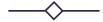
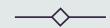
WELLBEING IN NEW PLACES

Olivia Franck Coordinator for social affairs (ex. Tutors, equality & equity, wellbeing and inclusion.)





Wellbeing in a new country



- New country New experiences, new food, new languages, new norms, new weather
- New university different way of studying, new tools, new campus
- New friends
- New & old you!





Culture shock

Feelings of anxiety, confusion & uncertainty one can feel when living in a place/country which cultures are/feel different from what you are used to.

Examples:

- Not understanding the norms
- Struggling with navigating new bureaucracies
 - Different styles of communicating
- Missing food, symbols and familiar ways living and communicating of home
- Feeling that certain ways of behaving is rude in the new country
- Tiredness/stress from speaking another language

STAGES of CULTURE SHOCK



A process, a fun process & sometimes a challenging process

However!

- No culture is static
- Multiple cultures exist in same spaces
- •
- Everyone is as well an individual
- Every individual is part of multiple layers of intersectional spaces and identities
- Cultures and individuals meeting is important & enriches us all



The idea of similar or different cultures & fitting in

THE CULTURAL ICEBERG

SURFACE CULTURE

Food
Flags Festivals
Fashion Holidays Music
Performances Dances Games
Arts & Crafts Literature Language

DEEP CULTURE

Communications Styles and Rules:

Facial Expressions Gestures Eye Contact
Personal Space Touching Body Language
Conversational Patterns in Different Social Situations
Handling and Displaying of Emotion
Tone of Voice

Notions of:

Courtesy and Manners Frendship Leadership Cleanliness Modesty Beauty

Concepts of:

Self Time Past and Future Fairness and Justice Roles related to Age, Sex, Class, Family, etc.

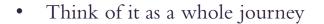
Attitudes toward:

Elders Adolecents Dependents
Rule Expectations Work Authority
Cooperation vs. Competition
Relationships with Animals Age
Sin Death

Approaches to:

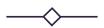
Religion Courtship Marriage
Raising Children Decision-Making
Problem Solving

What to do?



- Remember that expectations are great but not always possible
 - Be curious and try new things
 - Talk to friends (new ones here and old ones back home)
- Remember its normal to be homesick or to feel lonely. But when you do, reach out to others here. Your tutor, teachers, advisors and friends.
 - Keep good routines
 - Be patient with yourself as well as others
 - Be open-minded and flexible
- Studying, travelling and just living is sometimes tiresome, be kind to yourself

Exercise



TOGETHER IN GROUPS OF 4 DISCUSS THE FOLLOWING TOPICS.



MY EXPECTATIONS OF MY EXCHANGE



CHALLENGES TO LIVING IN A NEW PLACE I CAN IMAGINE MYSELF FACING & HOW I PLAN TO DEAL WITH THEM



STRENGTHS &
KNOWLEDGE I HAVE
THAT WILL BE USEFUL
DURING THIS
EXCHANGE



WHAT I HOPE TO LEARN BY TAKING PART IN AN EXCHANGE