

University of the Pacific Cross-Cultural Training

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Let's Begin

Section 1: Introduce Yourself!

Please introduce yourself and include the following information:

1. Name
2. Major
3. Intended Program (Provider - name of program and location, Bilateral Exchange Program - location, etc.)
4. What do you hope to get out of your study abroad experience?

Section 2: Five Things You...

Please answer the following questions and respond to 2 of your classmate's post - you will only be able to respond until you have posted

1. 5 things you are looking forward to
2. 5 things you are worried about going overseas
3. 5 things you believe you will miss abroad
4. 5 things you will miss the least
5. My greatest single challenge overseas will be...

Cultural Values

Collectivism vs Individualism

Watch the following video and answer the following questions:

1. Are you an individualist or collectivist? Please elaborate.
2. What/How does collectivism/individualism look like in your host country?
3. Do you foresee any challenges while abroad?

[\(917\) Understanding Collectivism and Individualism - YouTube](#)

Power Distance Index

Video: [10 minutes with Geert Hofstede... on Power Distance 10112014](#)

Readings:

1. [1. hofstede-power distance.pdf](#)
2. [Power-Distance Index \(PDI\): Definition, How It Works, and Examples \(investopedia.com\)](#)

After reading and watching the video, what does the Power Distance Index look like for your host country? Are there any similarities or differences between your culture and the host country?

If they differentiate greatly, what solutions can allow people to overcome power distance and more easily communicate?

Uncertainty Avoidance

This is meant to be a general reading. There was no task assigned.

Link: [What is Uncertainty Avoidance? - Culture Matters -](#)

Masculinity vs Femininity

Just watch and read, no task was assigned.

Link: [Hofstede Masculinity / Femininity Traits \(andrews.edu\)](#)

Video: [Geert Hofstede on Masculinity versus Femininity](#)

Concept of Time

Discussion Time

Please watch the following video and think about your concept of time within your culture and that of the host culture abroad. What are some similarities and

differences? Were you aware? Why or why not? Have you ever experienced any misunderstandings due to other's time views?

Please respond to 2 of your classmates' responses. You can only view and respond until you have posted.

Video: [\(917\) Monochronic and Polychronic Cultures - Manage Time Across Cultures - YouTube](#)

Thoughts...

This is meant to be a reflection stage after watching and reading all cultural values

Based on the readings, answer the following questions:

- What can you tell me about the cultural values of your host country?
- Which cultural values were you aware of and which ones surprised you the most?

Knowledge of the Host Country

Students will be completing a large research paper but it has been broken down into parts so they don't have to do everything all at once.

As part of your research, answer the questions below. This will help gather information early on for your final presentation.

A. Communicating

1. What are the telephone codes for your host country and city?
2. Will you take your own phone abroad or get one after arriving? If taking your own phone, what is your international plan?
3. What are the best apps for communicating while abroad? Which ones are most popular in your host country?
4. At 09:00 AM Pacific time, what time is it in your host country?

B. Customs

1. What is the custom for tipping?
2. What gifts would be culturally appropriate?
3. What gifts would NOT be culturally appropriate?

C. Academic System

1. How is the academic calendar different from your home university?
2. What is the method of assessment/grading on your program?
3. How does the education system differ from that in the United States?

Cultural Lens - Part 1

How Environments Shape Our Perspectives

General reading but can be put as a discussion or other

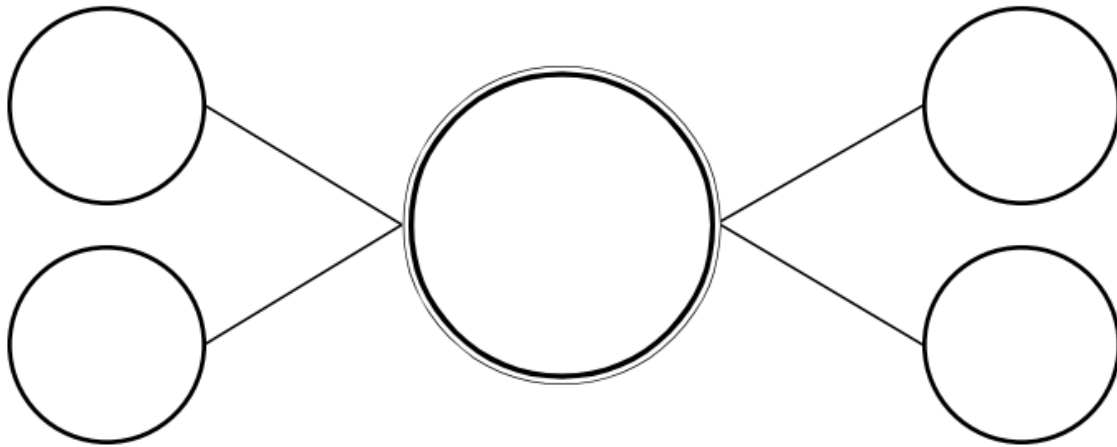
Link: [Cultural Lens: How Our Environment Shapes Our Perspectives \(exceptionalfutures.com\)](http://exceptionalfutures.com)

Circles of My Multicultural Self

This activity highlights the multiple dimensions of our identity. It addresses the importance of self-defining what is important about ourselves as well as the importance of challenging stereotypes. **Respond to 2 of your classmate's posts.**

Part 1

Place your name in the center circle of the structure below. In each of the satellite circles, write an aspect of your identity - an identifier or descriptor - that you feel is important in defining you. This can include anything: Asian American, female, mother, athlete, educator, Taoist, scientist, or any descriptor with which you identify.



In order to understand other cultures, we must also look at our own. Download the following PDF and complete the handout.

As per the handout, complete Part 1/Part 2 and answer the following questions:

1. Share a story about a time you felt “included” or “respected” in relation to one of the descriptors used.

2. Share a story about a time you felt “excluded” or “disrespected” in relation to one of the descriptors used.

Feel free to include more identifiers than the 4 circles that are provided.

Part 2

Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are. Fill in the following sentence:

I am a(n) _____ but I am NOT a(n) _____.

So if one of my identifiers was “Christian,” and I thought a stereotype was that all Christians are radical, right-wing Republicans, my sentence would be:

“I am a Christian, but I am NOT a radical right-wing Republican.”

Office of Human Relations Programs
University of Maryland, College Park

Interview an International Student

For this assignment, you need to find and interview an international student at Pacific, or if you are an international student, please interview an American student who has just returned from study abroad. The goal of this experience is for you to step into the shoes of a person currently/recently studying abroad. Think about the Cultural Lens reading and your interviewees perspective.

- What is it like to be an international student?
- What is it like to leave family, friends and familiar surroundings and move to a new country?
- What are some of the cultural differences between the two locations they have lived in?
- How have your views changed since you have returned/been here? Please provide some examples.

Prepare a series of questions to ask, but please make sure the student does not feel that she/he is being interrogated. The idea is a free-flowing, relaxed, and honest conversation that should last for about half an hour. Meeting for coffee, smoothies or a snack is appropriate but please offer to pick up the cost if you suggest a place where they need to spend money. Take notes while you talk and then use your notes to write up **a reflection paper on the interview.**

If you do not know anyone who has studied abroad, please reach out to me to introduce you to an alum.

Values and Norms – Current Events

As part of your research, answer the questions below. This will help gather information early on for your final presentation.

Values and Norms

1. What one thing about the local/national culture—music, art, sports, etc.—are you most likely to be interested in/following/talking about? What do you need to know about that topic in order to converse on it with your fellow students?
2. Which values will be the most challenging for your adjustment and why? Be sure to link the values to corresponding behaviors.
3. What is different about the educational system of the country that you are going to? How is it structured? What are the classroom norms and rules of behavior? How does the format of the class, the grading, and the assignments differ?

Politics/Current Events

1. What are the biggest social and/or economic and/or political challenges facing your country today?
2. In what ways might current events and the political situations of your host country affect you while abroad?

B. United States

1. How do you anticipate being perceived as an American abroad?
2. Often times international students are expected to give a presentation on their home culture. What might you bring to share or present that represents your home culture?
3. What impact do you imagine your race or ethnicity or other aspect of your personal identity might have on how you are perceived abroad?
For some students, this can be a difficult question, especially if it is unexpected. If you think this might be an issue for you, take the time to research what other similar students have experienced when they traveled to your host country.

Cultural Lens – Part 2

Cultural Misunderstandings

Link: [Intercultural Misunderstandings by Suzy Grigoryan \(prezi.com\)](#)

Based on the presentation above, complete the next assignment **Training Exercise - Cross Cultural Checklist** and review the critical incidents.

Cross Cultural Exercise – Cross Cultural Checklist

Complete the following form and answer the following questions. Please respond to 2 of your classmate's responses.

Form: [Cross Cultural Checklist.pdf](#)

[Download Cross Cultural Checklist.pdf](#)

The answers to each question are, of course, wholly dependent on the specific culture around which the checklist is undertaken, and of course, the cultural origin of the learners themselves. Not all questions will be relevant to all situations.

Please include the following on your post:

1. Name of host country
2. Where you answered 'yes,' identify how you anticipate things to be different in another culture.
3. Where you answered, 'don't know,' identify ways in which you can find out the answer to this question. Did you find it? How? If not, why not?

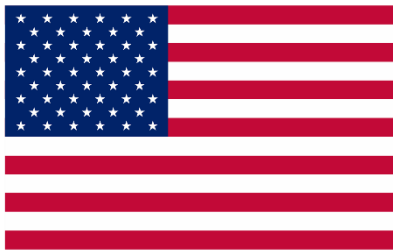
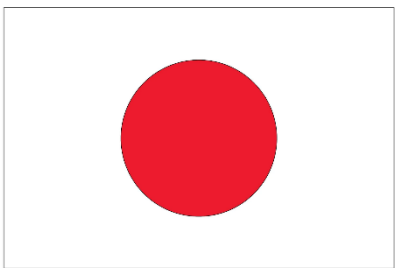
Adapted from the Intercultural Training Exercise Pack - Culturewise Ltd.

Critical Incident – What Happened and Why?

Please read the following incident and think about the following questions.

Location: USA

Who: Local student and Exchange student from Japan



Jim has decided to go out for an authentic Japanese dinner with Naoki, a Japanese exchange student at his college. Jim notices that Naoki slurps his soup loudly, despite Jim's disapproving glances. During the meal Jim wants to avoid the embarrassment of having his hashi (chopsticks) roll off the edge of his plate or bowl so he decides to use the glutinous rice as a base and jabs them into the rice between bites. Soon Jim catches a surprised glance from Naoki. When the sake (rice wine) is brought to the table, Naoki quickly pours some only in Jim's sake cup table, Naoki quickly pours some only in Jim's

sake cup, leaving his own empty. Jim waits for Naoki to join him in drinking but it is quite some time before Naoki finally pours his own sake. At the end of the meal Naoki burps loudly and Jim seems quite distressed.

As observers of this meal between Jim and Naoki, let's relate their experience to the cultural lens. Values drive behavior and behavior is interpreted through a cultural lens.

Think about:

1. What behaviors do we see above?
2. What examples do we see of them perceiving behavior through their own cultural lenses?

----- **Complete reading first before moving on to the 2nd part below!** -----

Japanese and American cultural perspectives of different behavior

Naoki slurps his soup loudly

- Japanese culture - slurping food is considered evidence of one's enjoyment of a meal
- American culture - slurping or making other noises with one's food is considered extremely impolite.

Jim jabs his chopsticks into his rice

- Japanese culture - sticking chopsticks into rice is only done at funerals with rice that is left on an altar for the deceased.

Naoki quickly pours some sake in Jim's cup, leaving his own empty

- Japanese culture - When drinking with a Japanese person, one must fill the other's glass. Never pour your own drink and always pour your companion's.
- American culture - you pour others' drinks first and then your own. Further, you don't drink alone, but rather wait for everyone to share the first drink together.

At the end of the meal, Naoki burps loudly

- Japanese culture - it is considered highly complementary to the cook to burp loudly at the end of a meal.
- American culture – burping is widely considered rude. Often Americans attempt to stifle a burp, particularly during a meal.

Answer the questions below and respond to 2 of your classmate's responses.

In our society, because we consciously and unconsciously learn our own values, we learn to believe that what we value is right and good. All cultures tend to think that their way of viewing the world is correct: this is called ethnocentrism.

1. Can we deduce, based on what we know, that Jim and Naoki have different value systems? Was one brought up to respect and honor others while the other wasn't? Does one believe that table manners are important and appropriate when sharing a meal, while the other doesn't?
2. How would you have perceived and reacted to Jim or Naoki? Why?
3. Have you ever experienced something similar before?
4. Other thoughts?

Adapted from - Cultural Awareness - Youth for Understanding (Intercultural Exchange Programs)

Reflection

Now that you have delved into cultural values, self-awareness, and conflict. How will you apply it when there is conflict while abroad? Provide a way to mitigate potential misunderstandings!

You can use the following link: <https://www.hofstede-insights.com/country-comparison-tool> to help you.

Requirement: Minimum 150 words

Identity, Culture Shock, & Re-entry

Re-entry

Link: [Returning from Abroad | IES Abroad](#)

[Realistically, what can I expect when I get back \(PDF\)](#)

Culture Shock

After reading the articles and watching the following video, answer the following questions and respond to 2 of your classmate's posts.

Reading 1: [Culture Shock](#)

Reading 2: [Cultural Adjustment](#)

Video 1: [We Survived Culture Shock \(Here's How You Can Too\) - YouTube](#)

Preparing to Study Abroad:

1. What were some takeaways from the articles and video? Include 1 for each.
2. Being abroad can sometimes mean leaving friends/family and adjusting to a whole new environment can be stressful. What are some ways you normally relieve stress when at home?
3. What are some coping strategies that you can do while abroad, what will you do to prepare? (Think about - best practices for maintaining a positive mental health while abroad, making new friends, etc.)
4. Optional - While reading the articles and watching the videos, did any questions come to mind? Anything you would like to share?

Identity Abroad

Directions: Watch the video and pick one of the articles below to read (feel free to read all of them!) then answer the following questions and respond to 2 of your classmate's posts. This is meant to be a safe space so share what makes you comfortable, any inappropriate behavior will not be tolerated.

Article 1: [Navigating Identity in a Foreign Country](#)

Article 2: [Realizing My Skin Color While Studying Abroad](#)

Article 3: [My Take on Being LGBTQ+ in Spain](#)

Article 4: [Reflections on Studying Abroad as a Muslim Woman](#)

Article 5: [Being a First-Generation College Student Studying Abroad](#)

Video: [\(917\) Navigating Identity Abroad - YouTube](#)

1. Please share which article you chose and provide a short summary. What was one takeaway from the article you read?
2. Studying abroad can bring positive and negative experiences, including how your identity is perceived abroad. What are some ways that your identity can influence your study abroad experience?
3. What are some ways you can navigate your identity abroad?
4. What are some coping strategies that you can do while abroad, what will you do to prepare?
5. While reading the articles and watching the videos, did any questions come to mind? Anything you would like to share?

Reverse Culture Shock

Please read the article and watch the following video. Respond to 2 of your classmate's posts.

Article: [Re-Entry Shock](#)

Video: [Reverse Culture Shock - what it is & how to deal with it](#)

After reading the article above watching the video, answer the following questions and respond to 2 of your classmate's posts.

1. What is reverse culture shock? Were you familiar with this term?
2. Do you think you will experience reverse culture shock when you return from studying abroad?
3. What are some ways to mitigate reverse culture shock? (Example: after returning from abroad, many of our students work/volunteer in the study abroad office, table, present to students about study abroad opportunities or their experience, etc.)

Findings

[Cross Cultural Training Workbook \(PDF\)](#)

Instructions: Based on your findings and research on your country of study, put together a presentation highlighting to following:

- General information about your host country (population, cultural values, food, etc.)
- Program information: school you will be studying at (housing, academics, location, etc)
- 1 thing you look forward to
- 1 challenge you might foresee while abroad.
- 1 goal you hope to accomplish while abroad.
- 1 fun thing (can be anything)

Presentation will be in person. Schedule a time to present no later than December 1st with Ofelia Hernandez.

ICC for Exchange Students

[Building Intercultural Competence](#)