

COURSE  
ON  
CULTURE  
AND  
EU  
AWARENESS

Moi!  
Hello!  
Hoi!

**Blended  
Programme**

- **Cultural knowledge**

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When you take the material seriously and work carefully through the exercises, you should better understand that the culture you are entering may have a distinctly different worldview from yours. You can further realize the extent to which your behavior and preferences are based on core cultural values and assumptions. These assumptions can have a profound effect upon how you react to those you meet abroad and, just as importantly, how they might react to you.

Since the ways people think and act in different countries may differ significantly from your home culture, the more you know about what culture is and how it works, the better you will be able to manage and adapt to a new cross-cultural context. This site can help you learn what is required to be effective and comfortable while living internationally. In short, it offers an opportunity to make the international study abroad experience much richer and easier, both for you and for those you meet abroad and, finally, for your family and friends when you return home.

### **Hello you all!**

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Let's start with introduction. Introduce yourself on this platform by opening a new conversation by your name and write who you are, what you study, what are your hobbies and so on.

First impressions make a significant impact on how others perceive you. Therefore, the introduction that you or another person gives about you is extremely important. You should give careful thought to these words when you write your introduction. The information you give can either uphold or harm your credibility.

A picture of you would be nice as well!

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- **State your name very clearly near or at the beginning.**
  - **Give details about your current situation.**
  - **Tell about your studies.**
  - **Tell where you come from.**
  - **Discuss topics about which you care.** These may be world or local issues. What is your passion in life?
  - **Name your personal interests.** What do you like to do for fun or for relaxation?
  - **Describe your goals in life.** What are you studying toward? What do you want to accomplish?
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- **At the end**
  - **Read the introduction and analyze it as if you were hearing or reading about a person you have never met.**
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- How would you feel about the person?
  - What type of character do you think the person has from what you have read?
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- Would you like the person?
- **Edit the introduction based on the answers to the questions you asked yourself while reading it.**

- 
- This topic
- 

### **What to know before you go?**

One of first things you will encounter when you go abroad is something you can't really see, but which, if you don't understand what it is and how it works, can seriously affect how you adjust to and enjoy your time abroad. That "thing" is CULTURE. The kind of culture we will address here is not at all the kind of thing one refers to when talking about being a "cultured person" or possessing a taste for modern art, champagne, and opera. Nor is culture the exclusive province of an educated elite.

Culture is a neutral term, neither good nor bad, and refers to the broadest conception about the learned knowledge that humans use to fulfill their needs and wants. It refers to the collective historical patterns, values, societal arrangements, manners, ideas, and ways of living that people have used to order their society. It is comprised of all those things we learn as part of growing up including language, religion, beliefs about economic and social relations, political organization and legitimacy, and the thousands of "Do's and Don'ts" society deems important that we know to become a functioning member of that group.

When you go abroad you immediately meet individuals, perhaps a bewildering variety of them, but you also enter another "culture." The behaviors and attitudes you can externally observe in others are molded and motivated by their prior cultural learning, just as you have been molded by yours. You can't see a person's culture directly because feelings, judgments, and mental constructs are not always on display, although they may become evident through what people say or do.

Culture has been defined in literally hundreds of ways for different reasons. For study abroad purposes, culture can be most broadly defined as the shared sets of values, attitudes, beliefs, and behaviors which are widely held by members of the host culture. A stranger will not only need to be aware of these cultural patterns but will have to respond to them appropriately.

**Explore the given EU Publication files before you start working with the assignment.**

**1.2** Living, working, studying in another EU country An overview of your EU rights

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1.3 BP Handbook

1.4 Your Europe [http://europa.eu/youreurope/citizens/index\\_en.htm](http://europa.eu/youreurope/citizens/index_en.htm)

Please answer following questions with your own words. Please copy the questions and paste them into a Word document and answer under the questions.

**A.** When European countries first started economical cooperation and which countries? How many countries there are at the moment in EU? In which year your country joined EU?

**B. Who can become a member?**

What do the principles set out in Article 2 mean in practice? What does a country have to do if it wants to join the EU, and what must it never do? What do you think?

*'The Union is founded on the values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities. These values are common to the Member States in a society in which pluralism, nondiscrimination, tolerance, justice, solidarity and equality between women and men prevail.'*

A country ...	can join the EU	cannot join the EU
... that does not have freedom of the press		
... that applies the death penalty		
... that allows its citizens to protest against the government		
... in which the parliament is elected on a regular basis		
... in which a president governs until he dies and is succeeded by his son		
... in which gays and lesbians have the same rights as heterosexuals		
... in which the army determines policy and may even intervene in internal affairs with military power		
... in which people are considered innocent until their guilt has been established by a court		
... in which there is only one party which is therefore always in government		
... which protects minorities, even where the majority would like to put more pressure on the minorities		

**C. What is the Schengen Borders Agreement?**

**D. What are the four fundamental freedoms in EU?**

**E. Gather information about the country you are leaving for your exchange period. What do you know about food, culture and languages in this country?**



## 1.5 Cultural Behavior

When a Finn is talking, he/she doesn't like to be interrupted. The typical pattern for a Finnish conversation is that one person first finishes what they are saying and after that his/her interlocutor carries on the conversation in a lag of two seconds.

Formal address can be applied if you are talking to somebody very much older than you, but otherwise it is seldom used. The general use of first names when addressing someone belongs to Scandinavian culture.

**In this section you have to reflect the differences between European cultures.**

## 1.6 And then what happens...

How will you behave yourself when something unexpected happens. How to prepare for unexpected situations? In the following task you will need to consider the given problem situations and find solutions to them. First of all you have to read the given Finnish link about culture shock.

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What to do in problematic situations Assignment

Please answer to the following questions/statements with your own words.

Once again copy paste the questions and save replies with the word document.

- What to do if you notice that you are having a culture shock?
- How can you prepare yourself to face the homesickness?
- How to be prepared for the cultural differences you are going to face during your exchange period?
- How do you get the most positive experience out of your exchange period?
- What do you do if you are robbed and you will lose all your money and your passport?
- What to do if you have difficulties to get socialized with people?

## CULTURE SHOCK

[https://gustavus.edu/cice/studyabroad/orientation/culture\\_shock.php](https://gustavus.edu/cice/studyabroad/orientation/culture_shock.php)

Culture Shock

Dealing with Culture Shock

Traveling abroad can be one of the most exhilarating learning experiences of your life. Or, it can turn out to be a series of bewildering and frustrating incidents that leaves you longing for home. Aside from the basic preparation of the "hows" and "wheres" of your trip, it is valuable to also take some time to investigate the "what am I likely to encounter" - that is, the things that will happen to you as

you mingle with people whose values, traits and characteristics are different from your own. By thinking and preparing for these encounters, you will certainly enrich your travel abroad experience.

### Cultural Differences - What are they?

We are surrounded by elements in our own culture which influence who we are and how we relate to the world. Because we have grown up with this culture, we are comfortable in it. Our values and attitudes about who we are and how things should be have been shaped by our experiences in our native culture. What happens when we suddenly lose cues and symbols that orient us to situations of daily life? What happens when facial expressions, gestures and words are no longer familiar? The psychological discomfort that we feel in this foreign situation is commonly known as "culture shock."

### Reactions to Cultural Differences

Culture shock is a logical reaction to differences we encounter in a foreign culture. Luckily, it is only one phase in the process of getting into the culture of a foreign country. The various phases that you might find yourself going through in this process include:

1. Being fascinated with all the new things you are experiencing.
2. Feeling uncomfortable because you don't belong.
3. Rejecting the foreign culture and people as being strange.
4. Learning to decipher foreign behavior and customs.
5. Accepting and enjoying the foreign culture.

Our emotional reactions to these phases will influence how we relate to local citizens. Naturally, being excited and fascinated with foreign behavior and customs will help to pave the way for positive interaction. Conversely, acting hostile and aggressive toward those "strange and un-American" customs will do little more than perpetuate the "ugly American image" and cause foreigners to want to avoid us.

### Preparing for Cultural Differences

In order to gain some perspective, read as much as possible about where you are going. Your bibliography might include guidebooks, foreign and international newspapers and magazines, novels, plays, poetry, and political and economic analyses. Talk with international students and veteran travelers who have been where you want to go. The Center for International and Cultural Education has travel tips from returnees, many of whom are willing to be contacted and give advice in person.

### A Sense of Purpose

Have a clear idea of what you specifically want to accomplish by going abroad. When planning what to do during your free time, keep in mind your own priorities for the destinations you feel are important to experience. On the other hand, it is important to keep an open mind and be willing to pursue the unexpected, especially if this means taking advantage of opportunities with your host family.

### Getting over "Culture Shock"

Knowledgeable travelers advise handling culture shock with adaptability, a sense of humor, and a lot of common sense. Give yourself time to become accustomed to the cultural differences. You may even find that many of the differences are a pleasant change from the U. S. way of life. If you have an

active interest in finding meaningful patterns for unfamiliar customs, it expands your horizons and adds wealth of another culture to your experience. The following advice from past travelers is invaluable:

"You can go with everything - strangeness, the inconvenience, the different customs - or you can fight it all and be miserable in the very place where others are having the time of their life..."

"When you're there, try not to compare everything with home..."

#### How Cultural Differences Relate to You

Discovering cultural differences and experiencing culture shock are both powerful tools. Through these, one gains a high degree of self-understanding and personal growth. Past travelers have claimed that by traveling abroad you get a great education in what it means to be an American and also in how the rest of the world's population lives and thinks; don't try to find a "little America" wherever you go. By doing so, you'll miss many of the beautiful experiences your host country has to offer.

Remember, there will be difficult and even frustrating time for you overseas. However, as some fellow travelers have noticed, bad moments (even days) are quickly forgotten, and even the bad experiences are priceless.

Adapted from a handout originally prepared by the University of Michigan International Center

**FACEBOOK: BLENDED PROGRAMME**

GET FAMILIAR WITH THIS PAGE: POST A MESSAGE/UPLOAD A PHOTO

#### **Cultural Behaviour**

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**What about the Dutch? Individually: write down about 07 different cultural behaviour of Dutch people.**

**Group : discussion on the different written cultural behavior**

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[Text Culture Shock](#)



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