

Trainer



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- Highly experienced German trainer of intercultural communication and conflict resolution as well as mediator, coach and psychotherapist (Non-Medical Practitioners Act), with a focus on health, personal development and development of intercultural competencies
- Lecturer at the European University Viadrina, Frankfurt (Oder)
- Teaches at over 15 universities and universities of applied sciences in Germany, Georgia, Turkey, Brazil, Bulgaria and Ukraine

<https://www.draheim-dialog.de/>

How to Cope with Culture Shock?

Objective

- To provide an explanatory framework for the culture shock process and the different stages of adjustment into a new (academic) culture
- To understand how exactly culture shock may impact both academic performance and private life
- To identify, develop and train strategies for stress reduction, self-care and a stable academic performance during your stay abroad

Description

International academic mobility increases and many researchers are expected to live and work some time abroad. Guest stays, field studies, and international conferences are great chances to develop intercultural competencies, language skills and networks. With the increase of academic mobility, more and more attention is being focused on the cultural adjustment process that often impacts the academic performance of unwary doctoral candidates, guest researchers, or postdocs: Culture shock. This term describes the loss of emotional equilibrium and orientation that people suffer when they move from a familiar environment to one they do not know. Its symptoms may range from mild uneasiness or temporary homesickness to psychological panic, irritability, hyper-sensitivity and loss of perspective. Often people have no idea what's the matter with them – they just know that something is wrong and feels uncomfortable.

Research has shown that understanding the different stages of cultural adjustment helps people to cope with academic and private challenges more easily. The more they prepare, the better they feel and the better they perform during the process of adjustment. Given this, the workshop focuses on:

- Understanding culture shock: psychological basics
- Preparing for the adjustment process and its challenges
- Strategy development for coping with single stages of the adjustment process
- Navigating the interface between culture shock and intercultural competence

Methodology

- Presentations
- Plenary evaluations
- Trainer input
- Worksheets and exercises
- Reflection and discussions

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties, who are planning to go abroad or who came from abroad to Goethe University for a research stay
Date	Monday, 19 February 2024, 9:30 – 16:00
Registration	For registration click here