• Some people move to a new country with or to join a partner, family members or friends; others move alone.		Having good friends helps a lot.
• Established social networks (e.g. family and friends) can be crucial in helping people to settle and in providing practical support (finding work, accommodation etc.).		In the beginning it can be really hard not knowing the language which makes it even harder to feel at home in a new place.
• Newcomers often encounter language and cultural barriers as well as social isolation following their move.		It is impossible to separate who you are from the language you speak.
• For many, not knowing the language is the most challenging issue in the initial period of settlement. This impacts on their confidence and ability to communicate in everyday situations. Language barriers can therefore be an obstacle to settling in.		Who you came to the UK with.
• Language is inextricably linked to a person's identity. The inability to express oneself fully can impact on how we feel about ourselves.		It is hard to make people laugh and to chat about trivial things with people.
• It is also not uncommon to feel isolated and lonely. It may be difficult to form relations with local people, especially with limited shared language. When new to a country, it can be difficult to understand cultural references.		There are problems with language and having a different culture as well as not having friends.
• It also takes time to master humour and small talk. This will add to the difficulty. However, having friends in your new country can have a big impact, and help you feel like you belong.		It is hard to make new friends with people from the new area.

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