

## Study counselling and Life Coaching

Dear Students!

**Our aim** is to teach students how to be able to create and maintain their physical and mental health. We provide guidance for those Medical students, who have got stuck in their everyday lives but are willing to do something for themselves. In order to be able to solve their difficulties, they should get help. We treat your problems anonymously and secretly and the service is free of charge.

### Wherein can we help?

- **learning disabilities**
- **study organization problems**
- **lack of motivation**

### We can provide more help with:

- **integration difficulties**
- **social conflicts**
- **communication problems with friends or family**
- **self-evaluation problems**
- **troubles occurring in a partnership**
- **loneliness**
- **life conducting problems**
- **or when you feel that you have to talk to somebody!**

The successful accomplishment of university studies depends on the individual's personal well-being, his/her balanced manner of living, his adaptation to the academic life on a large scale.

The consultation is anonymous, based on discretion and free.

**Turn to us with confidence!**



## Mentors (in English)

### Teachers:



Dr. Csaba Szigeti  
[szigeti.csaba@med.u-szeged.hu](mailto:szigeti.csaba@med.u-szeged.hu)  
*German program I-II. year*



Dr. Péter Bencsik  
[bencsik.peter@med.u-szeged.hu](mailto:bencsik.peter@med.u-szeged.hu)  
*German program I-II. year*



Csaba Erdős  
[erdos.csaba@med.u-szeged.hu](mailto:erdos.csaba@med.u-szeged.hu)  
*English program II. year*  
*German program II. year*



Dr. Györgyi Váradi  
[varadi.gyorgyi@med.u-szeged.hu](mailto:varadi.gyorgyi@med.u-szeged.hu)  
*English program I. year*



Dr. Zsófia Mezei  
[mezeizsofia@gmail.com](mailto:mezeizsofia@gmail.com)  
*English program III. year*



Dr. Tünde Vezér  
[vezert.umentor@gmail.com](mailto:vezert.umentor@gmail.com)  
*English program IV. year*



Dr. Dénes Zádori  
[zadorid@gmail.com](mailto:zadorid@gmail.com)  
*English program V. year*



**Psychologist:**  
Racs Eszter  
[studenthelp.szeged@gmail.com](mailto:studenthelp.szeged@gmail.com)  
*English program I-V. year*  
*German program I-II. year*



**Psychologist:**  
Nelli Fischer  
[helpingmedstudents@gmail.com](mailto:helpingmedstudents@gmail.com)  
*English program I-V. year*  
*German program I-II year*

## Students:



Széll Dömötör  
[szelldomotor@gmail.com](mailto:szelldomotor@gmail.com)  
*English program I. year*



Bitkover Roy  
[Bitkover97@gmail.com](mailto:Bitkover97@gmail.com)  
*English program IV. year*



Daie Alsham Baiazid  
[daioshka@live.co.uk](mailto:daioshka@live.co.uk)  
*English program III. year*



Muyenzi Uwamwezi Daryle  
[daryle.muyenzi@gmail.com](mailto:daryle.muyenzi@gmail.com)  
*English program V. year*

## Foreign students



Ayman Elfarouki  
[aymantf@hotmail.co.uk](mailto:aymantf@hotmail.co.uk)  
*English program IV.-V. year*



Yousra Kirami  
[yousra.kirami@gmail.com](mailto:yousra.kirami@gmail.com)  
*English program I.-II year*



Alper Elez  
[alperelez@gmail.com](mailto:alperelez@gmail.com)  
*English program I. year*  
*Dormitories*



Hanna Rudersdorf  
[hanna.rudersdorf@web.de](mailto:hanna.rudersdorf@web.de)  
*German program I-II. year*



Ricardo Prestamburgo  
[riccardo.prestamburgo@gmail.com](mailto:riccardo.prestamburgo@gmail.com)  
*English program II.-III. year*



Roberto Mario Bertolotti  
[robertomario.bertolotti@gmail.com](mailto:robertomario.bertolotti@gmail.com)  
*English program II.-III. year*



Teresa Schaich  
[teresa.m.schaich@gmail.com](mailto:teresa.m.schaich@gmail.com)  
*German program I-II. year*



Nitzan Hasson  
[nitzan.hasson@gmail.com](mailto:nitzan.hasson@gmail.com)  
*English program I. year*  
*Dormitories*