

Encountering a new culture – shock, stress, learning and success

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Content

What to expect?

- Adapting to a new culture: Theoretical models and recorded experiences

How to cope?

What happens to individuals and groups moving to new cultural environments?

- * Adapting to a new culture or cultural environment has not been consistently discussed in the literature and there is no unambiguous definition of adaptation to a new culture to be found
- * Psychological adaptation, sociocultural adaptation

Things that do/may change:

- ❖ Environment

 - ❖ How things look, sound, smell, feel, taste, etc.

- ❖ Language

- ❖ Values

- ❖ Norms and rules

- ❖ Perception and interpretation

Verbal communication in IC contexts

- ❖ The meaning of verbal communication (for example small-talk)
- ❖ Topics / taboos
- ❖ Addressing & using names
- ❖ Asking questions / critique

Nonverbal communication in IC contexts

- ❖ Kinesics and body language
- ❖ Touch
- ❖ Spatial communication (Using space)
- ❖ Paralanguage
- ❖ Concept of time

Strong feelings and emotions IC contexts

Anxiety, ambiguity, uncertainty

Reactions:

tiredness

burnout

avoiding contact

alienation

ethnocentrism and prejudice

blame the others of one's own bad feelings and problems

mild paranoia

psychosomatic symptoms, such as aches and pain

Exchange experience: what makes your exchange experience unique?

Length of stay

Previous experiences

Expectations

Attitudes toward change

Motivation

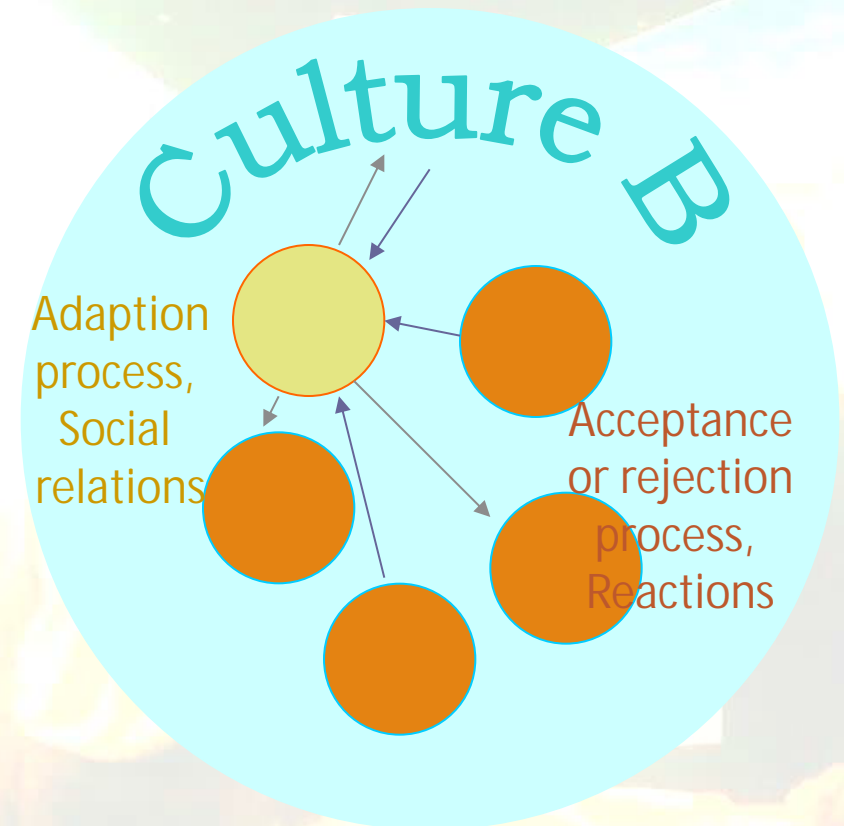
Personality

Own cultural identity

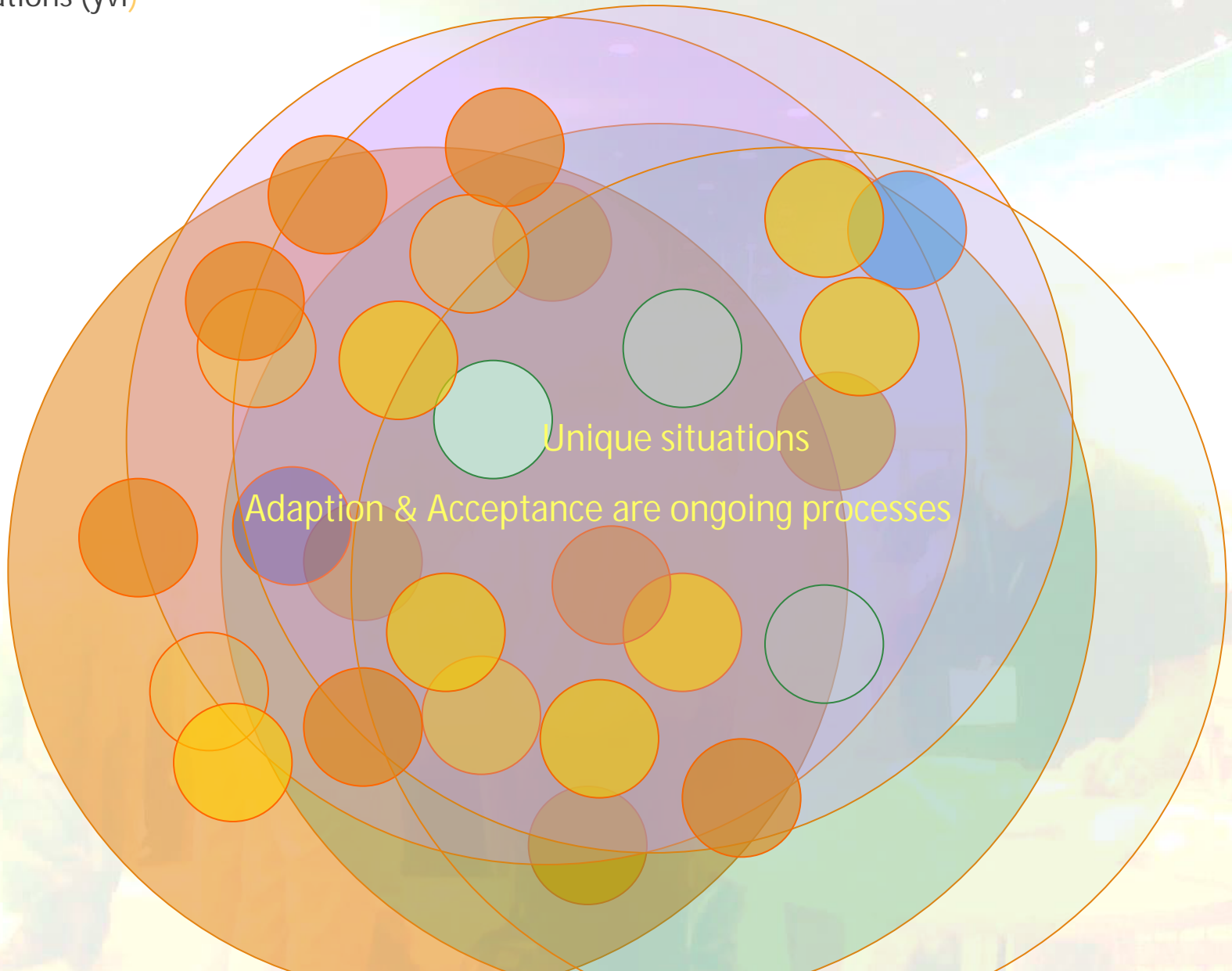
Communication competence

Traditional thinking

Reference: Vilma Luoma-aho, PhD Organizational communication and public relations (Jyvi)



Postmodern view



Wellbeing of the international students: Some results from a local study (Kokkonen 2016)

❖ [Goodies - student wellbeing advisers](https://opiskelu.jyu.fi/en/study/wellbeing#section-3) (for more info see <https://opiskelu.jyu.fi/en/study/wellbeing#section-3>)

❖ DATA:

❖ In depth qualitative interviews (8 Goodie advisers)

❖ 24 Goodie reports (1.1.2016-30.9.2016)

❖ The main reasons for a Goodie meeting:

❖ Study related issues

❖ Social relationships

❖ Stress and wellbeing

❖ Financial issues

❖ Home sickness, culture shock


Communication relationships and adaptation / belonging

- ❖ Communication relationships are often seen as a one very important factor in adapting to life changes in general
- ❖ Immigrants' communication relationships not only with local people but also with their own ethnic or national groups seem to reinforce the adaptation process
- ❖ Geographical places become homes through relationships

Intercultural communication competence

- ❖ Unconscious incompetence
- ❖ Conscious incompetence
- ❖ Conscious competence
- ❖ Unconscious competence

- Ting-Toomey, S. 1999. *Communication Across Cultures*. New York: Guilford Press. / Original Noel Burch of Gordon Training International, although Abraham Maslow is often credited.

 <http://arvostettu.com/kuutta-valokuvaajaa-pyydettiin-ottamaan-muotokuva-samasta-miehesta-ja-lopputullos-on-odottamaton/>

How to cope

- ❖ Jump out of your comfort zone
- ❖ Get to know people
- ❖ Keep in contact with your social networks
- ❖ XYHX003 Fundamentals in multilingual and intercultural communication starts at 27.9.2017
More info at <https://koppa.jyu.fi/kurssit/167319>

I WISH YOU GOOD TIMES, LOT'S OF
EDUCATING & EMOTIONALLY
ENRICHING ECPERIENCES!

THANK YOU!

