



# MENTORING FOR INTERNATIONAL STUDENTS GUIDE 2023

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# 1. Introduction

MIS is a mentorprogram for international students provided by Hungarians and foreigners. We are here to assist them in navigating the university, resolving daily problems due to linguistic differences, and organizing events for them.

## 1.1 Who can apply?

Anyone can apply to be a mentor as long as they are one of the students of the Faculty of Science of Eötvös Loránd University or they have a study agreement with the aforementioned university. The application period is during the spring semester, and it contains a motivation letter and a live oral audition.

## 2. Why should you apply?

Since anyone is welcome to be part of the program, the main reasons to join could be divided into two categories:

1. **If you're a hungarian student**, this is the perfect opportunity to improve your language skills and practice working in an international group. You will also have the chance to help someone and learn about different cultures.
2. **If you're a student from abroad**, you are the perfect candidate to help others get the same great support and experiences as you did.

## 3. Whom are we going to help and navigate?

People from all around the world. They usually study at ELTE through the most popular mobility programs (all information will be provided during the tutoring). People can study at the Faculty of Science with the following mobility programs:

- Erasmus
- Stipendium Hungaricum (SH)
- Scholarship Program for Christian Young People
- Hungarian Diaspora Scholarship
- Institutional bilateral mobility

Erasmus usually connects European countries, though it is not limited to the EU.

SH is for students from developing countries. We frequently have students from Nigeria, Kenya, Bangladesh, Malaysia, etc., but most students are from Africa, South America, the Middle East, and Southeast Asia.

## 4. Studies

Since this mentor program is open to all students of the Faculty of Science, regardless of what you are studying, there are some basic informations about all fields of studies. For the selected mentors, we will organize presentations about the faculties. If you have a question that is specific to the studies, I recommend that you reach out to one of the "field coordinators". Their responsibility is to be aware of the requirements, and they regularly communicate with the faculty's leadership and teachers. You can find them and their contact info at the HÖK's website: Student Union → about us.

- Coordinator of Biology and Environmental Science – Email: bioszk()ttkhok.elte.hu\_
- Coordinator of Physics – Email: fizikaszk()ttkhok.elte.hu\_
- Coordinator of Geography and Earth Sciences - Email: foldtudszk()ttkhok.elte.hu\_
- Chemistry Specialty Coordinator – Email: kemiaszk()ttkhok.elte.hu\_
- Mathematics Specialty Coordinator – Email: matekszk()ttkhok.elte.hu\_
- Teacher Training Coordinator – Email: tanarszk()ttkhok.elte.hu\_

## 5. Ways of study

Full degree" Bachelor, Master, or PhD students undertake their entire studies at ELTE. In addition to self-funded students, Hungarian government scholarship holders (SH, etc.) also obtain their diploma at ELTE.

Erasmus+ students come from a European university which ELTE has an International Institutional Agreement with for a period of time (2-5 months).

Further incoming mobility students' study at ELTE for one or two semesters within the framework of institutional bilateral agreements, via the membership of ELTE in university networks, or further (mainly government) scholarship programs (e.g., CEEPUS, Hungarian State Scholarships, Visegrad Fund).

## 6. Neptun System

The Neptun system is usually an issue for incoming students. Therefore, for you to be fully prepared to help them. Here are some examples and images. (Later this document can be useful to explain them the working of this system.)

For more precise and detailed information, you can download a user guide under the menu point Help (or you can suggest the students to do so).

The site is the following: <https://neptun.elte.hu/>. You can change the language in the top right corner by clicking on the UK flag. You can log into the system by using your Neptun code and password. Then you'll get into the system by clicking the Student web label.

You'll arrive at your mailbox, and you'll have to read your incoming messages first, then close them, so that you will be able to perform other operations in the Neptun system.

## 7. Equal opportunities

According to Hungarian Higher Education Act (2011) disability covers persons with:

- visual impairment (blindness, low vision, partial sight)
- hearing impairment (deafness, hard of hearing, cochlea implant)
- physical disability
- specific learning difficulties and neurodevelopmental disorders (dyslexia, dysgraphia, dyscalculia, ADHD)
- speech impairment or language disorders
- Autism-spectrum disorder

The disability center at the university is in charge of providing direct and indirect services to all ELTE citizens, including international students and staff. Any special needs must be certified with an official document translated into English. Any international students with a disability should register via the faculty's disability coordinator.

A Recommended Reasonable Adjustments (RRA) report will be written by the university disability coordinator detailing your disability, its effects upon your academic performance and recommended support.

Faculty disability coordinator at Faculty of Science:

*Ms. Gabriella Török*

*Location: 1117 Budapest, Pázmány Péter sétány 1/A*

*1.86. Telephone: +36-1-372-2559*

*[torok.gabriella@tk.elte.hu](mailto:torok.gabriella@tk.elte.hu)*

More information: <https://www.elte.hu/en/equal>

## 8. Sport

At ELTE PE or sport courses aren't mandatory, although you have the opportunity, in addition you can obtain credits from it as well.

You can register to a sport course the same way as any other course. The easiest way to find the courses is to type "VTN" into the Subject code menu point after choosing the All-other subjects in the institution option.

All courses are worth one credit; keep in mind that you can only earn four credits in total this way. The price of one sport course is usually 6000 Forints/semester. There are cases when you'll have to pay extra for the room or equipment, but you are always notified about it. The payment is due at the end of each semester, you can pay by transferring money to your Neptun account or by directly paying through the Neptun system by card.

The courses usually take place at Bogdánfy street Sport Facility (1117 Budapest, Bogdánfy Ödön street 10/B) or at Mérnök street Sport Facility (1119 Budapest, Mérnök street 35). If they are held elsewhere, it is always noted at Class schedule info, usually with „NEMELTE” in brackets.

The courses are usually held once a week through the whole semester (12-13 events in total); 3 missed occasions are the maximum in order to get a grade.

Further information can be found at <https://www.beac.hu/en/>.

### Sport events

- 5vös5km: the name comes from a pun with the name of the university and the distance of the run which is exactly 5 kilometers. It is organized twice a year, at the end of September and at the beginning of May at 5:05 pm.
- ELTE Sport7: this event provides a great opportunity to try sports at BEAC (the University Academic Club in Budapest). All the classes are free and it is held on the first week of each semester.
- ELTE Fit Night: the biggest indoor sport program of ELTE, you can try sports like TRX, functional training and aerobic. Unfortunately, since the start of the pandemic it hasn't been held due to safety measures.
- KEK: the Cup of Universities in the Carpathian Basin. This is the greatest sport event of the university that aims to connect the students from different universities via sport. As of today, there are 5 types of sports students can

compete in. Hungarian students attend from Slovakia, Transcarpathia (Ukraine), Transylvania (Romania), and Novi Sad (Serbia) as well.

## 9. Psychological assistance

The free and private support provided by ELTE's counseling services allows students to find solutions to their problems.

Experienced psychologists at the Faculty of Education and Psychology are available to help students work through their difficulties, understand themselves better and find ways to manage their situations.

Finding a counselor:

1. Email appointment requests to [counseling@ppk.elte.hu](mailto:counseling@ppk.elte.hu).
2. You can consult with a psychologist for no cost on 1-6 occasions after making an appointment. The psychologist will help you to reconsider your problems, provides you with support, and help you manage change.

Counselling sessions are held at several locations:

1071 Budapest, Damjanich utca 41-43., Building C/506, 507, 114

1088 Budapest, Múzeum körút 4., Building D/-117 and D/-119

Peer counseling: The ELTE Peer Counseling Group and the International Peer Counseling Organization (IPCO) are both volunteer organizations of psychology students. These groups are devoted to help ELTE students by offering peer counseling (under professional supervision by the Counselling Center) regarding difficulties in studies, relationships, family, or any kind of issue in a student's everyday life.

*ELTE Peer Counselling*

*Group:* [www.kortars.elte.hu/english/](http://www.kortars.elte.hu/english/); [www.facebook.com/eltekortarssegitocsoport;](https://www.facebook.com/eltekortarssegitocsoport/info)  
[info@kortars.elte.hu](mailto:info@kortars.elte.hu)

*International Peer-Counselling*

*Organization:* <https://www.facebook.com/ipco.budapest>; [ipco@ppk.elte.hu](mailto:ipco@ppk.elte.hu)

## 10. Programs and events

Orientation Week is organized for international students at ELTE at the beginning of each academic semester. The main goal is to introduce the international students to the university, its staff, and the organizations they will have contact with during their stay at ELTE in Budapest. It also provides information and advice that will assist them in adjusting to the learning environment of the university and to living in Budapest. <https://www.elte.hu/en/orientation>

**The Freshmen's Ball** is the greatest and most elegant event for the first-year students of the faculty. There is usually a waltz danced by the freshmen at the beginning of the event.

The following programs have usually been attended by only Hungarian students, though international ones are welcome as well. We would like to promote them more in the future.

**Foosball Championship:** the name speaks for itself. Pairs compete with other pairs to be the greatest of all.

**Beer pong tournament + Karaoke night:**

Pub tour: A pub tour is a competition in which small groups of people compete by completing various tasks in multiple pubs during the autumn semester. The tour is usually held in pubs that follow tram line 6, especially at Karinthy Frigyes Street. There is a huge party at the end of the competition.

## **11. What is the Student Union aka HÖK?**

HÖK is the abbreviation for Hallgatói Önkormányzat which can be translated to English as the Student Union (SU). The SU is divided into two levels: first, the students directly elect representatives from themselves, and then the faculties delegate members among the representatives to the University Student Union (EHÖK). The University Student Union coordinates the work of the Faculty Student Unions, represents students in the university government and in the National Student Union, and organizes community life. The SU is an autonomous organization that democratically elects its representatives and serves as the heart of the student fellowship. By joining this system, you also belong to TTK HÖK. The author of this guide is an official for TTK HÖK. You can find our office both in the northern building (0.75) and the southern building (00.732).

You can find each official's office hours and contact information on the HÖK's

*English page:*

*tthok.elte.hu->ELTE TTK HÖK/Student Union->About us.*

**kulkoordinator@ttkhok.elte.hu**