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A close-up photograph of a young couple. A woman with curly brown hair is leaning her head against a man's face, and they are about to kiss. The man is looking off to the side with a slight smile. The background is a soft, out-of-focus light blue.

love, etc.

By Princess Gabbara

# Breaking Down the WALLFLOWER

The Shy Girl's Guide to Sustaining a  
'Ship While Studying Abroad

Finally on that exchange student status, you're starting to warm up to your new surroundings but finding your relationship back home is growing a little cold. Read on to find out how y'all can make it work.



### **Live your best life.**

It's OK to feel a little lovesick when you're thousands of miles away from bae, but this is also your chance to explore the world. So go'n 'head and immerse yourself in the local music, art, fashion, culture, food, language, nightlife, and whatever else piques your interest along the way. Trust and believe, all your escapades will help make you a better, more well-rounded human being. And this should be a no-brainer, but for real, for real, don't let your current 'ship status hold you back from fully experiencing this once-in-a-lifetime opportunity.

### **Trust each other.**

To keep it all the way 100, long-distance relationships are hella challenging, but they're not impossible if you both set clear expectations from the get-go. It's natural to wonder what your S.O. is doing when you're not around and vice versa, but there's a real difference between checking in with and checking up on a person.

### **Plan a (virtual) visit or two.**

If you and your boo can afford to spend extra coins on flights and all that, more power to you. But, if not, organize a virtual sightseeing adventure. Spending the semester in Paris? FaceTime a romantic picnic date in front of the Eiffel Tower. Got a one-way ticket to Rome? Video chat your way through explorations of the Colosseum, the Pantheon, and the Trevi Fountain. This way, you can invite bae to share your world, even if they can't be there IRL.

### **But don't rely on technology.**

Thank goodness for FaceTime, Skype, Google Hangouts, or whatever else floats your boat, but don't be afraid to flex your creativity and think outside the box when it comes to letting bae know you're thinking of them. Need some inspo? Send a care package with some cool items you've picked up from your travels; or, create a photobook of all your Insta-worthy moments together. You'll score major points for going the extra mile.