

The logo consists of a large, bold, white letter 'A' with an exclamation point '!' to its right, set against a background of a green lawn and trees.

Aalto University
School of Chemical
Technology

Global competence

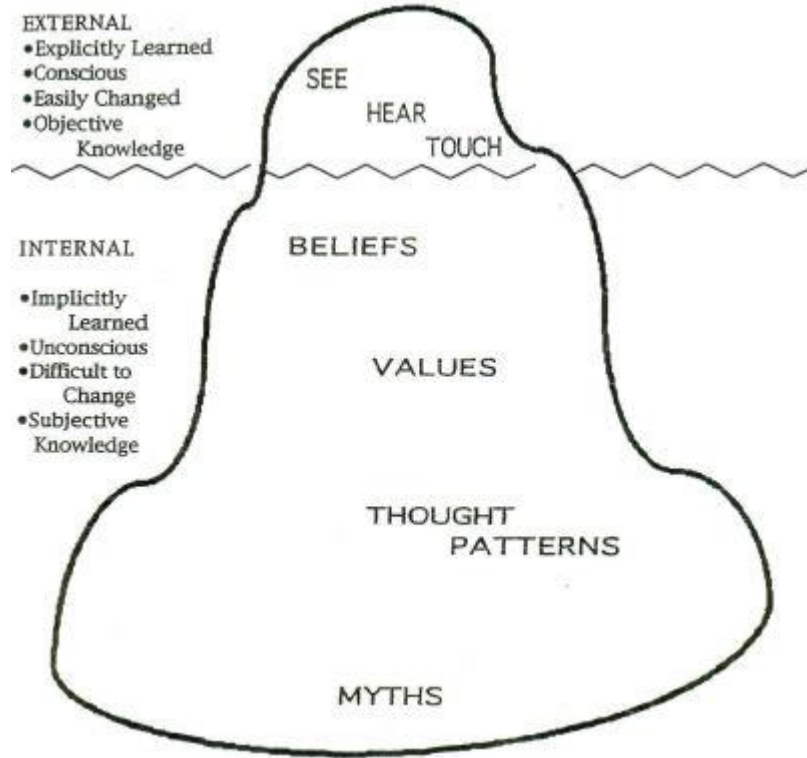
*Aalto University School of Chemical Engineering
Academic year 2018- 19*

How to get the best out of your exchange period

- Personal growth (academic, ethical)
- Global competence
- Career skills
- Language skills



Understanding culture



Cultural relativism: we must try to understand other peoples' behaviour in the context of their own culture before we judge it.

Finnish culture

- Stereotypes vs. reality
- Low power distance
- People are rather quiet
 - but not always.



Finland: large personal space



Culture shock

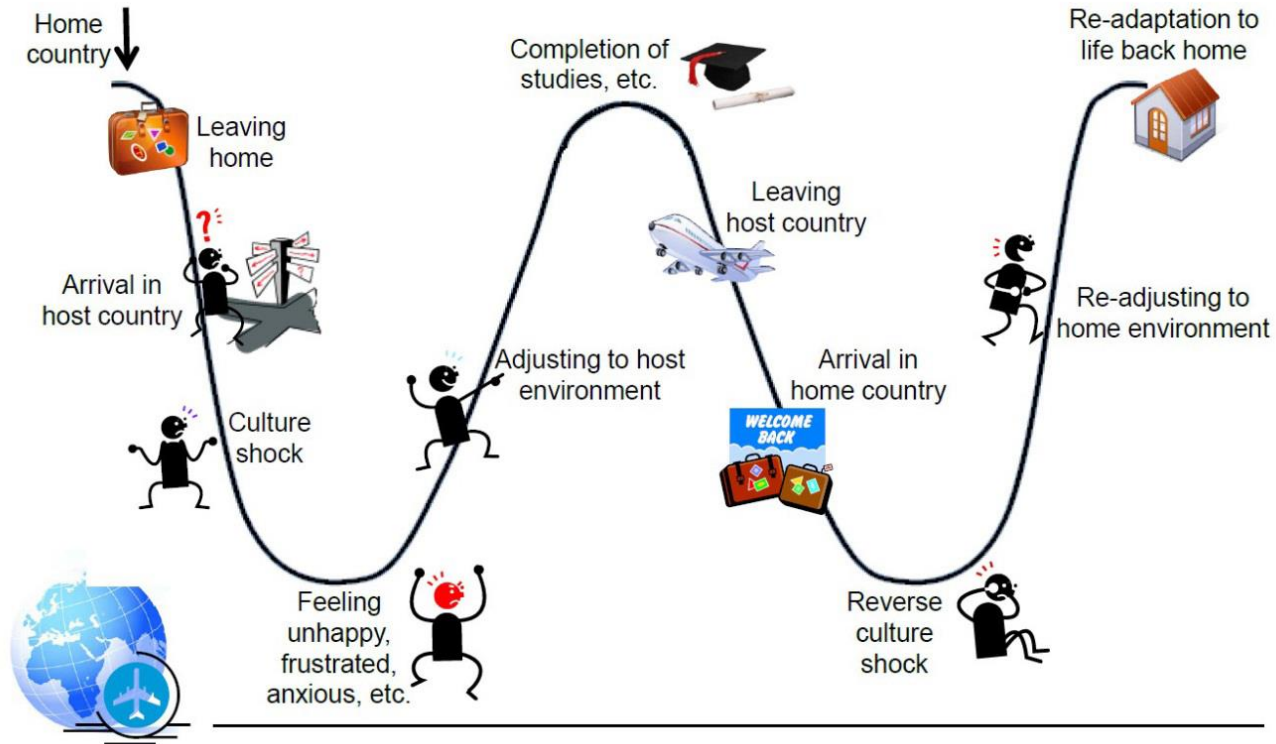


Reaction to a new a environment

Happens gradually

- Feelings of psychological stress, personal loss, confusion and anxiety
- Possible symptoms: tiredness, insomnia, feeling down and homesick, feeling irritated, increase in alcohol usage, eating problems, social tiredness and withdrawal

Cultural adaptation & re-entry



How to fight culture shock

1. Mentally step back from your problems.
2. Divide your problems up
3. Understand each one
4. Work on them one at a time.

- Disregard your old assumptions and expectations - open your mind to learn new things. A question of attitude.
- Don't be afraid to take risks.
- Allow yourself to see the humor in misunderstandings or embarrassments.
- Local friend + home culture friend
- Walking/bike rides
- Every day find something you like about the new culture
- Familiar things
- Keep a journal

Intercultural competence

Intercultural competence

- a storage of tools
- **Attitude and motivation**
 - Humble and respectful attitude
 - No black & white thinking
- **Knowledge**
 - Understanding what culture means
 - Knowledge about yourself and own cultural background
 - Knowledge about different countries and cultures
- **Skills**
 - Intercultural communication skills (verbal & nonverbal)
 - Accommodating yourself in different situations
 - Acting successfully with many different kind of people
 - Knowing how to observe the surroundings in different ways

ADAPT yourself to your new home culture.

BE ACTIVE. Use your initiative.

Say YES.

