

SRH Interaction Across Cultures

Course Description

What is culture? How does my own cultural imprint influence my thinking and my actions? How can I gain intercultural awareness?

In this practice-oriented course, we will look at various concepts and aspects of culture and find out how they influence our thinking and wellbeing. In interactive, virtual sessions students from all over the world will reflect on their individual cultural imprint and heritage and on their experience with cultures and diversity. They will then be introduced to hands-on strategies and tools that they can use to turn potential sources of friction into strengths. Furthermore, students will discover what it takes to build a global and resilient mindset. This, in turn, will improve their performance and make living, studying and working in intercultural settings more successful and enjoyable.

Students will put into practice immediately what they have learned in theory. By completing the course, they will apply, grow and strengthen their intercultural competence in real life situations. Upon completion of the course, students will have gained cultural and intercultural skills as well as deeper understanding of the intercultural setting around them.

Learning Outcomes and Course Objectives:

Upon completion of the course, students will be able to:

- Understand the basic concept of culture, intercultural settings and challenges
- Understand unique challenges and opportunities of an intercultural setting and develop and apply hands-on strategies how to manage challenging factors
- Recognize origins and influences of their own cultural imprint and heritage to better understand intercultural settings and their intuitive reaction to new situations.
- Analyze different version of stress and find an individual way to deal with negative influences in order to increase resilience.
- Adapt and apply an understanding of mindfulness

Assessment

1.) Portfolio: Students will document and reflect on each task in an individual **portfolio**. This portfolio should **contain**

- Personal description of the experience
- Personal reflection of the experience and the theory learned in class.
- Photos and pictures, and possibly graphs and videos to undermine the experience

Format: students can decide freely and creatively what kind of format they would like to choose. It can be a pdf document (about 5 pages, including pictures), it can also be a video, power point presentation, poster gallery etc. The format needs to be discussed beforehand with the instructor.

2.) Presentation: In groups, students will prepare a presentation to showcase their learning outcomes and their individual growth.

Schedule

	Virtual Meeting, each about 120 minutes	Students activity: completion if the Portfolio Tasks & Presentation
1 TUE Feb 16 th 9:30 – 12:45	<ul style="list-style-type: none"> • Introduction to the concept of Culture and the Course 	<ul style="list-style-type: none"> • Task 1: Learn to introduce yourself in a new language. Try to add as much information as possible about yourself. • Task 2: Compare grocery shopping of two different cultures (your own can be one of them) • Task 3: Cook a new dish from a different culture than your own.
2 TUE Feb 23 rd 9:30 – 12:45	<ul style="list-style-type: none"> • Culture: stereotypes and intercultural challenges • Empathetic Listening • Reflecting on the tasks 1-3 	<ul style="list-style-type: none"> • Task 4: Interview a fellow student from a different home country than you about their home, family, study experiences • Task 5: Participate in a cultural festival OR research a specific cultural festival from a different culture than your own. • Task 6: Watch Micheal Moore's documentary <i>Where to Invade Next</i>.
3 TUE March 2 nd 9:30 – 12:45	<ul style="list-style-type: none"> • Living abroad: culture shock and acculturation • Reflecting on tasks 4-6 	<ul style="list-style-type: none"> • Task 7: Visit a Company from a different culture than your own OR research a company from a different culture than your own. • Task 8: Have a meal with a person from a different culture. • Task 9: Attend or participate in a sport event (in person or virtually)
4 TUE March 9 th 14:00 – 17:15	<p>Interactive Session with American Students</p> <ul style="list-style-type: none"> • Hofstede's Cultural Dimensions Theory • Intercultural challenges and stress management & mindfulness • Reflecting on tasks 7-9 	<ul style="list-style-type: none"> • Task 10: Find out about the health system of another country than your own home country. • Complete any task you might have missed before.
5 TUE March 16 th 9:30 - 12:45	<ul style="list-style-type: none"> • Reverse Culture Shock • Reflecting on tasks 10 • Group presentation 	<ul style="list-style-type: none"> • Finalize & hand in portfolio