

# Being an international student: transitions, communication, well-being



**Welcome!**

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## Workshop dates and times

Workshop 1: **05** September 2024

Workshop 2: **11** October 2024

Workshop 3: **29** November 2024

All workshops will have the same time frame:

14.00 – 14.45 / 15.00 - 15.45 / 16.00 – 17.00



# Putting ourselves on the map







**MY NAME**

**... where I'm from**



# How are you feeling now?



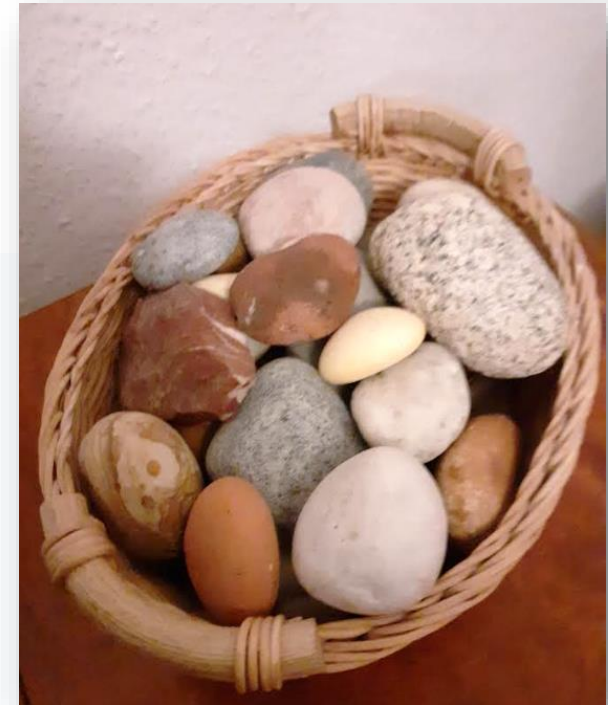
# Identities: who are we?





“These multiple identifications  
with **different** attributes, relationships, roles, narratives and social groups  
help people to define their own **individuality** and to position  
and orientate themselves in the world **relative to other people.**”

(Barrett, Byram, Lázár, Mompoin-Gaillard and Philippou, 2014)





# About wellbeing...



What is wellbeing to you?

Make a list of things you do for your wellbeing.

# How about you?

Please discuss with a partner how you exploit the 5 ways to wellbeing.

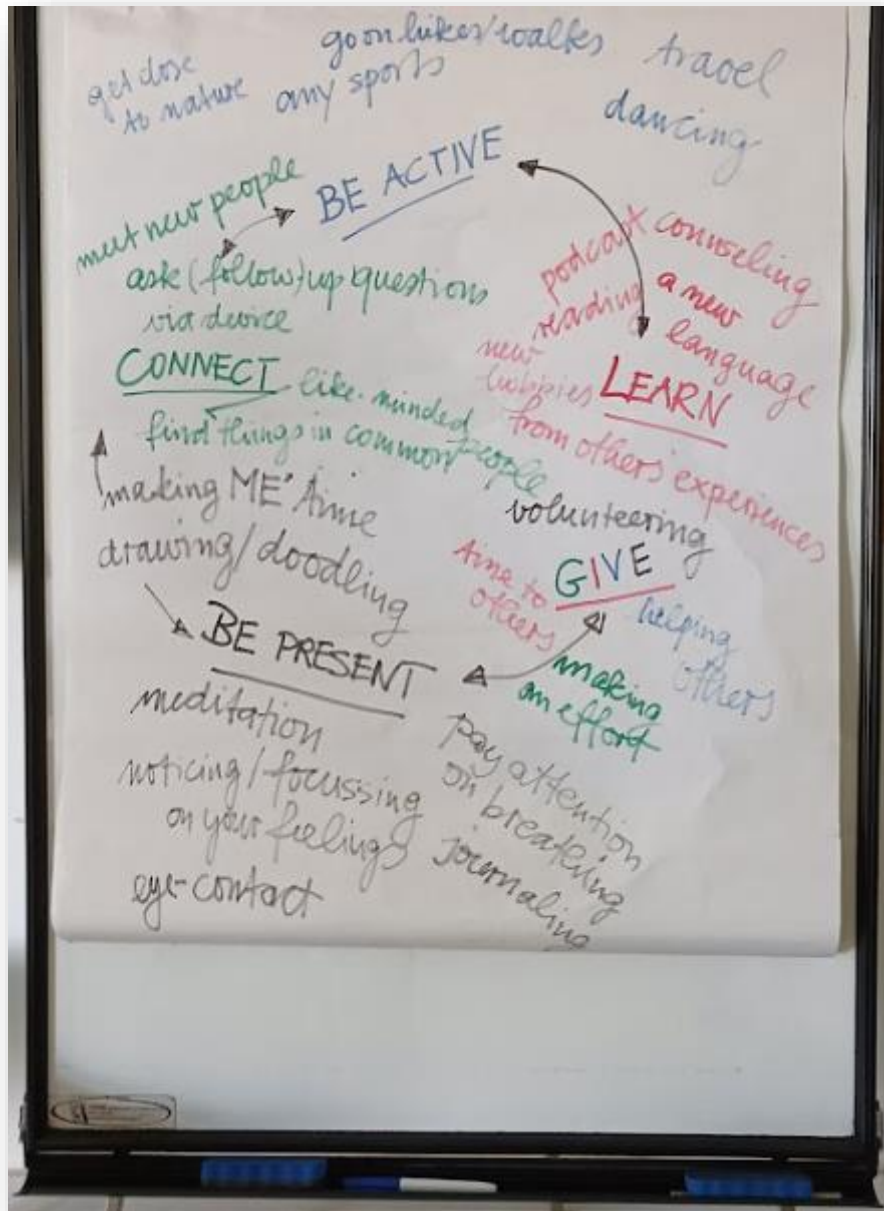




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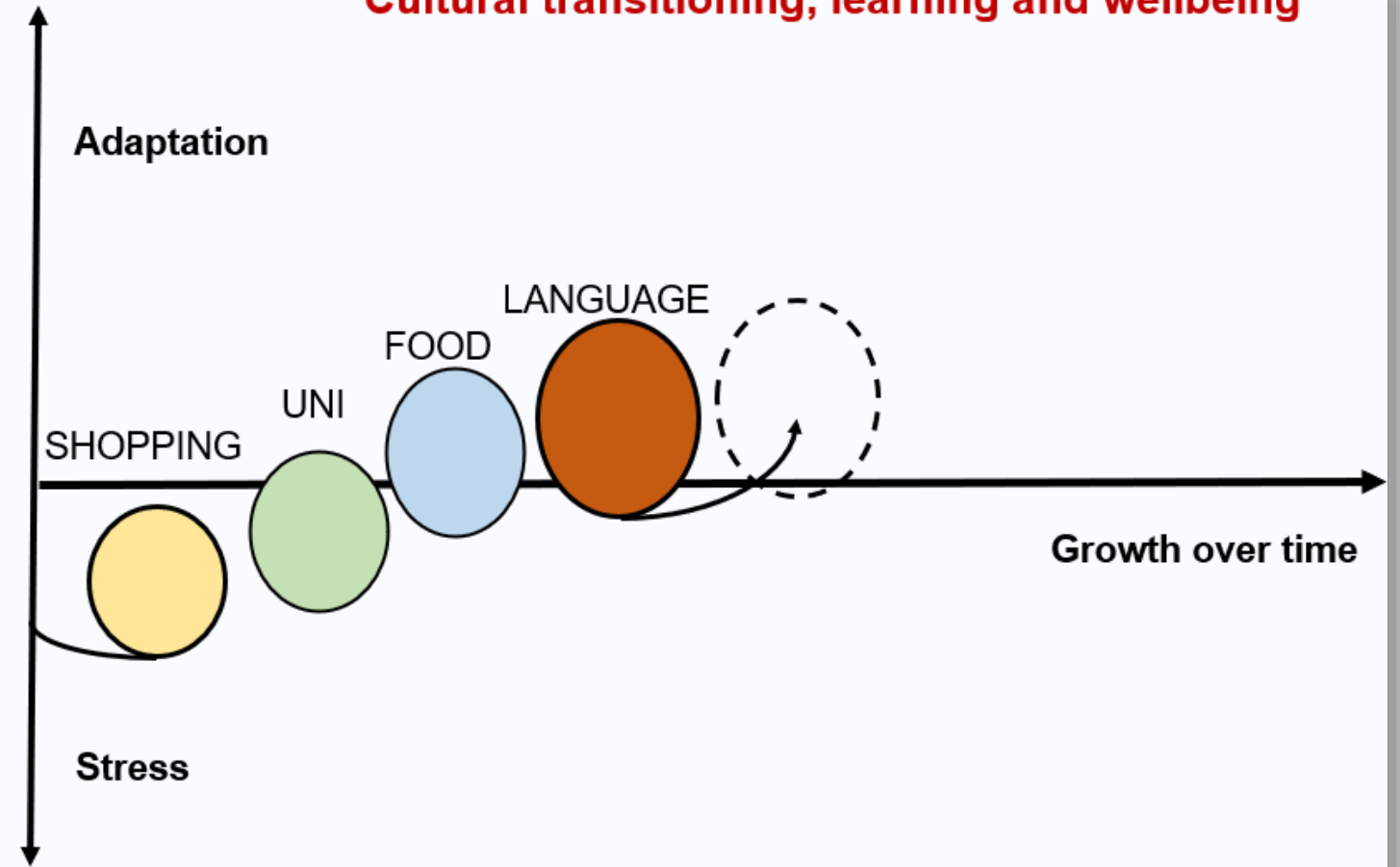








## Cultural transitioning, learning and wellbeing



Based on: Kim, Young Yun. 2001. *Becoming Intercultural: An Integrative Theory of Communication and Cross-Cultural Adaptation*. Thousand Oaks, CA: Sage.

## **Culture /Transition shock or stress**

“the emotional and physiological reaction of  
**high activation**  
that is brought about by sudden immersion  
in a new and different culture.”

(Bennett, J.M.1998: 216)

**LONELINESS**

**DESIRE FOR  
HOME**

**IRRITABILITY**

**HELPLESSNESS  
& WITHDRAWAL**

**TIREDFNESS**

**EXCESSIVE  
CONCERNS**





expectations  
Challenges,  
tooties



# What can help you to achieve well-being as an international student?

Here is what other students have suggested

- write a diary of your experiences and emotions
- engage with the new culture, follow the flow and allow yourself to enjoy things
- find something that remains stable
- find something and somewhere to wind down
- accept your vulnerability at this time
- surround yourself with people you like and those who are in a similar situation
- create your own support system, i.e. friends, people to rely on, family connections
- stick to your **own** plan – see the bigger picture, take the longer view
- have something or someone else to take care of
- be patient and trust that it won't last for ever



The importance of breathing ...



11 October 2024

## Workshop 2:

More intercultural learning and well-being in practice

