



UNIVERSITY
OF PUBLIC
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LUDOVIKA



STIPENDIUM
HUNGARICUM

STIPENDIUM HUNGARICUM NEWSLETTER

2025-2026 II. semester

Ludovika Welcome Center Department



FOREWORD

The Ludovika Welcome Center of the International Office (LUPS) continues to publish regular newsletters dedicated to the Stipendium Hungaricum Scholarship Program.

Each edition keeps scholarship holders and prospective applicants informed about key deadlines, upcoming events, and other important updates. In addition, the newsletters highlight popular locations in Budapest and Baja where students can experience Hungarian culture, relax, and connect with the community.

We believe this initiative helps students stay informed and engaged with the most relevant news and opportunities related to the Stipendium Hungaricum Scholarship Program.

STIPENDIUM HUNGARICUM INTERCULTURAL WORKSHOP SERIES

Since the 2023/2024 academic year, the Ludovika Welcome Center, a department of our university's International Office, has organized two intercultural workshops each semester. These workshops are led by our international students and focus on their own countries of origin. They have consistently been very successful and have reached maximum attendance. These events form an official part of the Stipendium Hungaricum Scholarship Program's commitment to building a strong student community and promoting the scholarship program.

During the fall term of the 2025/26 academic year, four intercultural workshops were held. Maria Fayad presented on Syria, Peter Igesha on Kenya, Melany Jhadira Chango Carrasco on Ecuador, and Hardianti Laduppa together with Pratama Cakra Diaz on Indonesia. All presentations were true cultural extravaganzas, offering vibrant insights into each country's history, society, biodiversity, and cultural traditions.

The October series opened with a presentation by Maria Fayad, a Syrian Master's student, who provided a detailed overview of Syria's rich historical heritage and its ancient civilizations. She also highlighted the distinctive features of Syrian cuisine.



photo: Levente Attila Szántó

Peter Igesha, a Kenyan PhD student from the Doctoral School of Public Administration Sciences, led the second session, bringing to life colorful tribal garments, traditional dances, and unique festivals. He also discussed Kenya's economic strengths. The event concluded with a lively traditional Kenyan dance performance.

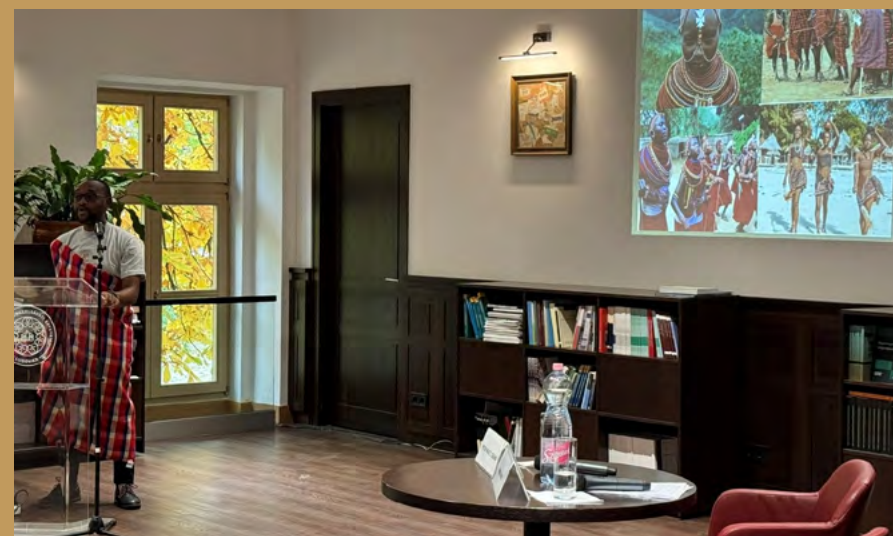


photo: Levente Attila Szántó

The November series began with Melany Jhadira Chango Carrasco, a first year International Water Policy and Water Diplomacy Master's student, who spoke about Ecuador's biodiversity, cuisine, and cultural events, including a traditional dance.

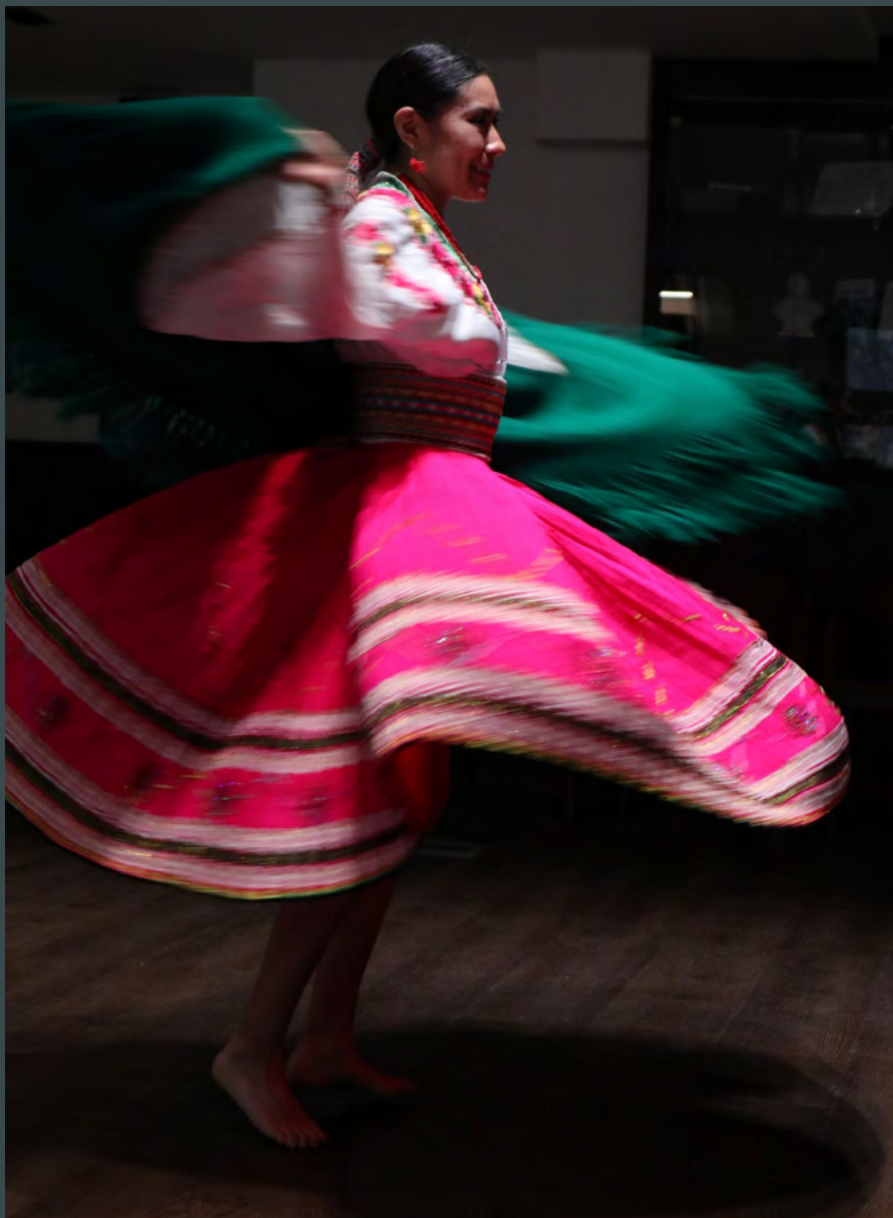


photo: Katalin Marton-Andrássy

Hardianti Laduppa and Pratama Cakra Diaz then introduced Indonesia. Hardianti is a first year student in the LUPS Doctoral School of Public Administration, while Pratama is a second year student in the International Relations Master's program. Dressed in traditional national attire, the presenters took turns showcasing their local cultures and social customs.



photo: Katalin Marton-Andrássy

If you are an international student at Ludovika University and would like to present your own culture at one of our future Intercultural Workshops, we warmly invite you to get in touch. Sharing your heritage with the university community is a wonderful way to contribute to the ongoing celebration of cultural diversity. The next Intercultural Workshop events will take place on 28 April in the John Lukács Lounge. We are also looking for two presenters. If you are interested in presenting, please email us at welcomecenter@uni-nke.hu, and we will be happy to discuss the possibilities with you.

THE IMPORTANCE OF MENTAL HEALTH- YOU ARE NOT ALONE

Studying abroad is a life changing experience, full of exciting opportunities and challenges. As an international student, you're not only navigating academic demands but also adapting to a new culture, language, and environment – often far from family and friends. It's completely normal to feel overwhelmed at times. That's why taking care of your mental health is just as important as succeeding in your studies.

Good mental health helps you:

- Stay focused and productive in your academic work
- Build and maintain meaningful relationships
- Adapt to change and manage stress effectively
- Enjoy your time abroad and grow from the experience

Ignoring your mental well being can lead to burnout, anxiety, or depression, all of which may affect your academic progress and overall experience. Prioritizing your emotional and psychological health is a strength, not a weakness.

Common struggles among international students include:

- Homesickness and loneliness
- Academic pressure and fear of failure
- Cultural adjustment and language barriers
- Uncertainty about the future or financial concerns

Recognizing these challenges is the first step toward coping with them in a healthy and constructive way.

You don't have to face difficult moments alone. If you are feeling overwhelmed, anxious, or simply need someone to talk to, our university's mental health service is here to support you.

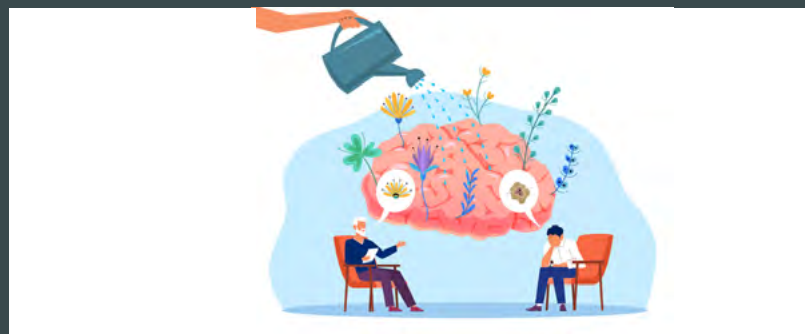
Our trained professionals offer a safe, confidential space where you can talk through your concerns, whether big or small. Mental health services are also available in English and can help you with:

- Stress and anxiety
- Motivation issues or burnout
- Cultural adjustment
- Personal or academic challenges

Seeking support is a sign of self awareness and courage. Remember, you are not alone; the Ludovika community is here to help you thrive both academically and personally.

We warmly encourage you to contact us anytime at:

welcomecenter@uni-nke.hu



STUDENT AMBASSADORS

In line with Hungary's higher education internationalization objectives, Ludovika University of Public Service will continue to prioritize the development of this field and considers the further internationalization of the institution a strategic goal.

An important milestone in this process was the successful launch of the International Student Ambassador Program in the 2022/23 academic year. Coordinated by the International Office, the program promotes and supports the integration of international students into the university community. We plan to expand this initiative by giving more international students the opportunity to participate in the university's community building activities. The International Office invites applications from students who are eager to get involved and contribute to our vibrant international student community!

Are you a **Stipendium Hungaricum** or **SCYP** scholar studying at Ludovika? Do you want to represent your country, connect cultures, and help shape the international student experience on campus?

If so, **apply now** to become a **Student Ambassador** – the face and voice of the international community at Ludovika!

What does a University Ambassador do?

As an Ambassador, you will:

- Represent international students at intercultural and university events both on and off campus
- Support incoming students through orientation and peer mentoring
- Share your experience as a scholarship holder via blog posts, videos, or social media
- Help organize community building activities in collaboration with the International Office and the Students' Union
- Act as a communication bridge between students and university staff
- Contribute to creating a more welcoming and inclusive environment for all international students

Why Join?

- Be a leader within the SH/SCYP student community
- Gain real world experience in public speaking, event management, and intercultural teamwork
- Expand your professional network
- Receive a certificate of participation and a reference letter from the university
- Make your student life more meaningful and visible!

We're looking for SH or SCYP students who are:

- Friendly, proactive, and passionate about community
- Good communicators in English (Hungarian is a plus, not a requirement)
- Eager to share ideas and experiences
- Open to participating in events, workshops, and outreach initiatives

Apply now by sending a **motivational letter** to:
welcomecenter@uni-nke.hu

Be a changemaker on your campus. Share your story. Empower others.



SHAPE THE LUDOVIKA ALUMNI NETWORK

A Call to Our Esteemed Graduates

- As a proud graduate of Ludovika University, you are an integral part of our growing and vibrant community. Your journey with us may have begun in the classrooms of Ludovika, but the impact of your experiences can continue to resonate far beyond graduation.

- We're excited to announce that we are in the process of building a dynamic alumni network—one that will connect, inspire, and empower Ludovika graduates across the globe. And we need your help to make it truly exceptional.
- The new Ludovika alumni system will offer a wide range of opportunities for engagement, mentorship, and collaboration. As we shape this initiative, we invite you to play an active role in its development. Your insights and contributions can help us create a system that is meaningful, effective, and impactful for both alumni and current students.

Here's how you can get involved:

Share Your Professional Journey:

- Your career path is a source of inspiration for our current students. As we build this alumni network, we aim to create opportunities for you to return to Ludovika, share your journey, and offer insights that can guide the next generation of leaders. This is your chance to actively contribute to student development by showing them the impact of perseverance, hard work, and dedication.

Participate in Shaping Programs:

- As we develop new alumni programs, we want to ensure they meet your needs and those of future generations. Whether you are interested in mentoring, hosting webinars, or participating in professional development activities, your feedback and involvement will help us create initiatives that truly make a difference.

Strengthen the Ludovika Community:

- A strong alumni network is built on the active engagement of its members. We encourage you to be part of this exciting phase of growth and help us lay the foundation for a sustainable, dynamic community that future graduates will value and benefit from.
- As we continue building this exciting new chapter in Ludovika's history, we want to hear from you. If you are interested in sharing your experiences, offering mentorship, or helping shape the alumni network, we encourage you to reach out. Your input is vital to ensuring the success of this initiative.
- To get started, simply email us at **welcomecenter@uni-nke.hu**.
- We look forward to working with you as we shape the future of Ludovika's alumni community!

BUDAPEST'S COFFEEHOUSE CULTURE

Budapest's café culture has a rich and colorful history dating back to the early 18th century. After the Ottomans left Hungary, the city saw its first coffeehouses open their doors. Far more than places to drink coffee, they quickly became social hubs where news was exchanged, poems were written, and—at times—revolutions were quietly plotted over steaming cups.

Some of the stories that emerged from these cafés are as legendary as the places themselves. One of the most famous concerns the New York Café, often called the most beautiful café in the world. According to legend, when it opened in 1894, the writer Ferenc Molnár and his friends stole the café's key and threw it into the Danube so that it could stay open forever. Whether the tale is true or not, it captures the deep emotional bond Hungarians have with their cafés. Once, as part of a 1920s marketing stunt, the New York Café even hosted a seal for breakfast...

Famous Hungarian writers such as **Dezső Kosztolányi**, **Frigyes Karinthy**, and **Endre Ady** were also regulars in the city's cafés, turning them into their second homes—places to write, debate, and escape the chill of unheated flats.

Coffeehouses Today – A New Generation Keeps the Tradition Alive

While the décor may have changed and laptops have replaced inkwells, Budapest's love for coffeehouses remains as strong as ever. Today, cafés continue to play a vital role in the city's social and intellectual life, especially among university students.

You'll find students using cafés as quiet study spots, informal meeting places, or cozy corners to relax with a book. Whether it's a quick espresso between lectures or an entire afternoon spent preparing for exams, Budapest's modern cafés offer both inspiration and comfort.

From historic gems to trendy new spots, the tradition lives on. So next time you step into a Budapest coffeehouse, remember: you're not just getting a caffeine fix—you're stepping into a long and lively tradition of culture, creativity, and community.

To give you some concrete suggestions, here are a few beloved places worth visiting:

- **Jedermann**
- **Műterem Kávézó**
- **Lumen**
- **Magvető Café**



UPCOMING EVENTS

- The **International Flavor Fusion** on **31 March** is an event organized exclusively for international students.
- Between **13–15 April**, you will be able to participate in a variety of programs organized by the Faculty of Public Governance and International Studies.
- **Stipendium Hungaricum Intercultural Workshop Series**, April edition on **28 April at 14.00** in the John Lukacs Lounge
- And finally, here is a truly delightful event: on **29 April**, there will be a spring picnic in front of the dormitory, where you can try Hungarian pancakes and soda.

Don't miss out on these events—they offer the perfect opportunity to meet each other and to connect with both Hungarian and international students.



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