harder as an international, but I think it's okay. And it should be this way because what did I expect, like going to another country? It, of course, won't be easy."* (P4, Fiona, Iran). Her cultural background played a role in her interactions with local students, which also required her to clarify her own cultural values and adapt to the new cultural context (Berry, 2006). The interviewee shared her struggles with adjusting to Dutch society, stating:

*"I don't, I was actually, if I'm being honest, in Iran, I was always another one.... I was lost, I was lost myself because it was not me anymore. It was the one that people wanted, that the government wanted that the culture wanted to, for me to be as the girl in that society, you have to be the best version of you."* (P4, Fiona, Iran).

Moreover, she expressed uncertainty about adapting her behavior in the new environment: *"Sometimes I don't know how I have to be in the social environment here because I don't know. Maybe it's weird to them. Maybe it is."* (P4, Fiona, Iran). This highlights the challenges international students face in understanding and navigating the cultural values, beliefs, and practices of the host society (Berry, 2005).

Most participants from other European countries expressed that they were able to adjust and adapt over time, with the support of their social networks and personal experiences. The common European cultural background and exposure to a relatively similar environment allowed them to gradually adjust to Dutch society with less difficulty. As Participant 6 affirms: *"Maybe I had some, like, culture shocks with Dutch people as they are very direct. But other than that, I feel like it's been pretty similar in a way. And also I never like to think about it another way. Like, I never feel like, 'Oh, I'm from Poland.'"* (P6, Adrianna, Poland). This suggests that despite initial cultural shocks caused by differences in communication styles, the cultural proximity amongst European countries eased her adjustment process. The role of ongoing social interactions and shared experiences with other students proved valuable in fostering strong personal connections and an overall sense of belonging, thereby buffering against the negative impacts of cultural value conflicts (Yue & Lê, 2013).

However, Participant 4's situation presents a unique case due to her participation in a Dutch-speaking study program as an international student. Her experience might be significantly different from those of her peers pursuing English-speaking programs. The challenges associated with familiarizing herself with the Dutch language and academic setting compounded her ongoing efforts to navigate cultural differences and societal expectations. Consequently, Participant 4's adjustment process required her to overcome not only the typical cultural and

language barriers but also immerse herself in a predominantly Dutch-speaking environment. Her transition to this environment highlights the importance of recognizing the diversity of experiences and challenges faced by international students when assessing their socio-cultural adaptation and corresponding support systems.

#### 4.2.3 Personal and Environmental Factors

Personal and environmental factors played a role in participants' adjustment processes. When asked about personality traits, such as extroversion or introversion, interviewees agreed that as a factor it could assist or hinder social interactions. Environmental factors, such as living in a student house or engaging in extracurricular activities, also influenced participants' adjustment experiences.

Participants mentioned various personal and environmental factors that influenced their social engagement and well-being. Participant 4 felt that her personality traits indirectly influenced her social interactions, as the perfectionist aspect of her personality pushed her to focus on her accent and self-improvement:

*"I have heard from my classmate saying that your Dutch speaking is so good, I literally understand anything you are saying. And I've heard it from a lot of Dutch people. And but something in me that is a perfectionist that I'm trying to kill it. Always say, oh, it's maybe not that good enough. Oh, it's maybe because of your skin, your accent, 'look at their accent.'" (P4, Fiona, Iran).*

Participant 6 noted the importance of having a positive mindset to overcome challenges, stating, *"Avoiding negativity and focusing on positive things help."* (P6, Adrianna, Poland).



Environmental factors included the support of friends, family, and the university, which helped participants adapt to their new environment and foster social engagement.

### *4.3 Well-being*

#### *4.3.1 Coping Strategies*

Participants shared various coping strategies to maintain their well-being in the face of challenges. These strategies included talking with close friends, family, and support networks, participating in physical activities, engaging in mindfulness practices such as meditation, and doing activities they enjoy, such as cooking or cycling. Participant 3 mentioned her coping strategies, *"Having someone to talk to and doing activities I enjoy, like cooking or cycling, helps."* (P3, Patricia, Gambia). Participant 4 spoke of using meditation, mindfulness photography, gratitude lists, and seeking solace from loved ones during moments of doubt. Participant 6 mentioned discussing problems with people close to them and occasionally distracting themselves with walks or movies to cope with stress.

Participant 1 attributed his well-being to regular physical exercise, especially during the pandemic, which allowed him to cope in the face of limited social contact:

*"I mean, for everyone, the pandemic wasn't very helpful for mental well-being. But I really tried to at least, physically stay in shape during that time. And what really helped me was like that. I had a good routine of just going for runs every two days. So even though I didn't have much social contact during that time, I really kind of survived. Yeah. Like that. And currently, I would say, my mental well-being is pretty good. Except maybe for study-related stress."* (P1, Vernon, Germany)

His statement provides insights into the relevance of physical activities as a coping strategy, which can enhance mental health and well-being, as emphasized by Luo et al. (2020). Regular physical exercise can foster a sense of normalcy and routine, potentially buffering against feelings of loneliness and stress.

Adrianna stressed the importance of talking out her anxieties with someone she trusts. She found that sharing her problems and concerns provided relief, especially for minor, recurring stresses.

*"I would say a good coping strategy would be just talking to people about the things that stress me. I wouldn't do it with everyone I know but like when it's a close friend or boyfriend and like there's it's quite easy for me to just say what's on my mind, and it's definitely helpful most of the time. Even though there are stressful situations when sometimes, even talking can't really help but in minor, stressful things, it's usually pretty effective."* (P6, Adriana, Poland)

Her experiences emphasize the importance of Berkman et al.'s (2000) argument that social networks offer emotional support, which can significantly aid mental and physical health.

#### 4.3.2 The Role of Social Support

The role of social support in the participants' well-being was found to be crucial, the study by Luo et al. (2020) suggests that social engagement could expand individuals' social networks, increase access to social support, and enhance health behaviors. Most participants mentioned that their close friends, family, and intimate relationships significantly contributed to their well-being and ability to cope with challenges. The participants' experiences emphasize the importance of establishing and maintaining social connections that provide a sense of belonging and attachment, as these connections positively impact their mental health, well-being, and

adjustment (Berkman et al., 2000). Participant 6 shared, *"I do think the support I have received, it helps me cope with the challenges I have most of the time."* (P6, Adrianna, Poland). Participant 5 observed that receiving support from different sources, especially close friends and family, enabled them to navigate challenges and maintain well-being effectively. For instance, he mentioned: *"Like, when I was in the hospital, a lot of my friends like, helped me with like, bringing in stuff and you know, like keeping me company."* (P5, Martin, Hungary). Participant 3 appreciated the resources available to help facilitate her transition. However, she believed more integration between international students and local Dutch students would promote better understanding and support among peers.

## **5. Discussion and Conclusion**

This thesis aimed to investigate the intricate relationship between social engagement and the overall well-being of international students in Groningen. The main research question was: How does social engagement shape the overall well-being of international students in Groningen? Through qualitative interviews with international students currently studying in Groningen, rich narratives were gathered, highlighting the crucial role of social engagement in their lives, the challenges they face, and the factors that facilitate or hinder their well-being and adjustment processes.

The findings from this study provide an in-depth understanding of the experiences of international students in Groningen. This study indicates that social engagement, through participation in social activities, promotes students' overall well-being by fostering connections and providing access to social support essential for their adjustment process. The results also

highlight how the interplay between personal and environmental factors shaping students' social engagement, adjustment, and well-being.

Comparing the results with other research, this study confirms previous findings on the impact of social engagement on well-being (Glass et al., 2013), the importance of social networks and integration (Berkman et al., 2000), and the challenges faced by international students, such as language barriers and cultural differences (Zhang & Goodson, 2011; Berry, 2005). The study also provides context-specific insights into international students' experiences in Groningen, enhancing the understanding of their adjustment processes, coping strategies, and well-being.

Interestingly, this study's findings echo the importance of personal and environmental factors in shaping students' social engagement, adjustment, and overall well-being, similar to conclusions drawn in previous research (Zhang & Goodson, 2011; Rienties & Tempelaar, 2013). Such parallels suggest that these factors are important aspects of the international student experience and should continue to be recognized as crucial components in future research and support interventions.

The strengths of this thesis lie in its qualitative approach, which allowed for an in-depth exploration of individual experiences, and its focus on Groningen, which provides a unique context for understanding international students' social engagement and well-being. Moreover, the study highlighted the challenges international students faced in the aftermath of the COVID-19 pandemic, which is particularly relevant for today's higher education institutions.

However, the study has some limitations. The small sample size may limit the findings' generalizability, and the data's self-reported nature could potentially introduce bias. Additionally, the study predominantly relied on participants who successfully engaged in social activities,

which may not reflect the experiences of all international students. Acknowledging these limitations allows for a critical perspective on the research process and the final results.

Recommendations for future research include further exploration of the trajectories of international students' well-being to capture the changes over time and the implementation of research methodologies with more extensive and diverse samples for generalizability, mixed methods approach recommended. Additionally, more research could focus on specific support mechanisms that can facilitate better integration and interaction of international students with local students, thereby fostering a more inclusive environment.

In conclusion, this thesis provides valuable insights into the impact of social engagement on the overall well-being of international students in Groningen. By exploring the students' experiences, challenges, and factors that influence their adjustment and well-being, the study highlights the importance of fostering social engagement for international students. In doing so, it offers a basis for higher education institutions and policymakers to develop targeted support services and create an inclusive environment that enhances the well-being and overall experience of international students in their host societies.

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## Appendix A - Interview Guide

### Introduction (5 minutes)

- Introduce yourself as a student doing research for my bachelor thesis and briefly explain the purpose of the study.
- Explain the interview process, confidentiality, and the approximate duration of the interview.
- Obtain informed consent and permission to audio-record the interview.

### Section 1: Background Information (5-10 minutes)

1. Can you please tell me a little about yourself, including your country of origin, age, and field of study?
2. How long have you been studying in Groningen?
3. How would you describe your overall experience as an international student in Groningen?

### Section 2: Social Engagement (10-15 minutes)

1. How would you describe your social life in Groningen? What types of activities do you participate in with others?
2. Can you tell me about your social interactions with other international students, local students, and community members?
3. Have you joined any clubs, organizations, or taken part in any community activities since arriving in Groningen? If so, please describe your involvement.

### Section 3: Overall Well-being (10-15 minutes)

1. How would you describe your overall well-being in terms of your psychological, social, and physical health since arriving in Groningen?
2. What factors do you think have contributed to your well-being, both positively and negatively?

### Section 4: Adjustment(10-15 minutes)

1. In what ways, if any, do you believe your involvement in social activities has influenced your overall well-being? Can you provide any specific examples?
2. What aspects of participating in social activities do you think are most important for your well-being? Why do you think that is?

Section 5: Individual Factors and Coping Strategies(10-15 minutes)

1. How do you think your cultural background, language proficiency, and personality traits have influenced your involvement in social activities and overall well-being in Groningen?
2. What coping strategies have you used to manage challenges related to your well-being and participation in social activities? Can you give examples of how these strategies have helped or hindered your well-being?

Section 6: Social Support (5-10 minutes)

1. Can you describe the social support you have received in Groningen from friends, family, peers, or university staff? How has this support affected your well-being?
2. In what ways, if any, do you think the support you received has helped you cope with challenges related to your well-being and participation in social activities?

Conclusion (5 minutes)

1. Is there anything else you would like to share about your experiences related to participating in social activities and well-being as an international student in Groningen?
2. Do you have any suggestions for improving the well-being of international students in Groningen?

## Appendix B - ATLAS.ti Coding Report

### ATLAS.ti Report

#### Bachelor's Project

##### Codes

Report created by Tyler Chen on 4 Jul 2023

##### Adaptation

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

##### Quotations:

1:6 ¶23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_otter\_ai.txt 1:12 ¶59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_otter\_ai.txt 1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_otter\_ai.txt 1:15 ¶85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_otter\_ai.txt 1:18 ¶97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_otter\_ai.txt 1:25 ¶141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_otter\_ai.txt 1:34 ¶179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_otter\_ai.txt 1:37 ¶191, Or just, I don't know, take some time off and just make a nice meal for myself yet. Watch something... in Thesis Interview 1\_otter\_ai.txt 1:46 ¶237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much... in Thesis Interview 1\_otter\_ai.txt 1:47 ¶243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_otter\_ai.txt 1:49 ¶267, Of course, they can derive more benefits from being around people that they already know, or people... in Thesis Interview 1\_otter\_ai.txt 1:51 ¶279, People should definitely participate in my introduction events, or events throughout the summer, beg... in Thesis Interview 1\_otter\_ai.txt 1:52 ¶297, join some event? Yes. And, yeah. I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_otter\_ai.txt 2:11 ¶37, Well, I have to say, when I first came here, I was, I was a bit overwhelmed. I had wanted to move ou... in Thesis Interview 2\_otter\_ai.txt 2:12 ¶37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_otter\_ai.txt 2:17 ¶73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn't... in Thesis Interview 2\_otter\_ai.txt 2:19 ¶81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_otter\_ai.txt 2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt 2:33 ¶143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_otter\_ai.txt 2:34 ¶149, Well, I think I think one thing that I didn't mention was the fact that last year, two of my best fr... in Thesis Interview 2\_otter\_ai.txt 2:37 ¶161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt 3:3 ¶11, I'm 26. I come from the Gambia. I am a third year student in Human Geography and Planning, also the... in Thesis Interview 3\_otter\_ai.txt 3:6 ¶29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_otter\_ai.txt 3:12 ¶65, so I have no background mental problems. So minor, more just, I think we just kind of normal when th... in Thesis Interview 3\_otter\_ai.txt 3:15 ¶83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_otter\_ai.txt 3:17 ¶101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_otter\_ai.txt 3:20 ¶113, I think it also depends on how close you were with them beforehand. If you were not as close to your... in Thesis Interview 3\_otter\_ai.txt 3:25 ¶131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_otter\_ai.txt 3:26 ¶137, Yeah, some of them Yeah, most of the time. Yes. Yeah. Like I have to be there so I'm there but I don... in Thesis Interview 3\_otter\_ai.txt 3:28 ¶143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_otter\_ai.txt 3:29 ¶149, I think just being present, just being present, just being yourself out there? Yeah. I mean, you cou... in Thesis Interview 3\_otter\_ai.txt 3:43 ¶247, To me if like if I got everything's like so haphazard, and can't control anything and dirty and stuf... in Thesis Interview 3\_otter\_ai.txt 3:50 ¶295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_otter\_ai.txt 3:52 ¶307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_otter\_ai.txt 3:53 ¶319, Or you've, you want to get in, you get in. And then once you're in, you're really excluded. And that... in Thesis Interview 3\_otter\_ai.txt 4:16 ¶111, No, I did. I have never done something like this. And I was never also thinking about it. I don't kn... in Thesis Interview 4\_otter\_ai.txt 4:22 ¶129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_otter\_ai.txt 4:26 ¶147, I guess the hardest one was me to get to know all where me what I wanted, you know, what kind... in Thesis Interview 4\_otter\_ai.txt 4:40 ¶231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_otter\_ai.txt 4:42 ¶237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_otter\_ai.txt 4:44 ¶246, So, maybe, let's start a little bit with the cultural background. Do you think cultural background r... in Thesis Interview 4\_otter\_ai.txt 4:46 ¶261, Yeah, but when I came here, I think that it was shaped a little bit, but it was not unchangeable. Fo... in Thesis Interview 4\_otter\_ai.txt 4:52 ¶291, Sometimes you just I'm good enough to say I'm good enough for it for a few months a little bit for t... in Thesis Interview 4\_otter\_ai.txt 4:55 ¶315, you know, not diary just depends. Yes. Sometimes I write every day, sometimes after a few months, it... in Thesis Interview 4\_otter\_ai.txt 4:64 ¶363, I think where you get to me, especially for me a lot. It was like one year that I was here. And back... in Thesis Interview 4\_otter\_ai.txt 4:67 ¶375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt 4:69 ¶387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_otter\_ai.txt 5:6 ¶35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_otter\_ai.txt 5:12 ¶71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt 5:17 ¶101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_otter\_ai.txt 5:19 ¶107, I believe that the fact that I lived in like, like in a big student house, which was like around 100... in Thesis Interview 5\_otter\_ai.txt 5:24 ¶125, definitely. Like, like, there was a period when I was like, sick for like, five days or three days... in Thesis Interview 5\_otter\_ai.txt 5:27 ¶137, I think it's a combination of all of these, because because of course, it's important because it's i... in Thesis Interview 5\_otter\_ai.txt 5:31 ¶153, And second of all, it doesn't seem to have that much of a culture here. Maybe because the policy is... in Thesis Interview 5\_otter\_ai.txt 5:34 ¶171, A bit? Yeah, I would say that I feel like a different. Yeah. Because for example, I will say it's a... in Thesis Interview 5\_otter\_ai.txt 5:35 ¶177, yeah, exactly. So I think in like a general, of course, it's not that much of a social thing. But it... in Thesis Interview 5\_otter\_ai.txt 5:48 ¶241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_otter\_ai.txt 5:60 ¶307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_otter\_ai.txt 6:12 ¶71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt 6:14 ¶77, Yeah, exactly. Just, I guess it just went more stable after I started to see the same people. Like... in Thesis Interview 6\_otter\_ai.txt 6:17 ¶89, I think it's pretty good. I've been biking a lot. So definitely, that's good for like, physical aspe... in Thesis Interview 6\_otter\_ai.txt 6:24 ¶113, I'm very happy. I can have like a very, it's a very helpful relationship, I would say. And negative... in Thesis Interview 6\_otter\_ai.txt 6:25 ¶119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_otter\_ai.txt 6:43 ¶223, I would say maybe the first one the other maybe this like, I feel a bit different when they like ta... in Thesis Interview 6\_otter\_ai.txt 6:48 ¶277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn't... in Thesis Interview 6\_otter\_ai.txt 6:50 ¶289, I would say good coping strategy would be just talking to people about like, the things that stress... in Thesis Interview 6\_otter\_ai.txt 6:51 ¶295, Yeah, mostly they just listen. I think and sometimes, like it depends on the things that's stressing... in Thesis Interview 6\_otter\_ai.txt 6:52 ¶307, I would say, I don't know, go for a walk, go for a walk, talk to someone or go for a walk and talk a... in Thesis Interview 6\_otter\_ai.txt 6:54 ¶313, Or when I'm stressed about like, actual, like, studying things. And sometimes I just started to like... in Thesis Interview 6\_otter\_ai.txt 6:65 ¶397, I don't have any other ideas that already are like existing? Like, you know, we have a lot of the co... in Thesis Interview 6\_otter\_ai.txt

##### Adaptation: Adaptation

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

##### Quotations:

5:34 ¶171, A bit? Yeah, I would say that I feel like a different. Yeah. Because for example, I will say it's a... in Thesis Interview 5\_otter\_ai.txt 6:14 ¶77, Yeah, exactly. Just, I guess it just went more stable after I started to see the same people. Like... in Thesis Interview 6\_otter\_ai.txt

##### Adaptation: Adjustment

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

##### Quotations:

3:15 ¶83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_otter\_ai.txt 5:17 ¶101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_otter\_ai.txt

##### Adaptation: Balancing priorities

- Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 5:27 ¶ 137, I think it's a combination of all of these, because because of course, it's important because it's i... in Thesis Interview 5\_otter\_ai.txt
- **Adaptation: Change**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:64 ¶ 363, I think where you get to me, especially for me a lot. It was like one year that I was here. And back... in Thesis Interview 4\_otter\_ai.txt 6:12 ¶ 71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Commonalities**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_otter\_ai.txt
  - **Adaptation: Communication**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 3:20 ¶ 113, I think it also depends on how close you were with them beforehand. If you were not as close to your... in Thesis Interview 3\_otter\_ai.txt 4:40 ¶ 231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Connection**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:42 ¶ 237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Coping mechanism**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:55 ¶ 315, you know, not diary just depends. Yes. Sometimes I write every day, sometimes after a few months, it... in Thesis Interview 4\_otter\_ai.txt 6:50 ¶ 289, I would say good coping strategy would be just talking to people about like, the things that stress... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Coping mechanisms**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 2:28 ¶ 111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt 6:52 ¶ 307, I would say, I don't know, go for a walk, go for a walk, talk to someone or go for a walk and talk a... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Coping strategies**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 1:14 ¶ 71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_otter\_ai.txt 6:25 ¶ 119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: COVID-19 stress**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 2:11 ¶ 37, Well, I have to say, when I first came here, I was, I was a bit overwhelmed. I had wanted to move ou... in Thesis Interview 2\_otter\_ai.txt
  - **Adaptation: Covid\_19\_pandemic\_effects**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 1:6 ¶ 23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_otter\_ai.txt
  - **Adaptation: Distance**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 3:20 ¶ 113, I think it also depends on how close you were with them beforehand. If you were not as close to your... in Thesis Interview 3\_otter\_ai.txt
  - **Adaptation: Distraction**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 6:51 ¶ 295, Yeah, mostly they just listen, I think and sometimes, like it depends on the things that's stressing... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Education**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Exclusion**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 3:53 ¶ 319, Or you've, you want to get in, you get in. And then once you're in, you're really excluded. And that... in Thesis Interview 3\_otter\_ai.txt 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt 5:35 ¶ 177, yeah, exactly. So I think in like a general, of course, it's not that much of a social thing. But it... in Thesis Interview 5\_otter\_ai.txt
  - **Adaptation: Exploration**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:16 ¶ 111, No, I did. I have never done something like this. And I was never also thinking about it. I don't kn... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Goal-setting**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:52 ¶ 291, Sometimes you just I'm good enough to say I'm good enough for it for a few months a little bit for t... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Health**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 6:17 ¶ 89, I think it's pretty good. I've been biking a lot. So definitely, that's good for like, physical aspe... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Housing stress**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 2:11 ¶ 37, Well, I have to say, when I first came here, I was, I was a bit overwhelmed. I had wanted to move ou... in Thesis Interview 2\_otter\_ai.txt
  - **Adaptation: Identity**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
 4:44 ¶ 246, So, maybe, let's start a little bit with the cultural background. Do you think cultural background r... in Thesis Interview 4\_otter\_ai.txt 5:34 ¶ 171, A bit? Yeah, I would say that I feel like a different. Yeah. Because for example, I will say it's a... in Thesis Interview 5\_otter\_ai.txt
  - **Adaptation: Immigration**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**

- 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt
- **Adaptation: Impact of COVID-19**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:64 ¶ 363, I think where you get to me, especially for me a lot. It was like one year that I was here. And back... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Impact of pandemic**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:15 ¶ 85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_otter\_ai.txt
  - **Adaptation: Inclusion/Exclusion**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:43 ¶ 223, I would say maybe the first one the other maybe this like, I feel a bit different when they like tal... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Integration**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_otter\_ai.txt 2:33 ¶ 143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_otter\_ai.txt 2:34 ¶ 149, Well, I think I think one thing that I didn't mention was the fact that last year, two of my best fr... in Thesis Interview 2\_otter\_ai.txt 2:37 ¶ 161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt
  - **Adaptation: Integration difficulties**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_otter\_ai.txt
  - **Adaptation: Isolation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:47 ¶ 243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_otter\_ai.txt 2:12 ¶ 37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_otter\_ai.txt 3:6 ¶ 29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_otter\_ai.txt 3:12 ¶ 65, so I have no background mental problems. So minor, more just, I think we just kind of normal when th... in Thesis Interview 3\_otter\_ai.txt 3:17 ¶ 101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_otter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_otter\_ai.txt 4:64 ¶ 363, I think where you get to me, especially for me a lot. It was like one year that I was here. And back... in Thesis Interview 4\_otter\_ai.txt 4:69 ¶ 387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_otter\_ai.txt 5:24 ¶ 125, definitely. Like, like, there was a period when I was like, sick for like, five days or three days... in Thesis Interview 5\_otter\_ai.txt 5:60 ¶ 307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_otter\_ai.txt
  - **Adaptation: Limitation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:65 ¶ 397, I don't have any other ideas that already are like existing? Like, you know, we have a lot of the co... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Limitations or constraints**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:12 ¶ 71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt
  - **Adaptation: Networking**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:12 ¶ 59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_otter\_ai.txt 2:37 ¶ 161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt 5:19 ¶ 107, I believe that the fact that I lived in like, like in a big student house, which was like around 100... in Thesis Interview 5\_otter\_ai.txt 6:48 ¶ 277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn't... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Obligation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:26 ¶ 137, Yeah, some of them Yeah, most of the time. Yes. Yeah. Like I have to be there so I'm there but I don... in Thesis Interview 3\_otter\_ai.txt
  - **Adaptation: Organization**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:43 ¶ 247, To me if like if I got everything's like so haphazard, and can't control anything and dirty and stuf... in Thesis Interview 3\_otter\_ai.txt
  - **Adaptation: Overcoming challenges**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:46 ¶ 261, Yeah, but when I came here, I think that it was shaped a little bit, but it was not unchangeable. Fo... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Pandemic**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:18 ¶ 97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_otter\_ai.txt
  - **Adaptation: Perception of strict policies**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:31 ¶ 153, And second of all, it doesn't seem to have that much of a culture here. Maybe because the policy is... in Thesis Interview 5\_otter\_ai.txt
  - **Adaptation: Perseverance**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:54 ¶ 313, Or when I'm stressed about like, actual, like, studying things. And sometimes I just started to like... in Thesis Interview 6\_otter\_ai.txt
  - **Adaptation: Persistence**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:46 ¶ 261, Yeah, but when I came here, I think that it was shaped a little bit, but it was not unchangeable. Fo... in Thesis Interview 4\_otter\_ai.txt
  - **Adaptation: Possibility**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:52 ¶ 297, join some event? Yes. And, yeah. I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_otter\_ai.txt
  - **Adaptation: Preference**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:

- 1:49 ¶ 267, Of course, they can derive more benefits from being around people that they already know, or people... in Thesis Interview 1\_oter\_ai.txt
- **Adaptation: Preference for smaller groups and private spaces**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:31 ¶ 153, And second of all, it doesn't seem to have that much of a culture here. Maybe because the policy is... in Thesis Interview 5\_oter\_ai.txt
  - **Adaptation: Presence**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:29 ¶ 149, I think just being present, just being present, just being yourself out there? Yeah. I mean, you cou... in Thesis Interview 3\_oter\_ai.txt
  - **Adaptation: Prioritization**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:27 ¶ 137, I think it's a combination of all of these, because because of course, it's important because it's i... in Thesis Interview 5\_oter\_ai.txt
  - **Adaptation: Privacy**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:17 ¶ 73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn't... in Thesis Interview 2\_oter\_ai.txt
  - **Adaptation: Reflection**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:26 ¶ 147, I guess the hardest one was me to get to know all where me what I wanted, you know, what, what kind... in Thesis Interview 4\_oter\_ai.txt
  - **Adaptation: Relaxation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:37 ¶ 191, Or just, I don't know, take some time off and just make a nice meal for myself yet. Watch something... in Thesis Interview 1\_oter\_ai.txt
  - **Adaptation: Routine**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:34 ¶ 179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_oter\_ai.txt
  - **Adaptation: Separation/Segregation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:46 ¶ 237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much.... in Thesis Interview 1\_oter\_ai.txt
  - **Adaptation: Stress**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:14 ¶ 71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_oter\_ai.txt 3:25 ¶ 131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_oter\_ai.txt 6:24 ¶ 113, I'm very happy. I can have like a very, it's a very helpful relationship, I would say. And negative... in Thesis Interview 6\_oter\_ai.txt 6:52 ¶ 307, I would say, I don't know, go for a walk, go for a walk, talk to someone or go for a walk and talk a... in Thesis Interview 6\_oter\_ai.txt 6:54 ¶ 313, Or when I'm stressed about like, actual, like, studying things. And sometimes I just started to like... in Thesis Interview 6\_oter\_ai.txt
  - **Adaptation: Struggle**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_oter\_ai.txt
  - **Adaptation: Support**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:28 ¶ 143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_oter\_ai.txt 3:50 ¶ 295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_oter\_ai.txt 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_oter\_ai.txt 5:48 ¶ 241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_oter\_ai.txt 6:51 ¶ 295, Yeah, mostly they just listen, I think and sometimes, like it depends on the things that's stressing... in Thesis Interview 6\_oter\_ai.txt
  - **Adaptation: Transition period**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:6 ¶ 35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_oter\_ai.txt
  - **Adjustment**  
Created: 6/3/23 by Tyler Chen, Modified: 7/3/23 by Tyler Chen  
Quotations:  
1:10 ¶ 47, Yeah, so I mean, with, with my neighbor community, I don't really interact much to flatmates that I... in Thesis Interview 1\_oter\_ai.txt 1:27 ¶ 155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_oter\_ai.txt 1:36 ¶ 185, Yeah. Yeah, apart from the exercise one, yeah. Just also being just finding someone to talk to you a... in Thesis Interview 1\_oter\_ai.txt 1:47 ¶ 243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_oter\_ai.txt 1:52 ¶ 297, join some event? Yes. And, yeah. I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_oter\_ai.txt 2:4 ¶ 11, Okay. Well, I will start by saying before I came here, I had a very specific idea on what to expect... in Thesis Interview 2\_oter\_ai.txt 2:5 ¶ 13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_oter\_ai.txt 2:20 ¶ 87, maybe not on purpose, but yeah, indirectly a bit. A bit of exclusion does happen. It may not be ill... in Thesis Interview 2\_oter\_ai.txt 2:26 ¶ 105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_oter\_ai.txt 3:6 ¶ 29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_oter\_ai.txt 3:11 ¶ 59, I'd say it fluctuates. Perhaps. Yeah. Um, but I think I think it also changes based on stress levels... in Thesis Interview 3\_oter\_ai.txt 3:15 ¶ 83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_oter\_ai.txt 3:17 ¶ 101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_oter\_ai.txt 3:26 ¶ 137, Yeah, some of them Yeah, most of the time. Yes. Yeah. Like I have to be there so I'm there but I don... in Thesis Interview 3\_oter\_ai.txt 3:30 ¶ 155, I think all of them for different reasons. And at different points. Right. So family? Sometimes, yea... in Thesis Interview 3\_oter\_ai.txt 3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_oter\_ai.txt 3:38 ¶ 211, very extroverted. But I'm, I would say, my personal if you put me in a social setting, I can be very... in Thesis Interview 3\_oter\_ai.txt 3:46 ¶ 271, Yes, but I will say, not from the university. I feel like that's, that's one thing that I should pro... in Thesis Interview 3\_oter\_ai.txt 3:48 ¶ 289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_oter\_ai.txt 3:50 ¶ 295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_oter\_ai.txt 4:7 ¶ 45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_oter\_ai.txt 4:9 ¶ 63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always... in Thesis Interview 4\_oter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year I... in Thesis Interview 4\_oter\_ai.txt 4:13 ¶ 81, yeah, most terrified. Ladies, I read it always took I'm not thinking of the people I if I have free... in Thesis Interview 4\_oter\_ai.txt 4:20 ¶ 123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_oter\_ai.txt 4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_oter\_ai.txt 4:23 ¶ 135, and then I had to work a lot of on this to love myself more to I accidentally was good enough, but I... in Thesis Interview 4\_oter\_ai.txt 4:30 ¶ 183, Yeah. Perfection is I have to, like I have a task list always. And like I see always the thing that... in Thesis Interview 4\_oter\_ai.txt 4:34 ¶ 195, I guess a lot it does help I guess. But it depends on our for what kind of person you are. To me is... in Thesis Interview 4\_oter\_ai.txt 4:39 ¶ 225, Sometime sometimes family is not that healthy, you know? I don't know. Like, maybe not all the time... in Thesis Interview



4\_otter\_ai.txt 4:45 ¶255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_otter\_ai.txt 4:47 ¶267, Yeah, now it's no, it's fine. It's fine. But sometimes I don't know how I have to be in the social e... in Thesis Interview 4\_otter\_ai.txt 4:51 ¶279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_otter\_ai.txt 4:54 ¶297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_otter\_ai.txt 4:58 ¶327, because I was thinking I was so so I mean, in a in a high level of maybe being really depressed or... in Thesis Interview 4\_otter\_ai.txt 4:60 ¶333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_otter\_ai.txt 4:62 ¶357, integrated more with each other. But yeah, but I don't know if it's also always working good enough. in Thesis Interview 4\_otter\_ai.txt 4:67 ¶375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt 4:68 ¶381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_otter\_ai.txt 4:69 ¶387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_otter\_ai.txt 5:12 ¶71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt 5:15 ¶89, Yeah, no accordion anymore. Yeah. No. So I think yeah, I think, yeah, it definitely had a doubt. I'm... in Thesis Interview 5\_otter\_ai.txt 5:24 ¶125, definitely. Like, like, there was a period when I was like, sick for like, five days or three days... in Thesis Interview 5\_otter\_ai.txt 5:30 ¶149, Yeah, because where I come from, like, one of the most common things to do especially in the summer... in Thesis Interview 5\_otter\_ai.txt 5:39 ¶199, Yes, yes, definitely. Like, this could be a reason why I didn't keep in touch with people whom I met... in Thesis Interview 5\_otter\_ai.txt 5:51 ¶259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt 5:58 ¶301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_otter\_ai.txt 5:60 ¶307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_otter\_ai.txt 6:8 ¶53, I don't know if it counts, I've joined ESN but only as like, not active. My member. I'm just joining... in Thesis Interview 6\_otter\_ai.txt 6:11 ¶65, I would say it's like, fluctuating. Mostly, I would say it's pretty good. I, of course, there are ti... in Thesis Interview 6\_otter\_ai.txt 6:12 ¶71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt 6:27 ¶143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_otter\_ai.txt 6:29 ¶155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_otter\_ai.txt 6:35 ¶181, You for me, I I definitely talk to them a lot. But when it comes to like, sharing my problems here... in Thesis Interview 6\_otter\_ai.txt 6:37 ¶193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_otter\_ai.txt 6:41 ¶217, I would say social activities. Yeah. I would say only I only noticed this at work because they work... in Thesis Interview 6\_otter\_ai.txt 6:54 ¶313, Or when I'm stressed about like, actual, like, studying things. And sometimes I just started to like... in Thesis Interview 6\_otter\_ai.txt 6:61 ¶349, I had moments and it always did. But then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_otter\_ai.txt

- **Adjustment: Adjustment difficulties**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:26 ¶105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_otter\_ai.txt 4:7 ¶45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_otter\_ai.txt

- **Adjustment: Adversity**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:12 ¶71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt

- **Adjustment: Ambiguity**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:62 ¶357, integrated more with each other. But yeah, but I don't know if it's also always working good enough. in Thesis Interview 4\_otter\_ai.txt 5:15 ¶89, Yeah, no accordion anymore. Yeah. No. So I think yeah, I think, yeah, it definitely had a doubt. I'm... in Thesis Interview 5\_otter\_ai.txt

- **Adjustment: Ambiguous**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

6:27 ¶143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_otter\_ai.txt

- **Adjustment: Ambivalence**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

3:26 ¶137, Yeah, some of them Yeah, most of the time. Yes. Yeah. Like I have to be there so I'm there but I don... in Thesis Interview 3\_otter\_ai.txt 3:30 ¶155, I think all of them for different reasons. And at different points. Right. So family? Sometimes, yea... in Thesis Interview 3\_otter\_ai.txt 6:11 ¶65, I would say it's like, fluctuating. Mostly, I would say it's pretty good. I, of course, there are ti... in Thesis Interview 6\_otter\_ai.txt

- **Adjustment: Ambivalence towards family**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:39 ¶225, Sometime sometimes family is not that healthy, you know? I don't know. Like, maybe not all the time... in Thesis Interview 4\_otter\_ai.txt

- **Adjustment: Anticipation**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:4 ¶11, Okay. Well, I will start by saying before I came here, I had a very specific idea on what to expect... in Thesis Interview 2\_otter\_ai.txt

- **Adjustment: Anxiety**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:20 ¶123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_otter\_ai.txt 4:45 ¶255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_otter\_ai.txt 4:60 ¶333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_otter\_ai.txt

- **Adjustment: Confusion**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

- **Adjustment: Criticism**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:52 ¶297, join some event? Yes. And, yeah. I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_otter\_ai.txt

- **Adjustment: Curiosity**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:60 ¶307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_otter\_ai.txt

- **Adjustment: Depression**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:58 ¶327, because I was thinking I was so so I mean, in a in a high level of maybe being really depressed or... in Thesis Interview 4\_otter\_ai.txt 5:24 ¶125, definitely. Like, like, there was a period when I was like, sick for like, five days or three days... in Thesis Interview 5\_otter\_ai.txt

- **Adjustment: Difficulty in forming connections**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:27 ¶155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_otter\_ai.txt

- **Adjustment: Disappointment**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**



- 2:5 ¶ 13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_otter\_ai.txt 3:46 ¶ 271, Yes, but I will say, not from the university. I feel like that's, that's one thing that I should pro... in Thesis Interview 3\_otter\_ai.txt
- **Adjustment: Discomfort**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_otter\_ai.txt
  - **Adjustment: Doubt**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:62 ¶ 357, integrated more with each other. But yeah, but I don't know if it's also always working good enough. in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Emotional Instability**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:11 ¶ 59, I'd say it fluctuates. Perhaps. Yeah. Um, but I think I think it also changes based on stress levels... in Thesis Interview 3\_otter\_ai.txt
  - **Adjustment: Excitement**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:4 ¶ 11, Okay. Well, I will start by saying before I came here, I had a very specific idea on what to expect,... in Thesis Interview 2\_otter\_ai.txt
  - **Adjustment: Fear of judgment or shame**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Feeling inadequate**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Feeling of alienation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:9 ¶ 63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always,... in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Frustration**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:5 ¶ 13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_otter\_ai.txt 3:46 ¶ 271, Yes, but I will say, not from the university. I feel like that's, that's one thing that I should pro... in Thesis Interview 3\_otter\_ai.txt 5:30 ¶ 149, Yeah, because where I come from, like, one of the most common things to do especially in the summer... in Thesis Interview 5\_otter\_ai.txt 6:41 ¶ 217, I would say social activities. Yeah. I would say only I only noticed this at work because they work... in Thesis Interview 6\_otter\_ai.txt 6:61 ¶ 349, I had moments and it always did. But then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_otter\_ai.txt
  - **Adjustment: Homesickness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:12 ¶ 71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt
  - **Adjustment: Insecurity**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:30 ¶ 183, Yeah. Perfection is I have to, like I have a task list always. And like I see always the thing that... in Thesis Interview 4\_otter\_ai.txt 4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_otter\_ai.txt 4:60 ¶ 333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Lack of connection**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:47 ¶ 243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_otter\_ai.txt
  - **Adjustment: Lack of trust in professional relationships**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:35 ¶ 181, You for me, I I definitely talk to them a lot. But when it comes to like, sharing my problems here,... in Thesis Interview 6\_otter\_ai.txt
  - **Adjustment: Loneliness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:36 ¶ 185, Yeah. Yeah, apart from the exercise one, yeah. Just also being just finding someone to talk to you a... in Thesis Interview 1\_otter\_ai.txt 3:6 ¶ 29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_otter\_ai.txt 3:15 ¶ 83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_otter\_ai.txt 3:17 ¶ 101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_otter\_ai.txt 3:48 ¶ 289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_otter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_otter\_ai.txt 4:13 ¶ 81, yeah, most terrified. Ladies, I read it always took I'm not thinking of the people I if I have free... in Thesis Interview 4\_otter\_ai.txt 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_otter\_ai.txt 4:69 ¶ 387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_otter\_ai.txt
  - **Adjustment: Negative impact**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:20 ¶ 87, maybe not on purpose, but yeah, indirectly a bit. A bit of exclusion does happen. It may not be ill... in Thesis Interview 2\_otter\_ai.txt
  - **Adjustment: Procrastination**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:54 ¶ 313, Or when I'm stressed about like, actual, like, studying things. And sometimes I just started to like... in Thesis Interview 6\_otter\_ai.txt
  - **Adjustment: Regret**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:39 ¶ 199, Yes, yes, definitely. Like, this could be a reason why I didn't keep in touch with people whom I met... in Thesis Interview 5\_otter\_ai.txt
  - **Adjustment: Secrecy**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:51 ¶ 259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt
  - **Adjustment: Self-doubt**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:

- 3:48 ¶ 289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_oter\_ai.txt 3:50 ¶ 295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_oter\_ai.txt 4:20 ¶ 123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_oter\_ai.txt 4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_oter\_ai.txt 4:23 ¶ 135, and then I had to work a lot of on this to love myself more to I accidentally was good enough, but I... in Thesis Interview 4\_oter\_ai.txt 4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_oter\_ai.txt 4:47 ¶ 267, Yeah, now it's no, it's fine. It's fine. But sometimes I don't know how I have to be in the social e... in Thesis Interview 4\_oter\_ai.txt 4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_oter\_ai.txt 4:60 ¶ 333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_oter\_ai.txt
- **Adjustment: Sense of alienation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:68 ¶ 381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_oter\_ai.txt
  - **Adjustment: Shyness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:27 ¶ 155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_oter\_ai.txt 3:38 ¶ 211, very extroverted. But I'm, I would say, my personal if you put me in a social setting, I can be very... in Thesis Interview 3\_oter\_ai.txt
  - **Adjustment: Social fatigue**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:54 ¶ 297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_oter\_ai.txt
  - **Adjustment: Uncertainty**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:10 ¶ 47, Yeah, so I mean, with, with my neighbor community, I don't really interact much to flatmates that I... in Thesis Interview 1\_oter\_ai.txt 2:5 ¶ 13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_oter\_ai.txt 3:11 ¶ 59, I'd say it fluctuates. Perhaps. Yeah. Um, but I think I think it also changes based on stress levels... in Thesis Interview 3\_oter\_ai.txt 4:34 ¶ 195, I guess a lot it does help I guess. But it depends on our for what kind of person you are. To me is... in Thesis Interview 4\_oter\_ai.txt 4:47 ¶ 267, Yeah, now it's no, it's fine. It's fine. But sometimes I don't know how I have to be in the social e... in Thesis Interview 4\_oter\_ai.txt 4:58 ¶ 327, because I was thinking I was so so I mean, in a in a high level of maybe being really depressed or,... in Thesis Interview 4\_oter\_ai.txt 4:62 ¶ 357, integrated more with each other. But yeah, but I don't know if it's also always working good enough. in Thesis Interview 4\_oter\_ai.txt 5:15 ¶ 89, Yeah, no accordation anymore. Yeah. No. So I think yeah, I think, yeah, it definitely had a doubt. I'm... in Thesis Interview 5\_oter\_ai.txt 5:39 ¶ 199, Yes, yes, definitely. Like, this could be a reason why I didn't keep in touch with people whom I met... in Thesis Interview 5\_oter\_ai.txt 5:58 ¶ 301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_oter\_ai.txt 6:8 ¶ 53, I don't know if it counts, I've joined ESN but only as like, not active. My member. I'm just joining... in Thesis Interview 6\_oter\_ai.txt 6:29 ¶ 155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_oter\_ai.txt 6:37 ¶ 193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_oter\_ai.txt
  - **Adjustment: Unfamiliarity with locals**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:60 ¶ 307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_oter\_ai.txt
  - **Adjustment: Unmet expectations**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:46 ¶ 271, Yes, but I will say, not from the university. I feel like that's, that's one thing that I should pro... in Thesis Interview 3\_oter\_ai.txt
  - **Cross-cultural awareness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_oter\_ai.txt 1:29 ¶ 161, and of course, also, let's say, Germany and Netherlands. They don't same culture. Yeah. Say that var... in Thesis Interview 1\_oter\_ai.txt 1:30 ¶ 167, know, do no contact with people. Even though I would mention that, like, also at the beginning, it w... in Thesis Interview 1\_oter\_ai.txt 1:46 ¶ 237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much... in Thesis Interview 1\_oter\_ai.txt 2:9 ¶ 25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_oter\_ai.txt 2:11 ¶ 37, Well, I have to say, when I first came here, I was, I was a bit overwhelmed. I had wanted to move ou... in Thesis Interview 2\_oter\_ai.txt 2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_oter\_ai.txt 2:25 ¶ 105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_oter\_ai.txt 2:26 ¶ 105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_oter\_ai.txt 3:15 ¶ 83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_oter\_ai.txt 3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_oter\_ai.txt 4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_oter\_ai.txt 4:9 ¶ 63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always... in Thesis Interview 4\_oter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_oter\_ai.txt 4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_oter\_ai.txt 4:44 ¶ 246, So, maybe, let's start a little bit with the cultural background. Do you think cultural background r... in Thesis Interview 4\_oter\_ai.txt 4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_oter\_ai.txt 4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_oter\_ai.txt 4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_oter\_ai.txt 4:68 ¶ 381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_oter\_ai.txt 5:4 ¶ 29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_oter\_ai.txt 5:30 ¶ 149, Yeah, because where I come from, like, one of the most common things to do especially in the summer... in Thesis Interview 5\_oter\_ai.txt 5:31 ¶ 153, And second of all, it doesn't seem to have that much of a culture here. Maybe because the policy is... in Thesis Interview 5\_oter\_ai.txt 5:34 ¶ 171, A bit? Yeah, I would say that I feel like a different. Yeah. Because for example, I will say it's a... in Thesis Interview 5\_oter\_ai.txt 5:35 ¶ 177, yeah, exactly. So I think in like a general, of course, it's not that much of a social thing. But it... in Thesis Interview 5\_oter\_ai.txt 5:58 ¶ 301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_oter\_ai.txt 5:60 ¶ 307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_oter\_ai.txt 6:6 ¶ 47, I would say they are pretty good. I have positive experiences. I think I've met met many people from... in Thesis Interview 6\_oter\_ai.txt 6:37 ¶ 193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_oter\_ai.txt 6:43 ¶ 223, I would say maybe the first one the other maybe this like, I feel a bit different when they like tal... in Thesis Interview 6\_oter\_ai.txt
  - **Cross-cultural awareness: Alcohol culture**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_oter\_ai.txt
  - **Cross-cultural awareness: Appreciation of diversity**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:58 ¶ 301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_oter\_ai.txt
  - **Cross-cultural awareness: Cross-cultural experience**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:15 ¶ 83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_oter\_ai.txt

- **Cross-cultural awareness: Cultural adaptation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:37 ¶ 193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_ottter\_ai.txt
- **Cross-cultural awareness: Cultural adaptation stress**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:11 ¶ 37, Well, I have to say, when I first came here, I was, I was a bit overwhelmed. I had wanted to move ou... in Thesis Interview 2\_ottter\_ai.txt
- **Cross-cultural awareness: Cultural barriers**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:46 ¶ 237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much.... in Thesis Interview 1\_ottter\_ai.txt 5:4 ¶ 29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_ottter\_ai.txt
- **Cross-cultural awareness: Cultural differences**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_ottter\_ai.txt 2:25 ¶ 105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_ottter\_ai.txt 2:26 ¶ 105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_ottter\_ai.txt 4:9 ¶ 63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always,... in Thesis Interview 4\_ottter\_ai.txt 4:68 ¶ 381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_ottter\_ai.txt 5:35 ¶ 177, yeah, exactly. So I think in like a general, of course, it's not that much of a social thing. But it... in Thesis Interview 5\_ottter\_ai.txt 6:43 ¶ 223, I would say maybe the first one the other maybe this like, I feel a bit different when they like tal... in Thesis Interview 6\_ottter\_ai.txt
- **Cross-cultural awareness: Cultural identity**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_ottter\_ai.txt
- **Cross-cultural awareness: Cultural shock**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:67 ¶ 375, also not I can't remember and embed act against me or my family. For fortunately not. I can't rememb... in Thesis Interview 4\_ottter\_ai.txt
- **Cross-cultural awareness: Culture**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:44 ¶ 246, So, maybe, let's start a little bit with the cultural background. Do you think cultural background r... in Thesis Interview 4\_ottter\_ai.txt
- **Cross-cultural awareness: Culture shock**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:30 ¶ 167, know, do no contact with people. Even though I would mention that, like, also at the beginning, it w... in Thesis Interview 1\_ottter\_ai.txt 2:9 ¶ 25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_ottter\_ai.txt 4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_ottter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_ottter\_ai.txt 5:30 ¶ 149, Yeah, because where I come from, like, one of the most common things to do especially in the summer... in Thesis Interview 5\_ottter\_ai.txt 5:34 ¶ 171, A bit? Yeah, I would say that I feel like a different. Yeah. Because for example, I will say it's a... in Thesis Interview 5\_ottter\_ai.txt
- **Cross-cultural awareness: Desire to learn more about local culture**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:60 ¶ 307, Yeah, local, non student people? I think it is very hard. Because we student I think it's easier bec... in Thesis Interview 5\_ottter\_ai.txt
- **Cross-cultural awareness: Discrimination**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_ottter\_ai.txt
- **Cross-cultural awareness: Discrimination (perceived)**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:22 ¶ 129, be much more happier? Yeah. And I'm more grateful. But back then, when I did first years that I was... in Thesis Interview 4\_ottter\_ai.txt
- **Cross-cultural awareness: Disparate cultures**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:29 ¶ 161, and of course, also, let's say, Germany and Netherlands. They don't same culture. Yeah. Say that var... in Thesis Interview 1\_ottter\_ai.txt
- **Cross-cultural awareness: Diversity**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:6 ¶ 47, I would say they are pretty good. I have positive experiences. I think I've met met many people from... in Thesis Interview 6\_ottter\_ai.txt
- **Cross-cultural awareness: Lack of social culture**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:31 ¶ 153, And second of all, it doesn't seem to have that much of a culture here. Maybe because the policy is... in Thesis Interview 5\_ottter\_ai.txt
- **Cross-cultural awareness: Multiculturalism**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_ottter\_ai.txt
- **Cross-cultural awareness: Racism**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_ottter\_ai.txt
- **Education experience**  
Created: 6/3/23 by Tyler Chen, Modified: 7/3/23 by Tyler Chen  
Quotations:  
1:15 ¶ 85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_ottter\_ai.txt 1:52 ¶ 297, join some event? Yes. And, yeah, I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_ottter\_ai.txt 2:7 ¶ 19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_ottter\_ai.txt 2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_ottter\_ai.txt 2:29 ¶ 123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_ottter\_ai.txt 2:30 ¶ 131, yeah, definitely. My friendships helped me a lot. I would say also something that I didn't mention,... in Thesis Interview 2\_ottter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis

- Interview 3\_otter\_ai.txt 6:9 ¶ 59, oh, I've mostly yeah, I've met many Polish people but before the organization and then during the me... in Thesis Interview 6\_otter\_ai.txt 6:59 ¶ 337, say so. No, at uni. I just I only used it first studying like, you know, going to lectures and I did... in Thesis Interview 6\_otter\_ai.txt
- **Education experience: Exploring the city**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:7 ¶ 19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_otter\_ai.txt
  - **Education experience: International experience**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:7 ¶ 19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_otter\_ai.txt 2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_otter\_ai.txt
  - **Education experience: International exposure**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:9 ¶ 59, oh, I've mostly yeah, I've met many Polish people but before the organization and then during the me... in Thesis Interview 6\_otter\_ai.txt
  - **Education experience: International student experience**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:29 ¶ 123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_otter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_otter\_ai.txt
  - **Education experience: Positive evaluation of someone who has experience in the city**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:52 ¶ 297, join some event? Yes. And, yeah, I don't know. The, the university I mean, we had this learning comm... in Thesis Interview 1\_otter\_ai.txt
  - **Education experience: Study abroad experience**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:15 ¶ 85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_otter\_ai.txt
  - **Education experience: Support from university**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:30 ¶ 131, yeah, definitely. My friendships helped me a lot. I would say also something that I didn't mention,... in Thesis Interview 2\_otter\_ai.txt
  - **Education experience: University resources**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:59 ¶ 337, say so. No, at uni. I just I only used it first studying like, you know, going to lectures and I did... in Thesis Interview 6\_otter\_ai.txt
  - **Language barriers**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_otter\_ai.txt 2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_otter\_ai.txt 2:29 ¶ 123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_otter\_ai.txt 2:33 ¶ 143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_otter\_ai.txt 2:37 ¶ 161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt 3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_otter\_ai.txt 3:34 ¶ 179, You know, I can pick up a couple of words. But not good enough to be able to interact as much. And I... in Thesis Interview 3\_otter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_otter\_ai.txt 4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_otter\_ai.txt 5:4 ¶ 29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_otter\_ai.txt 5:21 ¶ 113, Well, of course, not speaking Dutch is like a big factor in like making new social connections? Beca... in Thesis Interview 5\_otter\_ai.txt 6:39 ¶ 205, I'm studying, I'm learning that, like properly. No, I wouldn't say so. I can understand that sometim... in Thesis Interview 6\_otter\_ai.txt 6:40 ¶ 211, Yeah, I understand that not like, in a way to, like speak up. Be like, there's no way I could, like,... in Thesis Interview 6\_otter\_ai.txt 6:41 ¶ 217, I would say social activities. Yeah. I would say only I only noticed this at work because they work... in Thesis Interview 6\_otter\_ai.txt 6:61 ¶ 349, I had moments and it always did. But then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_otter\_ai.txt
  - **Language barriers: Communication barriers**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:61 ¶ 349, I had moments and it always did. But then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_otter\_ai.txt
  - **Language barriers: Language anxiety**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:39 ¶ 205, I'm studying, I'm learning that, like properly. No, I wouldn't say so. I can understand that sometim... in Thesis Interview 6\_otter\_ai.txt
  - **Language barriers: Language barrier**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:29 ¶ 123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_otter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_otter\_ai.txt 4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_otter\_ai.txt 5:21 ¶ 113, Well, of course, not speaking Dutch is like a big factor in like making new social connections? Beca... in Thesis Interview 5\_otter\_ai.txt 6:40 ¶ 211, Yeah, I understand that not like, in a way to, like speak up. Be like, there's no way I could, like,... in Thesis Interview 6\_otter\_ai.txt 6:41 ¶ 217, I would say social activities. Yeah. I would say only I only noticed this at work because they work... in Thesis Interview 6\_otter\_ai.txt
  - **Language barriers: Language barriers**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:25 ¶ 141, from new? I mean, yeah, in general, I would say cloning is obviously a very internationally oriented... in Thesis Interview 1\_otter\_ai.txt 2:19 ¶ 81, Well, I would say, if I, so, disclaimer, I didn't study the Dutch language before coming here. So I... in Thesis Interview 2\_otter\_ai.txt 3:33 ¶ 173, A little, a little bit. Particularly with like, the drinking culture, I would say, I don't drink at... in Thesis Interview 3\_otter\_ai.txt 3:34 ¶ 179, You know, I can pick up a couple of words. But not good enough to be able to interact as much. And I... in Thesis Interview 3\_otter\_ai.txt 5:4 ¶ 29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_otter\_ai.txt
  - **Language barriers: Language learning**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:33 ¶ 143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_otter\_ai.txt 2:37 ¶ 161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt
  - **Language barriers: Learning difficulties**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:39 ¶ 205, I'm studying, I'm learning that, like properly. No, I wouldn't say so. I can understand that sometim... in Thesis Interview 6\_otter\_ai.txt

- o **Leisure Activities**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

1:8 ¶29, That makes more sense? Yeah. Pretty basic stuff, I guess, I just, I meet up with friends, most of th... in Thesis Interview 1\_otter\_ai.txt 1:12 ¶59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_otter\_ai.txt 1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_otter\_ai.txt 1:16 ¶91, positively, will always helps me is like, very basic, just doing sports, okay, so physically active,... in Thesis Interview 1\_otter\_ai.txt 1:34 ¶179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_otter\_ai.txt 2:8 ¶19, Well, my, my most my most often, well, the activities that I do more often are going to parks having... in Thesis Interview 2\_otter\_ai.txt 2:12 ¶37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_otter\_ai.txt 2:25 ¶105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_otter\_ai.txt 2:26 ¶105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_otter\_ai.txt 2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt 3:8 ¶35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_otter\_ai.txt 4:16 ¶111, No, I did. I have never done something like this. And I was never also thinking about it. I don't kn... in Thesis Interview 4\_otter\_ai.txt 4:24 ¶141, Yeah, I have so Hillier, I guess, I would say sizing a lot. And I also lost six kilo grams, and in a... in Thesis Interview 4\_otter\_ai.txt 4:42 ¶237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_otter\_ai.txt 5:12 ¶71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt 5:51 ¶259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt 6:17 ¶89, I think it's pretty good. I've been biking a lot. So definitely, that's good for like, physical aspe... in Thesis Interview 6\_otter\_ai.txt 6:18 ¶95, And yeah, I would like to do something more like running or dancing, like something more, like, even... in Thesis Interview 6\_otter\_ai.txt 6:20 ¶101, I would say it's good in terms of like moving but it's not good in terms of Uh, eating healthy. Like... in Thesis Interview 6\_otter\_ai.txt

- o **Leisure Activities: Desire to engage in new activities**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

4:16 ¶111, No, I did. I have never done something like this. And I was never also thinking about it. I don't kn... in Thesis Interview 4\_otter\_ai.txt

- o **Leisure Activities: Enjoyment of nature**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt

- o **Leisure Activities: Exercise**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

4:24 ¶141, Yeah, I have so Hillier, I guess, I would say sizing a lot. And I also lost six kilo grams, and in a... in Thesis Interview 4\_otter\_ai.txt 6:17 ¶89, I think it's pretty good. I've been biking a lot. So definitely, that's good for like, physical aspe... in Thesis Interview 6\_otter\_ai.txt 6:20 ¶101, I would say it's good in terms of like moving but it's not good in terms of Uh, eating healthy. Like... in Thesis Interview 6\_otter\_ai.txt

- o **Leisure Activities: Extracurricular activities**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

3:8 ¶35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_otter\_ai.txt

- o **Leisure Activities: Financial habits**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

2:26 ¶105, And I think when I go back to Albania now, I feel like I'm doing plans three or four days before? An... in Thesis Interview 2\_otter\_ai.txt

- o **Leisure Activities: Health problems**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

5:12 ¶71, It could be better. Yeah. But I don't think like, like it has its ups and downs. Definitely. And cur... in Thesis Interview 5\_otter\_ai.txt

- o **Leisure Activities: Interest in physical activity**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

6:18 ¶95, And yeah, I would like to do something more like running or dancing, like something more, like, even... in Thesis Interview 6\_otter\_ai.txt

- o **Leisure Activities: Interest in sports**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

4:16 ¶111, No, I did. I have never done something like this. And I was never also thinking about it. I don't kn... in Thesis Interview 4\_otter\_ai.txt

- o **Leisure Activities: Interests**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

4:42 ¶237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_otter\_ai.txt

- o **Leisure Activities: Leisure**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

2:25 ¶105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_otter\_ai.txt

- o **Leisure Activities: Leisure activities**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

2:8 ¶19, Well, my, my most my most often, well, the activities that I do more often are going to parks having... in Thesis Interview 2\_otter\_ai.txt

- o **Leisure Activities: Participation in events**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

1:12 ¶59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_otter\_ai.txt

- o **Leisure Activities: Physical activity**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

1:8 ¶29, That makes more sense? Yeah. Pretty basic stuff, I guess, I just, I meet up with friends, most of th... in Thesis Interview 1\_otter\_ai.txt 1:34 ¶179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_otter\_ai.txt

- o **Leisure Activities: Physical exercise**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_otter\_ai.txt 1:16 ¶91, positively, will always helps me is like, very basic, just doing sports, okay, so physically active,... in Thesis Interview 1\_otter\_ai.txt

- o **Leisure Activities: Recreation**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen

- o **Quotations:**

1:8 ¶29, That makes more sense? Yeah. Pretty basic stuff, I guess, I just, I meet up with friends, most of th... in Thesis Interview 1\_otter\_ai.txt

- o **Leisure Activities: Substance abuse**

Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen



- Quotations:**  
2:12 ¶ 37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_otter\_ai.txt
- **Leisure Activities: Substance use**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
2:28 ¶ 111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt 5:51 ¶ 259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt
  - **Leisure Activities: Unhealthy eating**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:20 ¶ 101, I would say it's good in terms of like moving but it's not good in terms of Uh, eating healthy. Like... in Thesis Interview 6\_otter\_ai.txt
  - **Leisure Activities: Weight loss**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:24 ¶ 141, Yeah, I have so Hillier, I guess, I would say sizing a lot. And I also lost six kilo grams, and in a... in Thesis Interview 4\_otter\_ai.txt
  - **Relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
1:36 ¶ 185, Yeah. Yeah, apart from the exercise one, yeah. Just also being just finding someone to talk to you a... in Thesis Interview 1\_otter\_ai.txt 1:40 ¶ 205, mainly again, judges feel like I need to talk with my parents about something, call them. Or even, I... in Thesis Interview 1\_otter\_ai.txt 1:47 ¶ 243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_otter\_ai.txt 1:51 ¶ 279, People should definitely participate in my introduction events, or events throughout the summer, beg... in Thesis Interview 1\_otter\_ai.txt 2:7 ¶ 19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_otter\_ai.txt 2:13 ¶ 55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_otter\_ai.txt 2:17 ¶ 73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn't... in Thesis Interview 2\_otter\_ai.txt 2:30 ¶ 131, yeah, definitely. My friendships helped me a lot. I would say also something that I didn't mention,... in Thesis Interview 2\_otter\_ai.txt 3:6 ¶ 29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_otter\_ai.txt 3:8 ¶ 35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_otter\_ai.txt 3:18 ¶ 107, oh, yeah, forgot about them? Um, I talked about it every day. Yeah, you talk to your family? I think... in Thesis Interview 3\_otter\_ai.txt 3:20 ¶ 113, I think it also depends on how close you were with them beforehand. If you were not as close to your... in Thesis Interview 3\_otter\_ai.txt 3:28 ¶ 143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_otter\_ai.txt 3:31 ¶ 161, you'd be more helpful? No, you would be surprised that I think sometimes having just a sexual conver... in Thesis Interview 3\_otter\_ai.txt 4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_otter\_ai.txt 4:7 ¶ 45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_otter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year I... in Thesis Interview 4\_otter\_ai.txt 4:35 ¶ 201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_otter\_ai.txt 4:39 ¶ 225, Sometime sometimes family is not that healthy, you know? I don't know. Like, maybe not all the time... in Thesis Interview 4\_otter\_ai.txt 4:40 ¶ 231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_otter\_ai.txt 4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_otter\_ai.txt 4:54 ¶ 297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_otter\_ai.txt 5:6 ¶ 35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_otter\_ai.txt 5:9 ¶ 47, I mean, there are some people whom I met during university work and I think that can also be consid... in Thesis Interview 5\_otter\_ai.txt 5:17 ¶ 101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_otter\_ai.txt 5:26 ¶ 131, Yes, yes, I would say so. Like, when I was in the hospital, a lot of my friends like, helped me with... in Thesis Interview 5\_otter\_ai.txt 5:48 ¶ 241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_otter\_ai.txt 5:51 ¶ 259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt 5:54 ¶ 283, would say so. That. Yeah. Yeah, the most important, like, like, most closest and most important supp... in Thesis Interview 5\_otter\_ai.txt 6:5 ¶ 35, I would describe my social life as good as long as I don't have too many deadlines and exams. So usu... in Thesis Interview 6\_otter\_ai.txt 6:12 ¶ 71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt 6:16 ¶ 83, I would say so. But it went down. Since I got into relationship like before that I would party a lot... in Thesis Interview 6\_otter\_ai.txt 6:22 ¶ 107, Ah, I think my relationship is definitely positive aspects of my well being like the my boyfriend re... in Thesis Interview 6\_otter\_ai.txt 6:31 ¶ 163, So I would say like, the parts like the that have the most impact on my well being would be like, a... in Thesis Interview 6\_otter\_ai.txt 6:33 ¶ 175, Oh, yes, definitely. I would say it's a very good relationship. We are very close. So I try to like,... in Thesis Interview 6\_otter\_ai.txt 6:35 ¶ 181, You for me, I I definitely talk to them a lot. But when it comes to like, sharing my problems here,... in Thesis Interview 6\_otter\_ai.txt 6:57 ¶ 331, Yeah, exactly. I feel like when I visit Poland, I kind of miss being here as well. So I think it's a... in Thesis Interview 6\_otter\_ai.txt
  - **Relationships: Building relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
2:7 ¶ 19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_otter\_ai.txt
  - **Relationships: Dependency on family**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
1:40 ¶ 205, mainly again, judges feel like I need to talk with my parents about something, call them. Or even, I... in Thesis Interview 1\_otter\_ai.txt
  - **Relationships: Difficulty building relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
1:47 ¶ 243, Yeah. Yeah. Also, sometimes a little bit difficult. We'll make connections even with your peers in t... in Thesis Interview 1\_otter\_ai.txt
  - **Relationships: Difficulty making friends**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:6 ¶ 39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_otter\_ai.txt 4:45 ¶ 255, I don't, I was actually, if I'm being honest, in Iran, I was always another one. If I'm looking at m... in Thesis Interview 4\_otter\_ai.txt
  - **Relationships: Difficulty making friendships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:54 ¶ 297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_otter\_ai.txt
  - **Relationships: Familial Relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
5:51 ¶ 259, To be fair, I got a similar thing. Because, like, for example, I know that my mother doesn't like wh... in Thesis Interview 5\_otter\_ai.txt
  - **Relationships: Family concerns**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
2:13 ¶ 55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_otter\_ai.txt
  - **Relationships: Family dynamics**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:39 ¶ 225, Sometime sometimes family is not that healthy, you know? I don't know. Like, maybe not all the time... in Thesis Interview 4\_otter\_ai.txt
  - **Relationships: Family Relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

- Quotations:**  
1:36 ¶ 185, Yeah. Yeah, apart from the exercise one, yeah. Just also being just finding someone to talk to you a... in Thesis Interview 1\_oter\_ai.txt 3:20 ¶ 113, I think it also depends on how close you were with them beforehand. If you were not as close to your... in Thesis Interview 3\_oter\_ai.txt 5:48 ¶ 241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_oter\_ai.txt
- **Relationships: Family support**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
3:18 ¶ 107, oh, yeah, forgot about them? Um, I talked about it every day. Yeah, you talk to your family? I think... in Thesis Interview 3\_oter\_ai.txt 5:54 ¶ 283, would say so. That. Yeah. Yeah, the most important, like, like, most closest and most important supp... in Thesis Interview 5\_oter\_ai.txt
  - **Relationships: Friendship**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
1:51 ¶ 279, People should definitely participate in my introduction events, or events throughout the summer, beg... in Thesis Interview 1\_oter\_ai.txt 3:6 ¶ 29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_oter\_ai.txt 3:28 ¶ 143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_oter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year I... in Thesis Interview 4\_oter\_ai.txt 5:6 ¶ 35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_oter\_ai.txt 5:9 ¶ 47, I mean, there are some people whom I met during university work and I think that can also be consid... in Thesis Interview 5\_oter\_ai.txt 5:17 ¶ 101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_oter\_ai.txt 5:48 ¶ 241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_oter\_ai.txt
  - **Relationships: Friendship difficulties**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:7 ¶ 45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_oter\_ai.txt
  - **Relationships: Friendships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
3:8 ¶ 35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_oter\_ai.txt 4:40 ¶ 231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_oter\_ai.txt
  - **Relationships: Friendsupport**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
5:26 ¶ 131, Yes, yes, I would say so. Like, when I was in the hospital, a lot of my friends like, helped me with... in Thesis Interview 5\_oter\_ai.txt
  - **Relationships: Hierarchy of social relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:31 ¶ 163, So I would say like, the parts like the that have the most impact on my well being would be like, a... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Importance of family**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:31 ¶ 163, So I would say like, the parts like the that have the most impact on my well being would be like, a... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Importance of friendships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:31 ¶ 163, So I would say like, the parts like the that have the most impact on my well being would be like, a... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Importance of intimate relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:31 ¶ 163, So I would say like, the parts like the that have the most impact on my well being would be like, a... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Importance of relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
4:35 ¶ 201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_oter\_ai.txt 5:54 ¶ 283, would say so. That. Yeah. Yeah, the most important, like, like, most closest and most important supp... in Thesis Interview 5\_oter\_ai.txt
  - **Relationships: Personal relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
3:31 ¶ 161, you'd be more helpful? No, you would be surprised that I think sometimes having just a sexual conver... in Thesis Interview 3\_oter\_ai.txt
  - **Relationships: Positive relationship**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:22 ¶ 107, Ah, I think my relationship is definitely positive aspects of my well being like the my boyfriend re... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Preference for personal relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:35 ¶ 181, You for me, I definitely talk to them a lot. But when it comes to like, sharing my problems here,... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Prioritizing romantic relationship over friendships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:5 ¶ 35, I would describe my social life as good as long as I don't have too many deadlines and exams. So usu... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Relationships**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
2:13 ¶ 55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_oter\_ai.txt 4:39 ¶ 225, Sometime sometimes family is not that healthy, you know? I don't know. Like, maybe not all the time... in Thesis Interview 4\_oter\_ai.txt 6:12 ¶ 71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_oter\_ai.txt 6:16 ¶ 83, I would say so. But it went down. Since I got into relationship like before that I would party a lot... in Thesis Interview 6\_oter\_ai.txt 6:33 ¶ 175, Oh, yes, definitely. I would say it's a very good relationship. We are very close. So I try to like,... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Support from family**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
6:57 ¶ 331, Yeah, exactly. I feel like when I visit Poland, I kind of miss being here as well. So I think it's a... in Thesis Interview 6\_oter\_ai.txt
  - **Relationships: Support from friends/peers**  
**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen  
**Quotations:**  
2:30 ¶ 131, yeah, definitely. My friendships helped me a lot. I would say also something that I didn't mention,... in Thesis Interview 2\_oter\_ai.txt
  - **Relationships: Support Networks**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

3:6 ¶29, So I think it goes back to when they just got here, I got here doing COVID. And the university was n... in Thesis Interview 3\_ottter\_ai.txt

o **Relationships: Support system**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:17 ¶73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn'... in Thesis Interview 2\_ottter\_ai.txt

o **Socialization**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:6 ¶23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_ottter\_ai.txt 1:8 ¶29, That makes more sense? Yeah. Pretty basic stuff, I guess, I just, I meet up with friends, most of th... in Thesis Interview 1\_ottter\_ai.txt 1:10 ¶47, Yeah, so I mean, with, with my neighbor community, I don't really interact much to flatmates that I... in Thesis Interview 1\_ottter\_ai.txt 1:12 ¶59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_ottter\_ai.txt 1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_ottter\_ai.txt 1:15 ¶85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_ottter\_ai.txt 1:16 ¶91, positively, will always helps me is like, very basic, just doing sports, okay, so physically active,... in Thesis Interview 1\_ottter\_ai.txt 1:18 ¶97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_ottter\_ai.txt 1:21 ¶109, being? Yes, definitely. And also, always positively. And there's not a situation where I would say s... in Thesis Interview 1\_ottter\_ai.txt 1:23 ¶127, Or let's say you, you're gonna, like, go to a friend's place and cook together for them just talk ab... in Thesis Interview 1\_ottter\_ai.txt 1:27 ¶155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_ottter\_ai.txt 1:30 ¶167, know, do no contact with people. Even though I would mention that, like, also at the beginning, it w... in Thesis Interview 1\_ottter\_ai.txt 1:32 ¶173, He has somewhere in between? I think I'm probably more introverted. Yeah. But I do very much like be... in Thesis Interview 1\_ottter\_ai.txt 1:34 ¶179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_ottter\_ai.txt 1:44 ¶231, You want to? Yeah, I wouldn't say so. Yeah, I'd say like, memories of good moments with friends just... in Thesis Interview 1\_ottter\_ai.txt 1:46 ¶237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much... in Thesis Interview 1\_ottter\_ai.txt 1:49 ¶267, Of course, they can derive more benefits from being around people that they already know, or people... in Thesis Interview 1\_ottter\_ai.txt 1:51 ¶279, People should definitely participate in my introduction events, or events throughout the summer, beg... in Thesis Interview 1\_ottter\_ai.txt 2:7 ¶19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_ottter\_ai.txt 2:8 ¶19, Well, my, my most my most often, well, the activities that I do more often are going to parks having... in Thesis Interview 2\_ottter\_ai.txt 2:9 ¶25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_ottter\_ai.txt 2:12 ¶37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_ottter\_ai.txt 2:15 ¶61, Well, very specifically, for me, I think I mentioned earlier like I had anti social phase, which was... in Thesis Interview 2\_ottter\_ai.txt 2:16 ¶67, yes, definitely. Well, the biggest impact was the people that I, the people that I met here in the c... in Thesis Interview 2\_ottter\_ai.txt 2:17 ¶73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn'... in Thesis Interview 2\_ottter\_ai.txt 2:20 ¶87, maybe not on purpose, but yeah, indirectly a bit. A bit of exclusion does happen. It may not be ill... in Thesis Interview 2\_ottter\_ai.txt 2:22 ¶93, well, I'm somewhere in between Yeah, being introverted in extroverted I mean, I'm usually, I would s... in Thesis Interview 2\_ottter\_ai.txt 2:23 ¶99, No, not really. If I'm put in a situation with new people, I can adapt, and I can speak and yeah, ha... in Thesis Interview 2\_ottter\_ai.txt 2:25 ¶105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_ottter\_ai.txt 2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of weed. This... in Thesis Interview 2\_ottter\_ai.txt 2:33 ¶143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_ottter\_ai.txt 2:34 ¶149, Well, I think I think one thing that I didn't mention was the fact that last year, two of my best fr... in Thesis Interview 2\_ottter\_ai.txt 3:8 ¶35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_ottter\_ai.txt 3:16 ¶95, Yeah, I think if it asked me like, six months ago, I would have had a different answer, but it's dif... in Thesis Interview 3\_ottter\_ai.txt 3:17 ¶101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_ottter\_ai.txt 3:18 ¶107, oh, yeah, forgot about them? Um, I talked about it every day. Yeah, you talk to your family? I think... in Thesis Interview 3\_ottter\_ai.txt 3:22 ¶119, yeah, they can't really do anything. Physically, I would say, but some I do find that it's, it's goo... in Thesis Interview 3\_ottter\_ai.txt 3:25 ¶131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_ottter\_ai.txt 3:31 ¶161, you'd be more helpful? No, you would be surprised that I think sometimes having just a sexual conver... in Thesis Interview 3\_ottter\_ai.txt 3:34 ¶179, You know, I can pick up a couple of words. But not good enough to be able to interact as much. And I... in Thesis Interview 3\_ottter\_ai.txt 3:40 ¶235, there's the other side where I would prefer to maybe stay in. Let's give an example. Like I would li... in Thesis Interview 3\_ottter\_ai.txt 4:6 ¶39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_ottter\_ai.txt 4:7 ¶45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_ottter\_ai.txt 4:11 ¶69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_ottter\_ai.txt 4:13 ¶81, yeah, most terrified. Ladies, I read it always took I'm not thinking of the people I if I have free... in Thesis Interview 4\_ottter\_ai.txt 4:14 ¶87, Oh, my neighbors are always my neighbors are 40 Plus living so they're always so friendly to me and... in Thesis Interview 4\_ottter\_ai.txt 4:35 ¶201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_ottter\_ai.txt 4:37 ¶213, like, yeah, it's a personal thing. Me, because I know, I'm so busy to get up more, I don't know, I e... in Thesis Interview 4\_ottter\_ai.txt 4:40 ¶231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_ottter\_ai.txt 4:42 ¶237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_ottter\_ai.txt 4:47 ¶267, Yeah, now it's no, it's fine. It's fine. But sometimes I don't know how I have to be in the social e... in Thesis Interview 4\_ottter\_ai.txt 4:68 ¶381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_ottter\_ai.txt 4:69 ¶387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_ottter\_ai.txt 5:4 ¶29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_ottter\_ai.txt 5:6 ¶35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_ottter\_ai.txt 5:7 ¶41, So I believe like, I'm meeting, I might not meet as much with people as I want. However, I believe i... in Thesis Interview 5\_ottter\_ai.txt 5:9 ¶47, I mean, there are some people whom I met during university work and I think that can also be beside... in Thesis Interview 5\_ottter\_ai.txt 5:13 ¶83, Yeah. So I had that period where I didn't really meet people. And yeah, it was obviously, like, left... in Thesis Interview 5\_ottter\_ai.txt 5:17 ¶101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_ottter\_ai.txt 5:19 ¶107, I believe that the fact that I lived in like, like in a big student house, which was like around 100... in Thesis Interview 5\_ottter\_ai.txt 5:21 ¶113, Well, of course, not speaking Dutch is like a big factor in like making new social connections? Beca... in Thesis Interview 5\_ottter\_ai.txt 5:40 ¶205, yeah, sometimes. But yeah, but as I mentioned, I got the scenario extrovert who sometimes is like, O... in Thesis Interview 5\_ottter\_ai.txt 5:43 ¶223, Yeah, usually, like FPS games like CSGO, or maybe Minecraft or something like so of course, like mul... in Thesis Interview 5\_ottter\_ai.txt 5:48 ¶241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_ottter\_ai.txt 5:52 ¶271, Yeah, definitely. Like, like, can I just, I just feel a little bit worse than we do something. And e... in Thesis Interview 5\_ottter\_ai.txt 5:54 ¶283, would say so. That. Yeah. Yeah, the most important, like, like, most closest and most important supp... in Thesis Interview 5\_ottter\_ai.txt 5:58 ¶301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_ottter\_ai.txt 6:5 ¶35, I would describe my social life as good as long as I don't have too many deadlines and exams. So usu... in Thesis Interview 6\_ottter\_ai.txt 6:8 ¶53, I don't know if it counts, I've joined ESN but only as like, not active. My member. I'm just joining... in Thesis Interview 6\_ottter\_ai.txt 6:16 ¶83, I would say so. But it went down. Since I got into relationship like before that I would party a lot... in Thesis Interview 6\_ottter\_ai.txt 6:25 ¶119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_ottter\_ai.txt 6:27 ¶143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_ottter\_ai.txt 6:29 ¶155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_ottter\_ai.txt 6:32 ¶169, Oh, yeah, we are in contact a lot. We call each other often. And they visited me here as well. I tri... in Thesis Interview 6\_ottter\_ai.txt 6:40 ¶211, Yeah, I understand that not like, in a way to, like speak up. Be like, there's no way I could, like,... in Thesis Interview 6\_ottter\_ai.txt 6:48 ¶277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn'... in Thesis Interview 6\_ottter\_ai.txt 6:50 ¶289, I would say good coping strategy would be just talking to people about like, the things that stress... in Thesis Interview 6\_ottter\_ai.txt 6:56 ¶325, Oh, it definitely helped me with my well being a lot. Like, if I didn't have like, the social circle... in Thesis Interview 6\_ottter\_ai.txt 6:63 ¶361, Participation? Definitely a lot like the support I've received from my family, from my friends, my b... in Thesis Interview 6\_ottter\_ai.txt

o **Socialization: Change in social life**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

6:16 ¶83, I would say so. But it went down. Since I got into relationship like before that I would party a lot... in Thesis Interview 6\_ottter\_ai.txt

o **Socialization: Community building**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**



- 5:58 ¶ 301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_oter\_ai.txt
- **Socialization: Difficulty socializing**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:69 ¶ 387, I right now, it took me a lot to learn that that is not probably. Yeah. Like I was. Yeah, it's maybe... in Thesis Interview 4\_oter\_ai.txt
  - **Socialization: Energy from social interaction**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:44 ¶ 231, You want to? Yeah, I wouldn't say so. Yeah, I'd say like, memories of good moments with friends just... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Importance of social connections**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:13 ¶ 81, yeah, most terrified. Ladies, I read it always took I'm not thinking of the people I if I have free... in Thesis Interview 4\_oter\_ai.txt
  - **Socialization: Importance of social support**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:40 ¶ 231, Yeah, I guess that's close friends. And as they mentioned, quality people around you are important... in Thesis Interview 4\_oter\_ai.txt
  - **Socialization: Interpersonal communication**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:48 ¶ 241, Yeah. Yeah, I think with friends, of course, it's, yeah, I got like a few people who might can like... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Limited Social Interaction**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:10 ¶ 47, Yeah, so I mean, with, with my neighbor community, I don't really interact much to flatmates that I... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Peer influence**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:40 ¶ 235, there's the other side where I would prefer to maybe stay in. Let's give an example. Like I would li... in Thesis Interview 3\_oter\_ai.txt
  - **Socialization: Sociability**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:25 ¶ 105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_oter\_ai.txt
  - **Socialization: Social anxiety**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:27 ¶ 155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_oter\_ai.txt 2:12 ¶ 37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_oter\_ai.txt 2:15 ¶ 61, Well, very specifically, for me, I think I mentioned earlier like I had anti social phase, which was... in Thesis Interview 2\_oter\_ai.txt 3:17 ¶ 101, six months ago is, yeah, I think six months ago was more closed off, I'd say a little bit. And I onl... in Thesis Interview 3\_oter\_ai.txt 4:11 ¶ 69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_oter\_ai.txt 4:35 ¶ 201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_oter\_ai.txt 4:37 ¶ 213, like, yeah, it's a personal thing. Me, because I know, I'm so busy to get up more, I don't know, I e... in Thesis Interview 4\_oter\_ai.txt 4:47 ¶ 267, Yeah, now it's no, it's fine. It's fine. But sometimes I don't know how I have to be in the social e... in Thesis Interview 4\_oter\_ai.txt 4:68 ¶ 381, I feel that a lot. But then I was the one who stepped by, and I didn't care more about that. I had t... in Thesis Interview 4\_oter\_ai.txt 5:40 ¶ 205, yeah, sometimes. But yeah, but as I mentioned, I got the scenario extrovert who sometimes is like, O... in Thesis Interview 5\_oter\_ai.txt 6:40 ¶ 211, Yeah, I understand that not like, in a way to, like speak up. Be like, there's no way I could, like,... in Thesis Interview 6\_oter\_ai.txt
  - **Socialization: Social barriers**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:46 ¶ 237, Yeah, I would say or we didn't touch upon a lot. How internationals and Dutch don't really mix much... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Social belonging**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:8 ¶ 53, I don't know if it counts, I've joined ESN but only as like, not active. My member. I'm just joining... in Thesis Interview 6\_oter\_ai.txt
  - **Socialization: Social bonding**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:43 ¶ 223, Yeah, usually, like FPS games like CSGO, or maybe Minecraft or something like so of course, like mul... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Social connections**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:6 ¶ 35, not really part of anything like, official anything. So but I met people through like, Kai Week, and... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Social development**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:15 ¶ 85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Social engagement**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:34 ¶ 179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Social exclusion**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:30 ¶ 167, know, do no contact with people. Even though I would mention that, like, also at the beginning, it w... in Thesis Interview 1\_oter\_ai.txt 2:20 ¶ 87, maybe not on purpose, but yeah, indirectly a bit. A bit of exclusion does happen. It may not be ill... in Thesis Interview 2\_oter\_ai.txt
  - **Socialization: Social influence**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:49 ¶ 267, Of course, they can derive more benefits from being around people that they already know, or people... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Social integration**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:4 ¶ 29, I think growing it in the Netherlands overall, it's like, on the surface level, very, very comfortab... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Social interaction**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:

- 1:18 ¶97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_oter\_ai.txt 1:32 ¶173, He has somewhere in between? I think I'm probably more introverted. Yeah. But I do very much like be... in Thesis Interview 1\_oter\_ai.txt 2:22 ¶93, well, I'm somewhere in between Yeah, being introverted in extroverted I mean, I'm usually, I would s... in Thesis Interview 2\_oter\_ai.txt 5:19 ¶107, I believe that the fact that I lived in like, like in a big student house, which was like around 100... in Thesis Interview 5\_oter\_ai.txt 5:40 ¶205, yeah, sometimes. But yeah, but as I mentioned, I got the scenario extrovert who sometimes is like, O... in Thesis Interview 5\_oter\_ai.txt 5:52 ¶271, Yeah, definitely. Like, like, can I just, I just feel a little bit worse than we do something. And e... in Thesis Interview 5\_oter\_ai.txt 6:27 ¶143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_oter\_ai.txt 6:29 ¶155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_oter\_ai.txt
- **Socialization: Social Interactions**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:17 ¶73, it also depends how open you are. Yeah, how, how much you reveal to your family. In my case, I didn'... in Thesis Interview 2\_oter\_ai.txt
  - **Socialization: Social Isolation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:10 ¶47, Yeah, so I mean, with, with my neighbor community, I don't really interact much to flatmates that I... in Thesis Interview 1\_oter\_ai.txt 2:9 ¶25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_oter\_ai.txt 2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_oter\_ai.txt 4:6 ¶39, Yeah, and when I started, I have started some with kinda International School. Yeah, well, when I wh... in Thesis Interview 4\_oter\_ai.txt 4:7 ¶45, Yeah, I was thinking there was something wrong with me all. But then I realized that it's not just m... in Thesis Interview 4\_oter\_ai.txt 4:42 ¶237, it depends Sometimes you met the person, like for few hours, and you feel that connection. And you f... in Thesis Interview 4\_oter\_ai.txt 5:7 ¶41, So I believe like, I'm meeting, I might not meet as much with people as I want. However, I believe i... in Thesis Interview 5\_oter\_ai.txt 5:13 ¶83, Yeah. So I had that period where I didn't really meet people. And yeah, it was obviously, like, left... in Thesis Interview 5\_oter\_ai.txt 5:21 ¶113, Well, of course, not speaking Dutch is like a big factor in like making new social connections? Beca... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Social life**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
6:5 ¶35, I would describe my social life as good as long as I don't have too many deadlines and exams. So usu... in Thesis Interview 6\_oter\_ai.txt
  - **Socialization: Social networking**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:7 ¶19, Okay, so in the, in the beginning, my social activities were mostly school school activities. So the... in Thesis Interview 2\_oter\_ai.txt
  - **Socialization: Social norms**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:34 ¶179, You know, I can pick up a couple of words. But not good enough to be able to interact as much. And I... in Thesis Interview 3\_oter\_ai.txt
  - **Socialization: Social pressure**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:25 ¶131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_oter\_ai.txt 3:40 ¶235, there's the other side where I would prefer to maybe stay in. Let's give an example. Like I would li... in Thesis Interview 3\_oter\_ai.txt
  - **Socialization: Social skills**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:23 ¶99, No, not really. If I'm put in a situation with new people, I can adapt, and I can speak and yeah, ha... in Thesis Interview 2\_oter\_ai.txt 6:48 ¶277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn't... in Thesis Interview 6\_oter\_ai.txt
  - **Socialization: Social support**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_oter\_ai.txt 1:16 ¶91, positively, will always helps me is like, very basic, just doing sports, okay, so physically active,... in Thesis Interview 1\_oter\_ai.txt 1:21 ¶109, being? Yes, definitely. And also, always positively. And there's not a situation where I would say s... in Thesis Interview 1\_oter\_ai.txt 1:23 ¶127, Or let's say you, you're gonna, like, go to a friend's place and cook together for them just talk ab... in Thesis Interview 1\_oter\_ai.txt 1:44 ¶231, You want to? Yeah, I wouldn't say so. Yeah, I'd say like, memories of good moments with friends just... in Thesis Interview 1\_oter\_ai.txt 1:51 ¶279, People should definitely participate in my introduction events, or events throughout the summer, beg... in Thesis Interview 1\_oter\_ai.txt 2:15 ¶61, Well, very specifically, for me, I think I mentioned earlier like I had anti social phage, which was... in Thesis Interview 2\_oter\_ai.txt 2:16 ¶67, yes, definitely. Well, the biggest impact was the people that I, the people that I met here in the c... in Thesis Interview 2\_oter\_ai.txt 2:33 ¶143, Oh, yes, definitely. I think I mentioned earlier about not speaking Dutch. Yeah, a very close friend... in Thesis Interview 2\_oter\_ai.txt 2:34 ¶149, Well, I think I think one thing that I didn't mention was the fact that last year, two of my best fr... in Thesis Interview 2\_oter\_ai.txt 3:16 ¶95, Yeah, I think if it asked me like, six months ago, I would have had a different answer, but it's dif... in Thesis Interview 3\_oter\_ai.txt 3:18 ¶107, oh, yeah, forgot about them? Um, I talked about it every day. Yeah, you talk to your family? I think... in Thesis Interview 3\_oter\_ai.txt 3:22 ¶119, yeah, they can't really do anything. Physically, I would say, but some I do find that it's, it's goo... in Thesis Interview 3\_oter\_ai.txt 3:31 ¶161, you'd be more helpful? No, you would be surprised that I think sometimes having just a sexual conver... in Thesis Interview 3\_oter\_ai.txt 4:14 ¶87, Oh, my neighbors are always my neighbors are 40 Plus living so they're always so friendly to me and... in Thesis Interview 4\_oter\_ai.txt 5:19 ¶107, I believe that the fact that I lived in like, like in a big student house, which was like around 100... in Thesis Interview 5\_oter\_ai.txt 5:54 ¶283, would say so. That. Yeah. Yeah, the most important, like, like, the most closest and most important supp... in Thesis Interview 5\_oter\_ai.txt 6:25 ¶119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_oter\_ai.txt 6:32 ¶169, Oh, yeah, we are in contact a lot. We call each other often. And they visited me here as well. I tri... in Thesis Interview 6\_oter\_ai.txt 6:50 ¶289, I would say good coping strategy would be just talking to people about like, the things that stress... in Thesis Interview 6\_oter\_ai.txt 6:56 ¶325, Oh, it definitely helped me with my well being a lot. Like, if I didn't have like, the social circle... in Thesis Interview 6\_oter\_ai.txt 6:63 ¶361, Participation? Definitely a lot like the support I've received from my family, from my friends, my b... in Thesis Interview 6\_oter\_ai.txt
  - **Socialization: Social transition**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:17 ¶101, Yeah, I think it's harder to make friends here. But it might be due to me being just a university st... in Thesis Interview 5\_oter\_ai.txt
  - **Socialization: Social isolation**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:6 ¶23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_oter\_ai.txt
  - **Socialization: Socialization**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:25 ¶105, Yeah, well, of course, I do think there's a big cultural difference between Albania and the Netherla... in Thesis Interview 2\_oter\_ai.txt 4:13 ¶81, yeah, most terrified. Ladies, I read it always took I'm not thinking of the people I if I have free... in Thesis Interview 4\_oter\_ai.txt
  - **Socialization: Socializing**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:8 ¶29, That makes more sense? Yeah. Pretty basic stuff, I guess, I just, I meet up with friends, most of th... in Thesis Interview 1\_oter\_ai.txt 1:12 ¶59, Yeah, I'm not really involved in that. They're in March, but just use it. Like as a platform to meet... in Thesis Interview 1\_oter\_ai.txt 2:8 ¶19, Well, my, my most my most often, well,

the activities that I do more often are going to parks having... in Thesis Interview 2\_oter\_ai.txt 3:8 ¶35, Okay, so I have, it has changed over the years, I would say, I'd say the first year was mostly just... in Thesis Interview 3\_oter\_ai.txt 5:9 ¶47, I mean, there are some people whom I met during university work and I think that can also be consider... in Thesis Interview 5\_oter\_ai.txt 5:58 ¶301, I think so far the Gaelic and ESN and introduction period, this is great. Yeah. And somehow, we shou... in Thesis Interview 5\_oter\_ai.txt

#### o Well-being

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

##### Quotations:

1:6 ¶23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_oter\_ai.txt 1:14 ¶71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_oter\_ai.txt 1:15 ¶85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_oter\_ai.txt 1:18 ¶97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_oter\_ai.txt 1:21 ¶109, being? Yes, definitely. And also, always positively. And there's not a situation where I would say s... in Thesis Interview 1\_oter\_ai.txt 1:27 ¶155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_oter\_ai.txt 1:29 ¶161, and of course, also, let's say, Germany and Netherlands. They don't same culture. Yeah. Say that var... in Thesis Interview 1\_oter\_ai.txt 1:32 ¶173, He has somewhere in between? I think I'm probably more introverted. Yeah. But I do very much like be... in Thesis Interview 1\_oter\_ai.txt 1:34 ¶179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_oter\_ai.txt 1:37 ¶191, Or just, I don't know, take some time off and just make a nice meal for myself yet. Watch something... in Thesis Interview 1\_oter\_ai.txt 1:44 ¶231, You want to? Yeah, I wouldn't say so. Yeah, I'd say like, memories of good moments with friends just... in Thesis Interview 1\_oter\_ai.txt 2:5 ¶13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_oter\_ai.txt 2:9 ¶25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_oter\_ai.txt 2:12 ¶37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_oter\_ai.txt 2:13 ¶55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_oter\_ai.txt 2:15 ¶61, Well, very specifically, for me, I think I mentioned earlier like I had anti social phase, which was... in Thesis Interview 2\_oter\_ai.txt 2:16 ¶67, yes, definitely. Well, the biggest impact was the people that I, the people that I met here in the c... in Thesis Interview 2\_oter\_ai.txt 2:22 ¶93, well, I'm somewhere in between Yeah, being introverted in extroverted I mean, I'm usually, I would s... in Thesis Interview 2\_oter\_ai.txt 2:23 ¶99, No, not really. If I'm put in a situation with new people, I can adapt, and I can speak and yeah, ha... in Thesis Interview 2\_oter\_ai.txt 2:28 ¶111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_oter\_ai.txt 2:29 ¶123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_oter\_ai.txt 2:37 ¶161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_oter\_ai.txt 3:10 ¶47, I think I think pretty good. It's very easy. I would say very. For some, it's very superficial where... in Thesis Interview 3\_oter\_ai.txt 3:15 ¶83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_oter\_ai.txt 3:16 ¶95, Yeah, I think if it asked me like, six months ago, I would have had a different answer, but it's dif... in Thesis Interview 3\_oter\_ai.txt 3:22 ¶119, yeah, they can't really do anything. Physically, I would say, but some I do find that it's, it's goo... in Thesis Interview 3\_oter\_ai.txt 3:25 ¶131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_oter\_ai.txt 3:28 ¶143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_oter\_ai.txt 3:29 ¶149, I think just being present, just being present, just being yourself out there? Yeah. I mean, you cou... in Thesis Interview 3\_oter\_ai.txt 3:38 ¶211, very extroverted. But I'm, I would say, my personal if you put me in a social setting, I can be very... in Thesis Interview 3\_oter\_ai.txt 3:43 ¶247, To me if like if I got everything's like so haphazard, and can't control anything and dirty and stuf... in Thesis Interview 3\_oter\_ai.txt 3:48 ¶289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_oter\_ai.txt 3:50 ¶295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_oter\_ai.txt 3:52 ¶307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_oter\_ai.txt 3:53 ¶319, Or you've, you want to get in, you get in. And then once you're in, you're really excluded. And that... in Thesis Interview 3\_oter\_ai.txt 4:9 ¶63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always... in Thesis Interview 4\_oter\_ai.txt 4:11 ¶69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis Interview 4\_oter\_ai.txt 4:14 ¶87, Oh, my neighbors are always my neighbors are 40 Plus living so they're always so friendly to me and... in Thesis Interview 4\_oter\_ai.txt 4:20 ¶123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_oter\_ai.txt 4:23 ¶135, and then I had to work a lot of on this to love myself more to I accidentally was good enough, but I... in Thesis Interview 4\_oter\_ai.txt 4:24 ¶141, Yeah, I have so Hillier, I guess, I would say sizing a lot. And I also lost six kilo grams, and in a... in Thesis Interview 4\_oter\_ai.txt 4:26 ¶147, I guess the hardest one was me to get to know all where me what I wanted, you know, what, what kind... in Thesis Interview 4\_oter\_ai.txt 4:29 ¶177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_oter\_ai.txt 4:30 ¶183, Yeah. Perfection is I have to, like I have a task list always. And like I see always the thing that... in Thesis Interview 4\_oter\_ai.txt 4:32 ¶189, Yeah. Yeah. Like I was thinking last month, maybe about when I was 10 years old. And I wish to be he... in Thesis Interview 4\_oter\_ai.txt 4:34 ¶195, I guess a lot it does help I guess. But it depends on our for what kind of person you are. To me is... in Thesis Interview 4\_oter\_ai.txt 4:35 ¶201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_oter\_ai.txt 4:37 ¶213, like, yeah, it's a personal thing. Me, because I know, I'm so busy to get up more, I don't know, I e... in Thesis Interview 4\_oter\_ai.txt 4:46 ¶261, Yeah, but when I came here, I think that it was shaped a little bit, but it was not unchangeable. Fo... in Thesis Interview 4\_oter\_ai.txt 4:49 ¶273, Yeah, I guess. But like now. Personally, I have unlearned that the thought. Yeah. When I started in... in Thesis Interview 4\_oter\_ai.txt 4:51 ¶279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_oter\_ai.txt 4:52 ¶291, Sometimes you just I'm good enough to say I'm good enough for it for a few months a little bit for t... in Thesis Interview 4\_oter\_ai.txt 4:54 ¶297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_oter\_ai.txt 4:55 ¶315, you know, not diary just depends. Yes. Sometimes I write every day, sometimes after a few months, it... in Thesis Interview 4\_oter\_ai.txt 4:60 ¶333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_oter\_ai.txt 4:66 ¶369, other ways? If I'm being honest at the workplace and my neighborhood environment? No, I'm really not... in Thesis Interview 4\_oter\_ai.txt 5:7 ¶41, So I believe like, I'm meeting, I might not meet as much with people as I want. However, I believe i... in Thesis Interview 5\_oter\_ai.txt 5:13 ¶83, Yeah. So I had that period where I didn't really meet people. And yeah, it was obviously, like, left... in Thesis Interview 5\_oter\_ai.txt 5:22 ¶119, Yeah, they like speaking Dutch. And it's completely fine, in my opinion, because overall, I'm t... in Thesis Interview 5\_oter\_ai.txt 5:26 ¶131, Yes, yes, I would say so. Like, when I was in the hospital, a lot of my friends like, helped me with... in Thesis Interview 5\_oter\_ai.txt 5:38 ¶193, You had an interesting question because once when I was younger, I went to a psychologist. And, and... in Thesis Interview 5\_oter\_ai.txt 5:40 ¶205, yeah, sometimes. But yeah, but as I mentioned, I got the scenario extrovert who sometimes is like, O... in Thesis Interview 5\_oter\_ai.txt 5:43 ¶223, Yeah, usually, like FPS games like CSGO, or maybe Minecraft or something like so of course, like mul... in Thesis Interview 5\_oter\_ai.txt 5:52 ¶271, Yeah, definitely. Like, like, can I just, I just feel a little bit worse than we do something. And e... in Thesis Interview 5\_oter\_ai.txt 5:56 ¶295, Yeah, of course, it's harder as an international, but I think I think it's okay. And it should be th... in Thesis Interview 5\_oter\_ai.txt 6:3 ¶29, I think it was pretty good. I've made a lot of friends. So yeah, I think it was a good, it's a good... in Thesis Interview 6\_oter\_ai.txt 6:6 ¶47, I would say they are pretty good. I have positive experiences. I think I've met met many people from... in Thesis Interview 6\_oter\_ai.txt 6:11 ¶65, I would say it's like, fluctuating. Mostly, I would say it's pretty good. I, of course, there are ti... in Thesis Interview 6\_oter\_ai.txt 6:12 ¶71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_oter\_ai.txt 6:14 ¶77, Yeah, exactly. Just, I guess it just went more stable after I started to see the same people. Like... in Thesis Interview 6\_oter\_ai.txt 6:24 ¶113, I'm very happy. I can have like a very, it's a very helpful relationship. I would say. And negative... in Thesis Interview 6\_oter\_ai.txt 6:25 ¶119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_oter\_ai.txt 6:27 ¶143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_oter\_ai.txt 6:29 ¶155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_oter\_ai.txt 6:32 ¶169, Oh, yeah, we are in contact a lot. We call each other often. And they visited me here as well. I tr... in Thesis Interview 6\_oter\_ai.txt 6:33 ¶175, Oh, yes, definitely. I would say it's a very good relationship. We are very close. So I try to like... in Thesis Interview 6\_oter\_ai.txt 6:37 ¶193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_oter\_ai.txt 6:48 ¶277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn't... in Thesis Interview 6\_oter\_ai.txt 6:56 ¶325, Oh, it definitely helped me with my well being a lot. Like, if I didn't have like, the social circle... in Thesis Interview 6\_oter\_ai.txt 6:57 ¶331, Yeah, exactly. I feel like when I visit Poland, I kind of miss being here as well. So I think it's a... in Thesis Interview 6\_oter\_ai.txt 6:61 ¶349, I had moments and it always did, but then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_oter\_ai.txt 6:63 ¶361, Participation? Definitely a lot like the support I've received from my family, from my friends, my b... in Thesis Interview 6\_oter\_ai.txt

#### o Well-being: Access to therapy

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

##### Quotations:

2:29 ¶123, Well, yes, and no, I wouldn't say it's hard to access. But in my case, international students, you m... in Thesis Interview 2\_oter\_ai.txt

#### o Well-being: Achievement

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

##### Quotations:

- 6:3 ¶29, I think it was pretty good. I've made a lot of friends. So yeah, I think it was a good, it's a good... in Thesis Interview 6\_otter\_ai.txt
- **Well-being: Adaptability**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:5 ¶13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Assertiveness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:66 ¶369, other ways? If I'm being honest at the workplace and my neighborhood environment? No, I'm really not... in Thesis Interview 4\_otter\_ai.txt
  - **Well-being: Cleanliness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:43 ¶247, To me if like if I got everything's like so haphazard, and can't control anything and dirty and stuf... in Thesis Interview 3\_otter\_ai.txt
  - **Well-being: Confidence**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:10 ¶47, I think I think pretty good. It's very easy. I would say very. For some, it's very superficial where... in Thesis Interview 3\_otter\_ai.txt
  - **Well-being: Confidence building**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:37 ¶161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Contentment**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:7 ¶41, So I believe like, I'm meeting, I might not meet as much with people as I want. However, I believe i... in Thesis Interview 5\_otter\_ai.txt
  - **Well-being: Emotional support**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:22 ¶119, yeah, they can't really do anything. Physically, I would say, but some I do find that it's, it's goo... in Thesis Interview 3\_otter\_ai.txt 3:48 ¶289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_otter\_ai.txt 6:25 ¶119, friends. Yeah, it definitely helps a lot. Like if I'm in a bad place emotionally, and I see some peo... in Thesis Interview 6\_otter\_ai.txt 6:32 ¶169, Oh, yeah, we are in contact a lot. We call each other often. And they visited me here as well. I tri... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Empathy**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:13 ¶55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Encouragement**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:16 ¶67, yes, definitely. Well, the biggest impact was the people that I, the people that I met here in the c... in Thesis Interview 2\_otter\_ai.txt 3:48 ¶289, challenges, I think. No, I know, it has particularly like, at home moments, for example, in you doub... in Thesis Interview 3\_otter\_ai.txt 3:50 ¶295, I think you doubt yourself. Sometimes you don't understand what you can do. Or just sometimes you ju... in Thesis Interview 3\_otter\_ai.txt
  - **Well-being: Expression of Emotions**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:55 ¶315, you know, not diary just depends. Yes. Sometimes I write every day, sometimes after a few months, it... in Thesis Interview 4\_otter\_ai.txt
  - **Well-being: Extraversion**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
5:40 ¶205, yeah, sometimes. But yeah, but as I mentioned, I got the scenario extrovert who sometimes is like, O... in Thesis Interview 5\_otter\_ai.txt 6:48 ¶277, I would say, like, being a bit extroverted, helps me like to meet new people easily. Like, I wouldn't... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Extroversion**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:22 ¶93, well, I'm somewhere in between Yeah, being introverted in extroverted I mean, I'm usually, I would s... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Gratitude**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
3:28 ¶143, know I do. I really do. I think kind imagine how bad my well being would be without social interacti... in Thesis Interview 3\_otter\_ai.txt 4:14 ¶87, Oh, my neighbors are always my neighbors are 40 Plus living so they're always so friendly to me and... in Thesis Interview 4\_otter\_ai.txt 4:32 ¶189, Yeah. Yeah. Like I was thinking last month, maybe about when I was 10 years old. And I wish to be he... in Thesis Interview 4\_otter\_ai.txt 5:26 ¶131, Yes, yes, I would say so. Like, when I was in the hospital, a lot of my friends like, helped me with... in Thesis Interview 5\_otter\_ai.txt 6:56 ¶325, Oh, it definitely helped me with my well being a lot. Like, if I didn't have like, the social circle... in Thesis Interview 6\_otter\_ai.txt 6:63 ¶361, Participation? Definitely a lot like the support I've received from my family, from my friends, my b... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Happiness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:32 ¶189, Yeah. Yeah. Like I was thinking last month, maybe about when I was 10 years old. And I wish to be he... in Thesis Interview 4\_otter\_ai.txt 6:12 ¶71, when I just moved here, it was very low. The first week or two weeks, I was very homesick. So I was... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Hopefulness**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
2:5 ¶13, And then, when I came here, I was very pleasantly surprised. With the city with the university. I th... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Individualism**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
4:9 ¶63, At my study, you mean? Oh, I could go, I could always say what I wanted to say. And I could always... in Thesis Interview 4\_otter\_ai.txt
  - **Well-being: Introversion**  
Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
Quotations:  
1:27 ¶155, No, I would say it's not so much. For me at least personally, it's not a question of language profic... in Thesis Interview 1\_otter\_ai.txt 1:32 ¶173, He has somewhere in between? I think I'm probably more introverted. Yeah. But I do very much like be... in Thesis Interview 1\_otter\_ai.txt 2:22 ¶93, well, I'm somewhere in between Yeah, being introverted in extroverted I mean, I'm usually, I would s... in Thesis Interview 2\_otter\_ai.txt 2:23 ¶99, No, not really. If I'm put in a situation with new people, I can adapt, and I can speak and yeah, ha... in Thesis Interview 2\_otter\_ai.txt 3:25 ¶131, this mistress? Yeah, yes. Yes. So I personally, I think I'm social but I'm not that that. Okay, the... in Thesis Interview 3\_otter\_ai.txt 3:38 ¶211, very extroverted. But I'm, I would say, my personal if you put me in a social setting, I can be very... in Thesis Interview 3\_otter\_ai.txt 4:11 ¶69, Yeah, still with a hard question for me to answer. Because when I, when I came here, like one year l... in Thesis

Interview 4\_oter\_ai.txt 4:35 ¶ 201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_oter\_ai.txt 4:37 ¶ 213, like, yeah, it's a personal thing. Me, because I know, I'm so busy to get up more, I don't know, I e... in Thesis Interview 4\_oter\_ai.txt 4:54 ¶ 297, Of course, yeah, I've mentioned that because I am not that kind of extra person, I make more quality... in Thesis Interview 4\_oter\_ai.txt 5:38 ¶ 193, You had an interesting question because once when I was younger, I went to a psychologist. And, and... in Thesis Interview 5\_oter\_ai.txt

- **Well-being: Meditation**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:29 ¶ 177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Mental health**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:14 ¶ 71, changed. Yeah. Yeah. I mean, are we for everyone, the pandemic wasn't very helpful for mental well b... in Thesis Interview 1\_oter\_ai.txt 1:18 ¶ 97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_oter\_ai.txt 2:15 ¶ 61, Well, very specifically, for me, I think I mentioned earlier like I had anti social phase, which was... in Thesis Interview 2\_oter\_ai.txt 3:52 ¶ 307, um, I will say I think of the opportunities to be to participate in social activities, such as clubs... in Thesis Interview 3\_oter\_ai.txt 5:13 ¶ 83, Yeah. So I had that period where I didn't really meet people. And yeah, it was obviously, like, left... in Thesis Interview 5\_oter\_ai.txt 5:43 ¶ 223, Yeah, usually, like FPS games like CSGO, or maybe Minecraft or something like so of course, like mul... in Thesis Interview 5\_oter\_ai.txt

- **Well-being: Mental health improvement**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:21 ¶ 109, being? Yes, definitely. And also, always positively. And there's not a situation where I would say s... in Thesis Interview 1\_oter\_ai.txt 6:63 ¶ 361, Participation? Definitely a lot like the support I've received from my family, from my friends, my b... in Thesis Interview 6\_oter\_ai.txt

- **Well-being: Mental health problems**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

3:53 ¶ 319, Or you've, you want to get in, you get in. And then once you're in, you're really excluded. And that... in Thesis Interview 3\_oter\_ai.txt

- **Well-being: Mindfulness**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:32 ¶ 189, Yeah. Yeah. Like I was thinking last month, maybe about when I was 10 years old. And I wish to be he... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Motivation**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:32 ¶ 173, He has somewhere in between? I think I'm probably more introverted. Yeah. But I do very much like be... in Thesis Interview 1\_oter\_ai.txt 4:52 ¶ 291, Sometimes you just I'm good enough to say I'm good enough for it for a few months a little bit for t... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Need for self-improvement**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:35 ¶ 201, Yeah, it does help but not a lot. Not like not a lot of people. I, I prefer quality friends than qua... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Negative self-talk**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:29 ¶ 177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Neutral attitude**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:22 ¶ 119, Yeah, they they like speaking Dutch. And it's completely fine, in my opinion, because overall, I'm t... in Thesis Interview 5\_oter\_ai.txt

- **Well-being: Perfectionism**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:20 ¶ 123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_oter\_ai.txt 4:30 ¶ 183, Yeah. Perfection is I have to, like I have a task list always. And like I see always the thing that... in Thesis Interview 4\_oter\_ai.txt 4:51 ¶ 279, Yeah, I have a love heard from my men from my classmate who is speaking so good. I literally underst... in Thesis Interview 4\_oter\_ai.txt 4:60 ¶ 333, Because I was always I was thinking that the people who have literally shitty life slipping in those... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Personal barriers**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:9 ¶ 25, community. Well, no, I thought I was going to, because it seemed like such a, such a typical thing t... in Thesis Interview 2\_oter\_ai.txt

- **Well-being: Personal experience**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:34 ¶ 195, I guess a lot it does help I guess. But it depends on our for what kind of person you are. To me is... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Personal growth**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:15 ¶ 85, Exactly. So at the beginning, I was a little bit shy as well. Yeah, not really. Knowing how to appro... in Thesis Interview 1\_oter\_ai.txt 2:12 ¶ 37, But I still would not go out every I don't know eight nine days to just do some girl History shoppin... in Thesis Interview 2\_oter\_ai.txt 3:15 ¶ 83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_oter\_ai.txt 3:16 ¶ 95, Yeah, I think if it asked me like, six months ago, I would have had a different answer, but it's dif... in Thesis Interview 3\_oter\_ai.txt 4:20 ¶ 123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_oter\_ai.txt 4:23 ¶ 135, and then I had to work a lot of on this to love myself more to I accidentally was good enough, but I... in Thesis Interview 4\_oter\_ai.txt 4:26 ¶ 147, I guess the hardest one was me to get to know all where me what I wanted, you know, what, what kind... in Thesis Interview 4\_oter\_ai.txt 6:3 ¶ 29, I think it was pretty good. I've made a lot of friends. So yeah, I think it was a good, it's a good... in Thesis Interview 6\_oter\_ai.txt

- **Well-being: Personal transformation**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:46 ¶ 261, Yeah, but when I came here, I think that it was shaped a little bit, but it was not unchangeable. Fo... in Thesis Interview 4\_oter\_ai.txt

- **Well-being: Positive emotion**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:14 ¶ 87, Oh, my neighbors are always my neighbors are 40 Plus living so they're always so friendly to me and... in Thesis Interview 4\_oter\_ai.txt 6:33 ¶ 175, Oh, yes, definitely. I would say it's a very good relationship. We are very close. So I try to like,... in Thesis Interview 6\_oter\_ai.txt

- **Well-being: Positive emotions**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:29 ¶ 177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_oter\_ai.txt 5:52 ¶ 271, Yeah, definitely. Like, like, can I just, I just feel a little bit worse than we do something. And e... in Thesis Interview 5\_oter\_ai.txt 6:24 ¶ 113, I'm very happy. I can have like a



very, it's a very helpful relationship, I would say. And negative... in Thesis Interview 6\_otter\_ai.txt 6:56 ¶325, Oh, it definitely helped me with my well being a lot. Like, if I didn't have like, the social circle... in Thesis Interview 6\_otter\_ai.txt

- **Well-being: Positive experience**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:37 ¶161, I mean, the thing is, if we take COVID out as a factor, I do think that the way that things are set... in Thesis Interview 2\_otter\_ai.txt 3:15 ¶83, Being alone, being alone, yes, being having to meet new people and just being in a foreign country b... in Thesis Interview 3\_otter\_ai.txt 3:16 ¶95, Yeah, I think if it asked me like, six months ago, I would have had a different answer, but it's dif... in Thesis Interview 3\_otter\_ai.txt 6:3 ¶29, I think it was pretty good. I've made a lot of friends. So yeah, I think it was a good, it's a good... in Thesis Interview 6\_otter\_ai.txt 6:6 ¶47, I would say they are pretty good. I have positive experiences. I think I've met met many people from... in Thesis Interview 6\_otter\_ai.txt 6:29 ¶155, I think it's rather a positive like, change. Like, he definitely like, helped me, like, know the cit... in Thesis Interview 6\_otter\_ai.txt

- **Well-being: Positive memories**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:44 ¶231, You want to? Yeah, I wouldn't say so. Yeah, I'd say like, memories of good moments with friends just... in Thesis Interview 1\_otter\_ai.txt

- **Well-being: Positive outlook**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:21 ¶109, being? Yes, definitely. And also, always positively. And there's not a situation where I would say s... in Thesis Interview 1\_otter\_ai.txt

- **Well-being: Positive reinforcement**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:16 ¶67, yes, definitely. Well, the biggest impact was the people that I, the people that I met here in the c... in Thesis Interview 2\_otter\_ai.txt

- **Well-being: Positive sentiment**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

6:11 ¶65, I would say it's like, fluctuating. Mostly, I would say it's pretty good. I, of course, there are ti... in Thesis Interview 6\_otter\_ai.txt

- **Well-being: Positive thinking**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:43 ¶223, Yeah, usually, like FPS games like CSGO, or maybe Minecraft or something like so of course, like mul... in Thesis Interview 5\_otter\_ai.txt

- **Well-being: Positive experience**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:6 ¶23, I would say overall, the experience has been positive, with like, small break with Corona. Where lik... in Thesis Interview 1\_otter\_ai.txt

- **Well-being: Psychology**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:20 ¶123, Yeah, I guess a lot. Before I wasn't even aware of any of them. Because I couldn't also notice that... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Resilience**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:56 ¶295, Yeah, of course, it's harder as an international, but I think I think it's okay. And it should be th... in Thesis Interview 5\_otter\_ai.txt

- **Well-being: Self-acceptance**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:49 ¶273, Yeah, I guess. But like now. Personally, I have unlearned that the thought. Yeah. When I started in... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-awareness**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:29 ¶177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-care**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

1:37 ¶191, Or just, I don't know, take some time off and just make a nice meal for myself yet. Watch something... in Thesis Interview 1\_otter\_ai.txt

- **Well-being: Self-confidence**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:49 ¶273, Yeah, I guess. But like now. Personally, I have unlearned that the thought. Yeah. When I started in... in Thesis Interview 4\_otter\_ai.txt 4:66 ¶369, other ways? If I'm being honest at the workplace and my neighborhood environment? No, I'm really not... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-criticism**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:30 ¶183, Yeah. Perfection is I have to, like I have a task list always. And like I see always the thing that... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-discovery**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:26 ¶147, I guess the hardest one was me to get to know all where me what I wanted, you know, what, what kind... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-evaluation**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

2:13 ¶55, Well, I would say, definitely, the health of my family and loved ones. That's, that's a big thing. L... in Thesis Interview 2\_otter\_ai.txt

- **Well-being: Self-improvement**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

4:23 ¶135, and then I had to work a lot of on this to love myself more to I accidentally was good enough, but I... in Thesis Interview 4\_otter\_ai.txt 4:29 ¶177, And okay, at the time, I have already read some article about how to get to know ourselves and it wa... in Thesis Interview 4\_otter\_ai.txt 4:49 ¶273, Yeah, I guess. But like now. Personally, I have unlearned that the thought. Yeah. When I started in... in Thesis Interview 4\_otter\_ai.txt 4:52 ¶291, Sometimes you just I'm good enough to say I'm good enough for it for a few months a little bit for t... in Thesis Interview 4\_otter\_ai.txt

- **Well-being: Self-perception**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

5:38 ¶193, You had an interesting question because once when I was younger, I went to a psychologist. And, and... in Thesis Interview 5\_otter\_ai.txt

- **Well-being: Self-reflection**

**Created:** 6/3/23 by Tyler Chen, **Modified:** 6/3/23 by Tyler Chen

**Quotations:**

- 6:37 ¶ 193, I don't think it's impacted my social life that much. Maybe I had some, like, culture shocks was lik... in Thesis Interview 6\_otter\_ai.txt
- **Well-being: Self-reliance**  
 Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
**Quotations:**  
 6:61 ¶ 349, I had moments and it always did. But then like, I did, and like I wanted to, like meet up with this... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Self-talk**  
 Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
**Quotations:**  
 2:28 ¶ 111, well I don't know, I don't know if it counts as meditation, but I used to smoke a lot of wheat. This... in Thesis Interview 2\_otter\_ai.txt
  - **Well-being: Sense of belonging**  
 Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
**Quotations:**  
 1:29 ¶ 161, and of course, also, let's say, Germany and Netherlands. They don't same culture. Yeah. Say that var... in Thesis Interview 1\_otter\_ai.txt 6:14 ¶ 77, Yeah, exactly. Just, I guess it just went more stable after I started to see the same people. Like,... in Thesis Interview 6\_otter\_ai.txt 6:57 ¶ 331, Yeah, exactly. I feel like when I visit Poland, I kind of miss being here as well. So I think it's a... in Thesis Interview 6\_otter\_ai.txt
  - **Well-being: Sense of control**  
 Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
**Quotations:**  
 3:43 ¶ 247, To me if like if I got everything's like so haphazard, and can't control anything and dirty and stuf... in Thesis Interview 3\_otter\_ai.txt
  - **Well-being: Well-being**  
 Created: 6/3/23 by Tyler Chen, Modified: 6/3/23 by Tyler Chen  
**Quotations:**  
 1:18 ¶ 97, Yeah, I would say the encounters that I did have during the pandemic, though, those like very limite... in Thesis Interview 1\_otter\_ai.txt 1:34 ¶ 179, Yeah, definitely the physical activity one is very important. Concern like, regarding Well, being in... in Thesis Interview 1\_otter\_ai.txt 3:29 ¶ 149, I think just being present, just being present, just being yourself out there? Yeah. I mean, you cou... in Thesis Interview 3\_otter\_ai.txt 4:24 ¶ 141, Yeah, I have so Hillier, I guess, I would say sizing a lot. And I also lost six kilo grams, and in a... in Thesis Interview 4\_otter\_ai.txt 6:27 ¶ 143, I would say like it depends on like, people I'm seeing like, sometimes, when it's my like, closer fr... in Thesis Interview 6\_otter\_ai.txt