



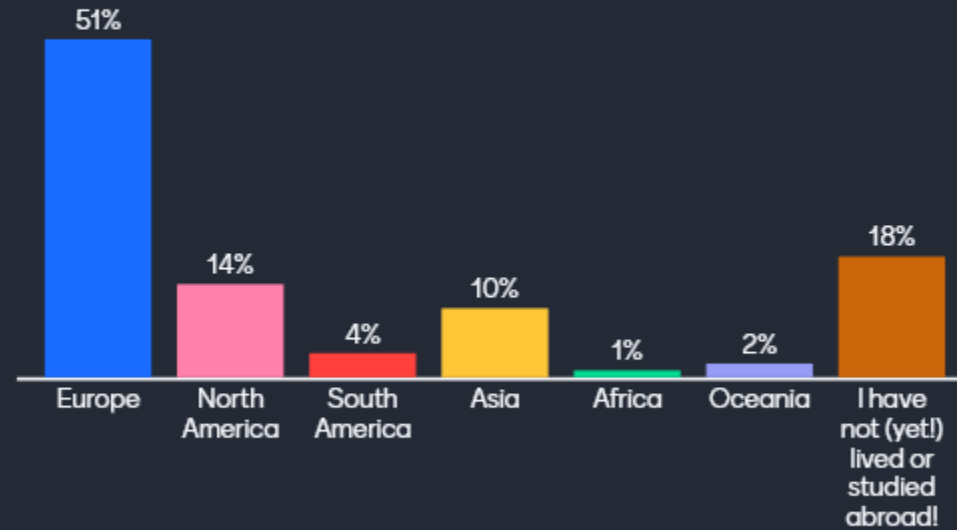
Communication & Well-being in intercultural settings: *tips for young researchers*

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in the presence of Her Majesty Queen Mathilde
June 2, 2022

Go to www.menti.com and use the code 2892 1591

Where have you studied or lived abroad?

Mentimeter



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Mentimeter

<https://www.menti.com/krnso9zv32>

Context



01

Europe is the leading host zone for mobility

2018: 2,4 million students studied in EU

02

75% come from the European Union

1 out of every 2 int'l students in Europe is European

03

2018: 2,4 million students studied in the EU

More than in North America!

04

EU is the 2nd largest sending zone for mobility

2018: 1,3 million students study in another country

05

Erasmus + programme

325,000 students in the 2017-2018 EU framework

Reality



01

Increased travel

02

Increased exchanges between people

03

Increased exposure to different cultures

04

Increased chances for misunderstandings

05

Increased opportunities for learning



Understanding culture

Culture is that complex whole which includes knowledge, belief, art, law, morals, custom, and any other capabilities and habits acquired by man as a member of society.

Edward B. Taylor

Visible & Invisible culture*

Language
Food
Music
Literature
Games/Sports
Arts & Crafts
Fashion

VISIBLE CULTURE



INVISIBLE CULTURE

Facial expressions & gestures
Body language
Eye contact
Personal space
Displays of emotion
Topics of discussion
Roles in society



A matter of perspective



Culture is like a filter

Your filter might be similar to another but still a bit different



Culture is always tinted

Your personal experience always impacts your view of your own culture and other cultures

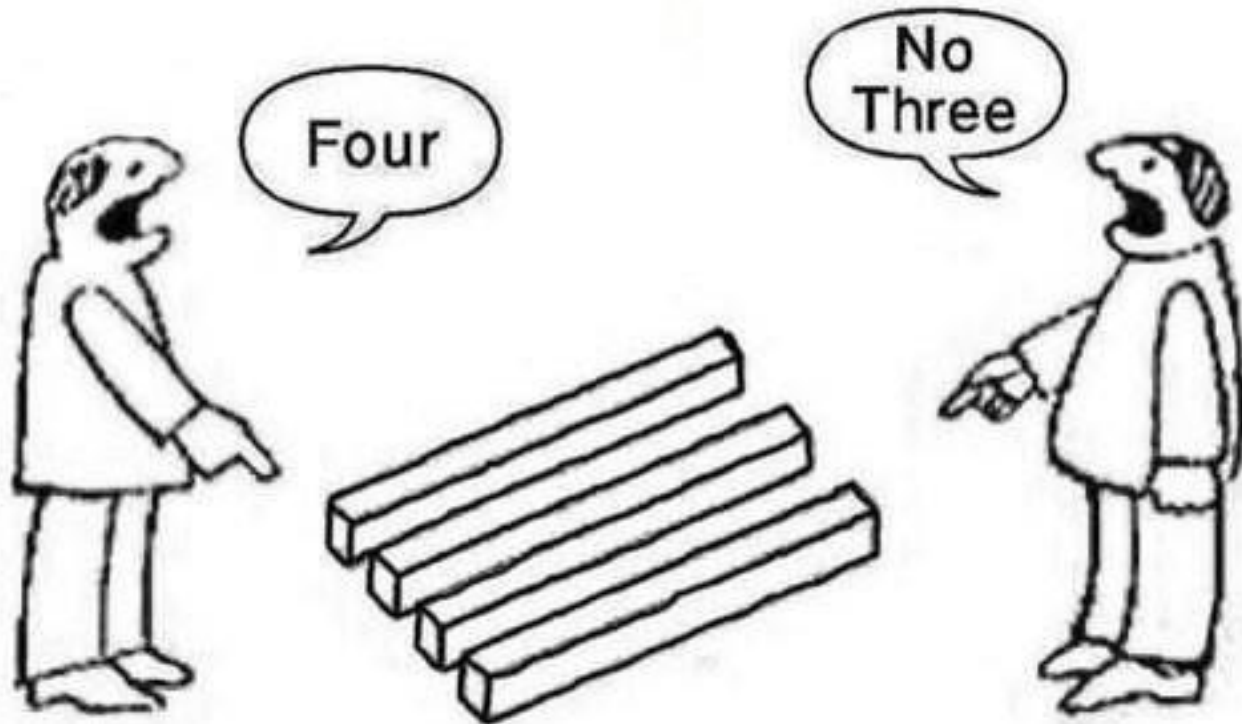


Your understanding of culture changes

Cultural experiences in other cultures can teach you about your own culture and you become better at adapting to new situations



Managing different points of view



Put yourself in the other person's shoes

Ask for clarity, don't assume!

Recognize your own filter

Look for the helpers

Communication tips

Establish guidelines early on



Schedule regular in person meetings



Annual reviews/ assessments



Needs vs. wants



Understand structures



Set mutually agreed upon expectations





Managing & adapting to change

ORIENTATION & REORIENTATION

- Make a list of all the times you started a new activity, new course, new project
- Think of a time when you had to make a last minute change
- GPS = your friend!



Managing change



01

Change your mindset/physical space

02

Identify resources & support networks

03

Focus on what you can control

04

Trust your capabilities & previous experiences

05

Be patient with yourself & others

Adapting to change



01

Develop healthy routines

02

Focus on learning

03

Make social connections

04

Understand emotions

05

Words matter!

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Follow a language class

Club crawl

Meditation

volleyball club

Football club

Reading developmental books

bumble friends :)

Yoga and meditation

Work a lot

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Sharing food

Weekend trips with colleagues

Book club!

Twitter

Bird watching

PhD Network ReD ULiege

Coffee

包饺子

Going for lunch with colleagues

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Climbing

I read some books to better understand different situations

Running club also

I joined Facebook groups to organize activities

Joined a committee

I joined a sports club for exchange students

Board games

Coffee

Helping someone build their house

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Lunch time

Date people from that country

Lots of unnecessary coffee breaks

包饺子

Helpful colleagues

Party

go to park

Organise my daily routine each week

International society events

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

art class

Escape rooms

Joined choir

Learning a new language

QSS <3

Discord

Volunteering

Tinder

Still hide in my room.

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Play an instrument

Chess club

Roller derby class

Bouldering club to meet the locals

Bumble bff

Language classes

Writing retreat

微信群

Running

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Cycling

Thaiboxing

I searched for professional psychological help

聚餐

Exploring nature

Mindfulness

Gymn

Waffle

Coffee <3

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Mentimeter

List an activity or resource that has helped you adapt to new situations. Ex: I joined a running club to meet new people and relieve my stress.

Going for lunch with new colleagues

Hug someone

中国同学加油

Meet with friends bottle up wine!

P hiking

Mojito

I take care of the garden, fruits, veggies and flowers

कुछ नहीं!

Share a beer

Let's recap

Know & understand your context & setting

Know & discussion expectations

Action vs. reaction

Know your limits & create a balance

Know your resources & develop your network





Questions?

Feel free to reach out if you have questions or want to further discuss



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