

Where and how to meet new people

Get out and about, see people, and do things you enjoy so you can get to know others with similar interests. This is a good basis for friendship.

Here are a few tips on where to get to know new people and what is important for building friendships.

Where?

- Go to introductory events, orientation week.
- Establish a study group.
- Get an internship or part-time job
- Volunteer/seek an honorary position (within university or outside), e.g. ASTA, student council, etc.
- Play university sports.
- Go to house parties/dorm parties/departmental and events at the university.
- Organize a games night with fellow students.
- Find a party-time job.
- Take up a hobby (take university language courses, courses at the VHS, etc.).
- Join a theater group (at university).
- Follow JGU social media accounts that interest you (Overview: <https://www.uni-mainz.de/presse/61029.php>) or local accounts.
- Learn an instrument/join a band (if you already play).

Where and how to meet new people

How?

- Be yourself – authentic people are more likable.
- Pay attention to your facial expressions and gestures (smile, maintain eye contact, assume a welcoming posture).
- Take the initiative, don't wait for others to talk to you.
- Listen to the other person and let them speak.
- Use the weekend and get to know people where you are studying (don't always go home).
- Dare yourself to talk to new people (speak to someone sitting next to you in a lecture).
- Accept invitations to parties or meet-ups.
- Invite people to a party or a games night.
- Practice small talk.
- Offer your help, listen to other people, show interest and ask questions, but also tell them some things about yourself.
- Check social media regularly and reply to messages.
- Plan time for shared experiences.
- Tell the other person if you enjoyed an activity together.