

A Letter of Advice

Lubag Zya Moreen Libuit, 4A (6)

Dear Mary,

It's been a while since we last spoke with each other. From the latest email you sent me, I can feel that you are going through a rough path right now. Homesickness can be a real bummer. However, I know that you can overcome this! I will give you some advice that I believe will be able to help you.

Firstly, you can join some school clubs or activities. You should consider clubs that interest you because it is highly likely that the students who join these clubs share the same interests. By meeting other students through school clubs, you can chat with them about the same things and, possibly, find other common interests, and form new friendships. Homesickness can be triggered by the feeling of loneliness, so when you have friends you look forward to seeing every day, you will brush off your homesickness in no time.

Another piece of advice I'd like to share with you is to spend more time outside. It is easy to feel homesick when you are cooped up in your room because all you can think about are your memories in Hong Kong. However, if you go out and make new memories you won't feel as bad as you do now. You don't necessarily have to spend time with new people, you can simply have some fresh air while taking in the foreign things that surround you. Take in the culture, language habits and, most importantly, the food. If you familiarise yourself with these foreign things and get used to them, you can integrate better into the new environment and feel more included.

Last but not least, you can treat yourself to some Hong Kong cuisine. Overcoming homesickness isn't always about fitting in to your new environment; it can also be about satisfying your longing for your old home. When you feel down in the dumps and missing Hong Kong, get yourself some "siu mai". Surely that can cure it! Homesickness is nothing a fresh Hong Kong-style meal can't fix!

In short, homesickness is just temporary. You may feel it will stay forever but, in reality, it will pass in good time. Make new friends, take in the new environment, and get some "char siu bao".

Everything will be as good as new in no time.

I'll be looking forward to your response. Until next time!

All the best,

Chris