



# ICOS Module Intercultural Competence for Outgoing Students

**HS 2025**

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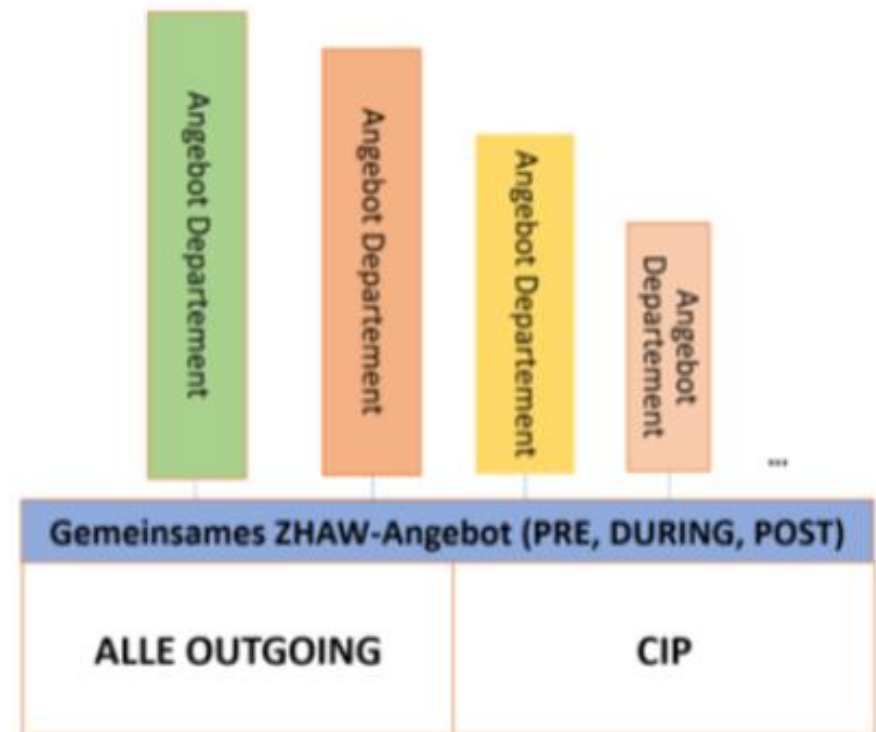


# ICOS – a module for outgoing students with transdisciplinary exchange

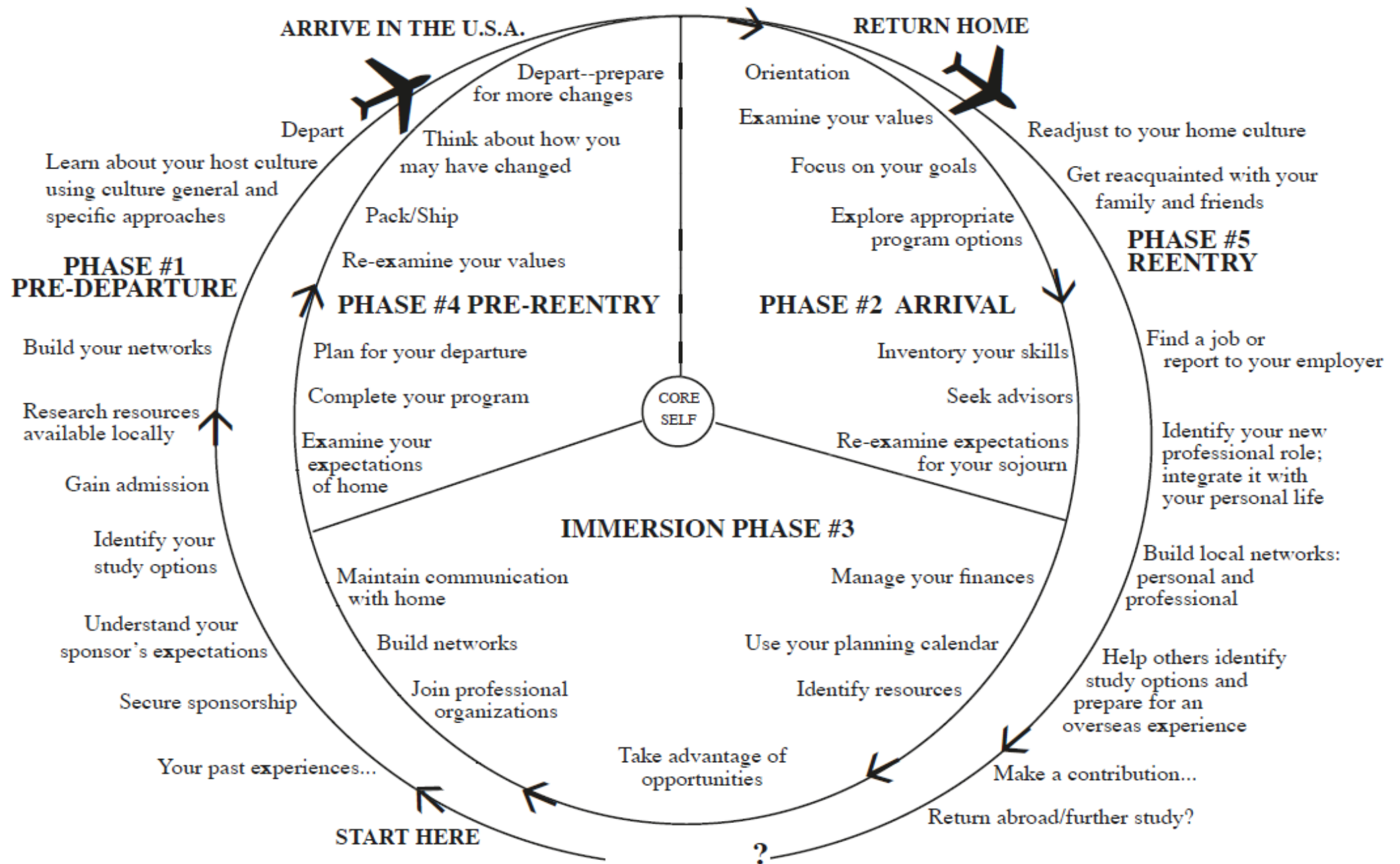
Organised by the departments S, G, and L

- **Pre-Departure Training:**  
common knowledge base,  
exchange with incoming students
- **During:** exchange in tandems,  
critical incident and collegial  
advice
- **Re-Entry Training:**  
Reflection of learning process

**ICOS is connected to the CIP**



# THE STUDY-ABROAD PROCESS: A Model



Source: Denney, Martha. *Going Home: A Workbook for Reentry and Professional Integration*. Washington, DC: NAFSA: Association of International Educators, 1987. adapted by Bruce La Brack for SIIC 2005

# Today's program: Re-Entry Training

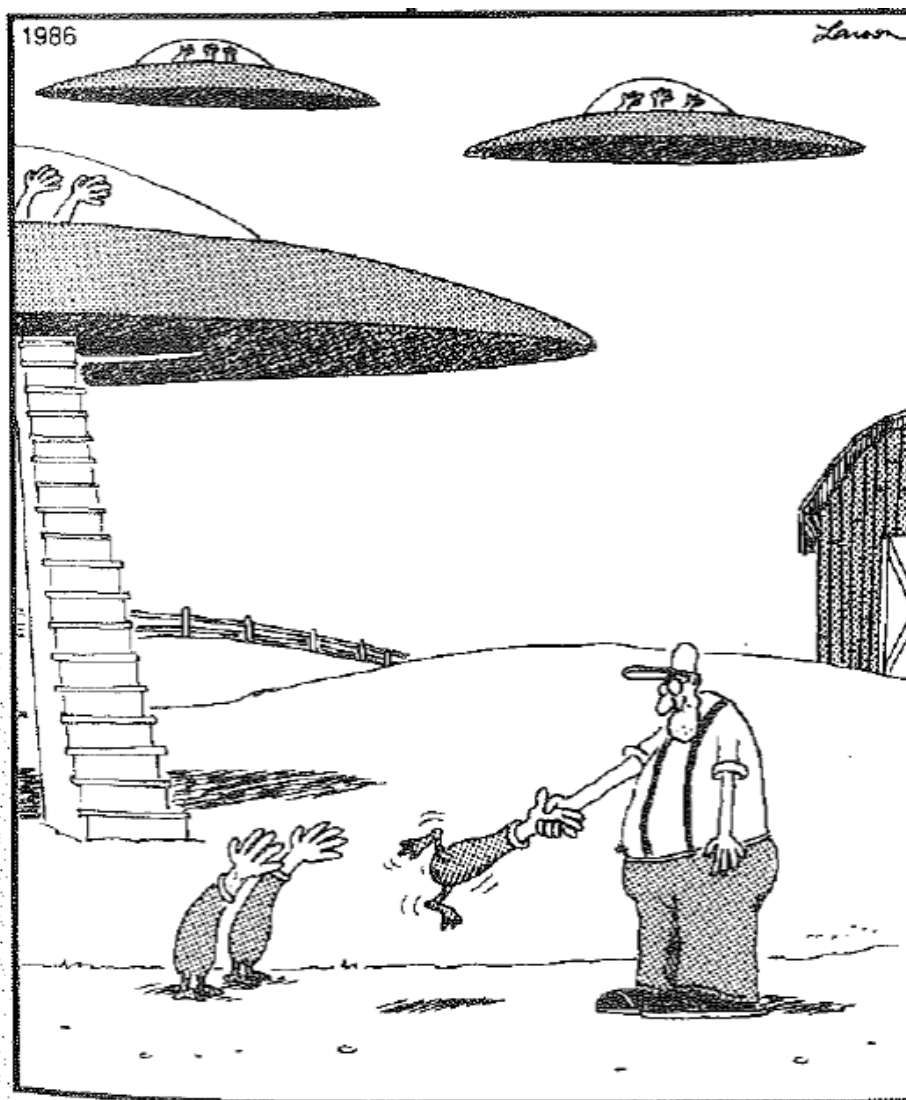
1. Welcome
2. Present your picture/item
3. Wishes & worries
4. Country comparison
5. Culture shock?
6. Comparison host & home culture
7. Critical incident: Group work & presentations
8. 10 acts of kindness
9. Quick assesment
10. Reverse culture shock?
11. Final exchange

# Welcome back!



Present your picture/item that you brought with you and briefly tell us what the time abroad was like.

# Cultural encounters



Inadvertently, Roy dooms the entire earth to annihilation when, in an attempt to be friendly, he seizes their leader by the head and shakes vigorously.

Larson, 2003

# Core intercultural competences

- increase cultural and personal self awareness through reflecting on own experiences;
- increase awareness of others within own cultural and personal contexts;
- learn to manage emotions in the face of ambiguity, change, and challenging circumstances & people
- learn to bridge cultural gaps—which is to say, learn to shift frames and adapt behavior to other cultural contexts.

Vande Berg, 2012





# Wishes & Worries



## Group discussions

In pairs or groups of three, discuss your expectations and any stereotypes or preconceptions you may have been confronted with.

Read the letter you wrote to yourself before going abroad and reflect on any observations or changes in perspective.



# Culture Learning Strategies

## Culture learning strategies

1. Please complete the post study abroad culture learning strategies
2. Discuss with a partner the different strategies you employed before and during
3. Share experiences in plenum



# Country Comparison

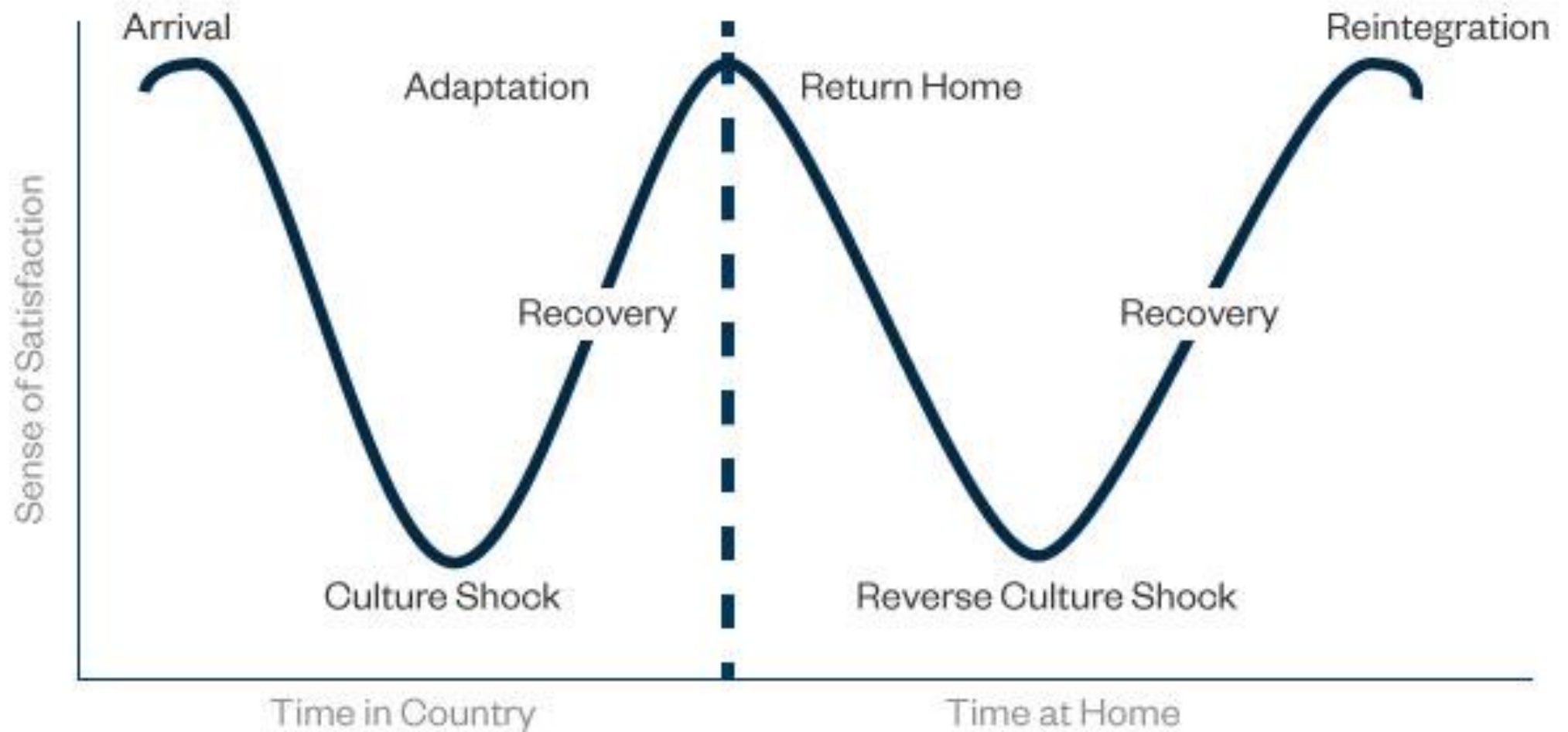
## Hofstede country comparison

- Form groups of the same/similar countries (the same groups as during pre-departure discussion)
- Review the differences you expected and the strategies you considered.
- Discuss your actual experiences: What differences did you notice? Which strategies were helpful?
- Identify and prepare key highlights to share with the whole group.



# Culture Shock

# Culture shock – W Curve





# Causes of culture shock

- Being cut off from the cultural cues and known patterns with which you are familiar,
- All the nuance and shades of meaning that you understand instinctively and use to make your life comprehensible are suddenly taken from you.
- Living and/or working over an extended period of time in a situation that is ambiguous.
- Having your own values brought into question
- Being in a position in which you are expected to function without knowing the cultural “rules”

Kohls, 1984

# Common symptoms of culture shock

- Extreme homesickness
- Feelings of helplessness/dependency
- Disorientation and isolation
- Depression and sadness
- Hyper-irritability, may include inappropriate anger and hostility
- Sleep and eating disturbances (too little or too much)
- Hypochondria
- Excessive critical reactions to host culture/stereotyping
- Excessive drinking
- Recreational drug dependency
- Extreme concerns over sanitation, safety (even paranoia), and being taken advantage of
- Loss of focus and ability to complete tasks

University of the Pacific, 2021



# Comparison Host & home culture

## Host & home culture

- Use the table on the handout to list positives and negatives of both your host and home culture
- Reflect on your experiences and observations
- Be as specific as possible in your comparisons



# Critical Incident

# Collegial Advice to discuss Critical Incident

- Create 5 groups according to interest.
- Share Critical Incident.
- Use the **collegial advice method** to gain insights into the incident (approx. 75 minutes).
- Prepare a short presentation (approx. 10 minutes) covering:
  - The critical incident you selected.
  - Key insights gained from the collegial advice discussion.
  - Connections to intercultural theory.
- Present your findings to the whole group.



# Presentation Critical Incident: Group 1





# Presentation Critical Incident: Group 2



10 acts of  
kindness



Vendors line the alleyways of the medina in Marrakech, where a Nat Geo Travel reader had an unforgettable experience after an unexpected invitation to a local family dinner.

PHOTOGRAPH BY THOMAS STANKIEWICZ, LOOK-FOTO/GETTY IMAGES

**TRAVEL**

# 10 acts of kindness by strangers around the world

From Australia to Morocco, readers share heartwarming travel tales of rescue, generosity, and surprise serenades.

By Kelly Barrett

December 4, 2019 • 10 min read



<https://www.nationalgeographic.com/travel/article/10-acts-of-kindness>

# **10 acts of kindness**

## **An unexpected gift in Australia**

Reader Rachel Tara took her son to a local market and was delighted when the store owner gave him a toy turtle as a keepsake. The catch? “He had to pay it forward and do a random act of kindness for someone else,” she wrote.

## **A shared picnic in Turkey**

Reader Kendall Fayle got to experience it like a local when she was in a public park and a family “waved me over [and] insisted I join them for a delicious homegrown salad. We didn’t share a language but we shared a meal, smiles, and kindness.”

## **Did you experience any acts of kindness?**



# Presentation Critical Incident: Group 3



# Presentation Critical Incident: Group 4



# Quick Assessment

(Bruce La Brack 2009)



## Quick assessment (La Brack 2009)

Use the template on the handout to guide your reflection.

Think about both personal and professional experiences while reflecting on the following aspects:

- Most enjoyable moments
- Most challenging or uncomfortable moments
- Biggest or most surprising similarities
- Biggest or most surprising differences
- Personal and professional growth/lessons learned

Take your time to reflect thoughtfully before completing the template.



Did anyone have difficulties when returning (reverse culture shock)?



# Final exchange

# Final reflections

Please scan the QR-code or visit **menti.com**, and then enter the **code 1664 4815** to access the questionnaire.

- What was your most important learning moment?
- How will you implement your learnings in future situations?





Thank you &  
Goodbye

# Literature

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