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# Homesickness and the Great Wall

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## Homesickness and the Great Wall



Homesickness is a real thing. Don't be afraid to indulge a little and/or, as is popular on Tumblr, "Treat yo-self." And the Great Wall really lives up to its name.

Along with things like jet lag and culture shock, homesickness may also occur. I think this is something that a majority of travelers experience, but don't exactly like to admit.

I felt little hints during my second week: I wanted to go home; I wanted to eat food I knew and could actually read the labels of; I wanted the comfort of my bed and to see my family and cats. I think it's something you just need to let yourself feel. Pushing it down will only make it worse.

And, of course, some people, for a number of reasons, don't feel it, but if you do, just know that most everyone else is feeling it too. It's totally normal and natural. Don't be ashamed. And don't try to force yourself not to feel it.

Something that I think can really help with homesickness is to indulge yourself a little. Of course, there are limits to this "treating yo-self," but it is good to buy that item, or go out to that restaurant, for that one time to make yourself feel better. It really helps and it's definitely worth it. And if it happens not to be one time only, do it as a reward for finishing your homework or getting through the week.

Finally, the Great Wall! I went with the students currently in the program last Saturday. There were blue skies and the surrounding area is gorgeous. What those beautiful trees are hiding, however, are the stairs leading up to the Wall.

Now, there is an option to take a lift up, but it's better to save the money for souvenirs in my opinion. As I was saying, though, the canopy of green leaves hides the waiting stairs that seem to go on forever. You're essentially climbing a mountain, but with stairs. Needless to say it was a struggle. It was definitely worth it, though.

The Great Wall really does live up to its name. There is a massive object that you can see from space, with watchtowers at certain points. It flows with the hills like a river, its uneven terrain a bit daunting and kind of frustrating at times, but still just as amazing.

The view is even greater—surrounded by hills filled with lush, green trees; you can even see the Beijing skyline in the distance. It's amazing and beautiful and absolutely fantastic. I would recommend going.

Aimee