Cultural Adjustment and Swedishness
Overview

- Swedishness
- Cultural Adjustment
- Tips
- Questions
Discuss...
Swedishness

[Cartoon of two people sitting on benches, one saying "Hej!" and the other thinking "Why is he talking to me"]
TIPS

Try not to take things personally

Look for other explanations with an open mind
TIPS

Try to become aware of your own cultural background

It helps when trying to understand a new culture
Personal space
Rules, punctuality and order ...
TIPS

It is never wrong to ASK
Lagom
Equality
Group work
Discuss...
Another aspect of equality
An easy way to make a new friend
The Swedish way...
Discuss...
TIPS!

• Join different social activities in order to create support network and to make friends
• Join a nation or other student organizations
• Don’t forget your international mentors group
• Check the International Newsletter!
• Remember Fika!
Emotions in Sweden

HAPPY

SAD

ANGRY

DRUNK
The importance of ME
Discuss...
Stages of Cultural Adjustment

• The Honeymoon Stage

• The Hostility Stage/Culture Shock

• The Initial Adjustment Stage

• The Integration/Adaptation Stage

• The Home Stage/Re-entry Shock
The Culture Shock

- Confused
- Frustrated
- Angry
- Anxious
- Homesick
- Misunderstood
- Concentration difficulties
- Academic adjustment difficulties

REMEMBER – it’s just a phase!!
5 TIPS for a smoother intercultural adjustment

• Establish routines
• Balance between studies and free time
• Be active
• Join social activities
• Lower your expectations
• Talk to friends and family
• Contact the Student Health Centre if needed
Welcome to the Student Health Centre!

www.lunduniversity.lu.se/student-health
Courses and seminars

• Stress course

• Seminar “Winter blues - how to survive the darkness”

• Mindfulness course

• Procrastination group
ENJOY!