

Cross-cultural Understanding & Sensitivity

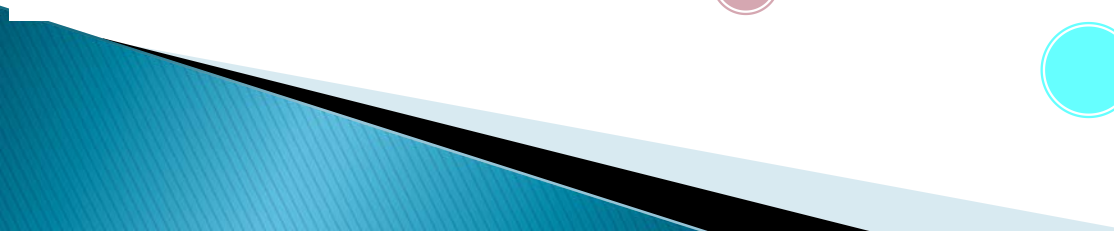


Why going?

Any
Expectation?

Why did
you apply
for the
internship?

Any
Goals?



Internship abroad =...

- ▶ Excitement
- ▶ Time for fun
- ▶ Hospitality
- ▶ Travel/ Vacation
- ▶ Freedom
- ▶ New experience/adventure
- ▶ Future career development



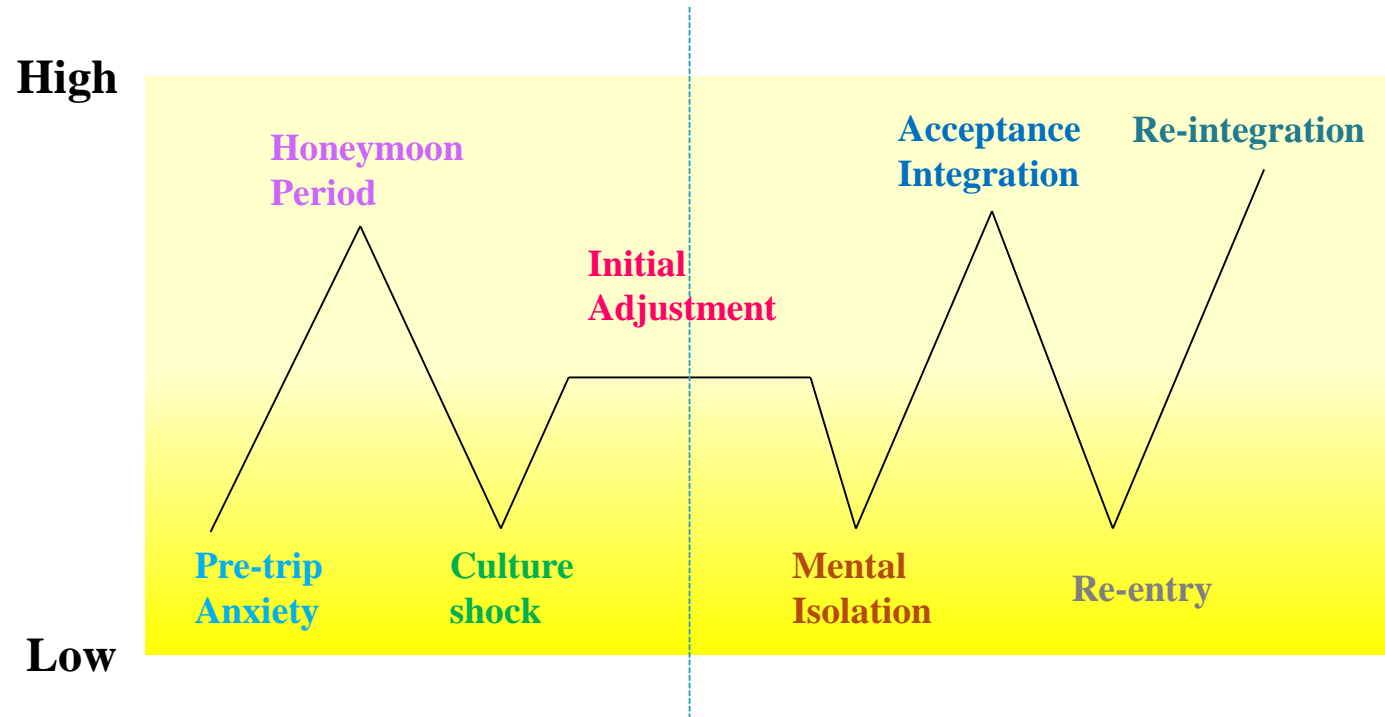
The reality is...



Problems encountered

- lifestyle
- diet
- weather
- working styles
- communication
- social customs
- others...

Cross-cultural Adjustment Cycle



In some situation, these thoughts
may pop up...

I am very bored

I am tired

I WANT TO LEAVE

I want to stay alone

I don't like them

I am scared

I am not comfortable at all



How to get prepared?

Psychologically



Practically



Ready!
Go!

Be
Open

- Positive
- Curious
- Confident
- Expect the unexpected

Find out

- the place where you will stay
- your workplace
- things that you need

Google map
& news

Work on things that
you can control!



How to gain the MOST out of it?

LOOK



1. Look around

- ▶ Put aside your habits
- ▶ Be active & open
- ▶ Explore new experiences
(local people, lifestyle & culture)
- ▶ Build social network
- ▶ Acquire information about help-seeking in the community
- ▶ Watch out for danger & risks



2. Look in

- ▶ Be sensitive to
 - your feelings
 - physical reactions
- ▶ Stay calm when facing unexpected situation
- ▶ Assert your limitation & boundary
- ▶ Maintain own values while respecting others

3. Look back

- ▶ Family & friends
 - seek support
- ▶ Culture & lifestyle in HK
 - compare, accept, assess, adjust
 - non-judgmental
 - respect the diversity
- ▶ Your expectations & goals of internship

24 Hour Emotional
Support Hotline:
5400 2055



4. Look forward



Home

Stress, adversity & discomfort produced by the cultural shock are transient.

Keys to adjusting & fitting in

Around



In



LOOK



Back



Forward



**Any experience, whether good or bad,
can be an opportunity
to learn & grow**

Embrace the novelty, diversity & adversity in the internship



**The experience will become
a blessing in your life**