Creative draft. Adapt imagined scenes to Eva’s actual experience.



01 / 20 | 0:00 - 0:20

Where is the adult button?

When I imagined moving abroad, I pictured a new city and an exciting university life. I did not picture standing beside my suitcase, wondering how to become an adult before dinner.

Когда я представляла переезд, я думала о новом городе и университете. Но не о том, как стать взрослой до ужина.



02 / 20 | 0:20 - 0:40

My life in one suitcase

Packing was my first difficult decision. What would I actually need? I could take clothes, a laptop and a few familiar things. The people I loved would have to travel with me differently.

В чемодан помещаются вещи, но не вся прежняя жизнь. Близкие остаются с нами по-другому.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



03 / 20 | 0:40 - 1:00

The picture in my head

In my imagination, Madrid looked like a film: sunny streets, beautiful buildings, new friends and coffee after class. In that version, I always knew where I was going. Reality had a different script.

В мечтах Мадрид был как кино. В этой версии я всегда знала, куда иду. У реальности оказался другой сценарий.



04 / 20 | 1:00 - 1:20

My first real mission

My first mission was surprisingly ordinary. Find the right address, work out which key opened the door, and buy something to eat. A new life begins with very small, very practical questions.

Новая жизнь начинается с простых вопросов: где нужная дверь, какой ключ подходит и что купить на ужин?



05 / 20 | 1:20 - 1:40

A very quiet room

Then the busy day ended, and my room became quiet. There was nobody in the next room who knew my whole story. For the first time, the distance from home felt bigger than a number.

Когда первый день закончился, стало тихо. Расстояние до дома впервые ощущалось чем-то большим, чем число.



06 / 20 | 1:40 - 2:00

Dinner does not make itself

I discovered that buying food and making dinner are two different achievements. And after dinner, another surprise was waiting: the dishes. Independence suddenly looked less like a film and more like a kitchen sink.

Купить продукты и приготовить ужин — два разных достижения. А потом ещё нужно помыть посуду.



07 / 20 | 2:00 - 2:20

My map had other plans

With a map on my phone, I expected every journey to be simple. But one wrong turn was enough to confuse me. I had directions in my hand and absolutely no confidence in my feet.

Карта была в руках, но уверенности в маршруте не было. Один неверный поворот — и всё незнакомо.



08 / 20 | 2:20 - 2:40

The words disappeared

The difficult part was asking someone. I knew useful words, but real conversations moved faster than exercises. I would prepare a sentence in my head, then forget half of it when somebody looked at me.

В реальном разговоре знакомые слова забывались. Произнести фразу оказалось сложнее, чем выучить её.



09 / 20 | 2:40 - 3:00

One small question

Eventually, I asked a simple question. My sentence was not perfect, but the person understood. That small exchange taught me something useful: I could communicate before I felt completely ready. I only needed to begin.

Один простой вопрос помог. Чтобы начать общаться, необязательно ждать полной уверенности.



10 / 20 | 3:00 - 3:20

The first classroom

At university, everything seemed unfamiliar: the building, the voices and the people around me. Everyone else looked so comfortable. I assumed they knew exactly what they were doing. Later, I learned appearances can be misleading.

В университете казалось, что все вокруг уверены в себе. Позже выяснилось, что это только впечатление.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



11 / 20 | 3:20 - 3:40

Is this seat free?

I did not need an impressive introduction to meet someone. Sometimes a conversation could start with five ordinary words: Is this seat free? A small question made a big room feel a little less strange.

Для знакомства не нужна впечатляющая речь. Иногда достаточно спросить, свободно ли место.



12 / 20 | 3:40 - 4:00

Different places, similar feelings

As we talked, I realised other students had their own worries. Some missed home. Some struggled with new routines. Our backgrounds were different, but many of our feelings were familiar. I was not the only beginner.

У других студентов тоже были тревоги. При разном опыте многие чувства оказались похожими.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



13 / 20 | 4:00 - 4:20

The price of small things

Another lesson arrived through small purchases. A coffee, a journey, something quick for lunch: each seemed harmless on its own. Together, they made me pay attention. Planning my money became part of looking after myself.

Небольшие расходы складываются. Планировать деньги — тоже способ заботиться о себе.



14 / 20 | 4:20 - 4:40

Freedom needs a calendar

Living independently gave me more freedom, but it also gave me more things to remember. Classes, assignments, shopping and laundry all needed space. A simple calendar helped me turn a crowded week into manageable days.

Свобода принесла больше дел. Календарь помог превратить перегруженную неделю в понятные дни.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



15 / 20 | 4:40 - 5:00

A difficult evening

One evening, the excitement felt very far away. I was tired, I had work to finish, and I missed familiar people. I wondered whether everyone else found this easier. Starting again could feel surprisingly lonely.

Иногда усталость и тоска по дому перекрывают радость от переезда. Начинать заново бывает одиноко.



16 / 20 | 5:00 - 5:20

Calling home

A call home did not solve every practical problem, but it helped me breathe again. I could make my own decisions and still ask for support. Being far away did not mean I had to manage every feeling alone.

Звонок домой не решает всё, но помогает. Самостоятельность оставляет место для поддержки.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



17 / 20 | 5:20 - 5:40

One thing at a time

I began to focus on the next useful action. Eat something. Finish one task. Prepare my bag for tomorrow. When everything felt too much, smaller steps gave me somewhere to start and a reason to keep going.

Когда всё кажется слишком сложным, можно выбрать одно ближайшее действие: поесть, закончить задание, собрать сумку.



18 / 20 | 5:40 - 6:00

My first small victory

Then I noticed a small change: I could follow a familiar route without constantly checking my phone. Nothing dramatic had happened. But something that once made me nervous had become ordinary. That felt like real progress.

Однажды знакомый маршрут больше не требовал карты. Привычное действие стало доказательством прогресса.

Creative draft. Adapt imagined scenes to Eva’s actual experience.



19 / 20 | 6:00 - 6:20

Now I can help

Imagine the moment when another new student asks for directions, and you know the answer. The place that confused you is now somewhere you can explain. That is how I picture becoming part of a new city.

Образ будущего: помочь новому студенту найти дорогу. Так чужой город постепенно становится своим.



20 / 20 | 6:20 - 6:40

Still learning. Already growing.

My biggest lesson is that confidence can grow through ordinary actions. Ask the question. Make the meal. Try the route again. I am still learning how to live abroad, and each small step is helping me grow.

Уверенность растёт через обычные действия. Я ещё учусь жить в другой стране, но каждый небольшой шаг помогает.
