Cultural Adjustment and Swedishness
Overview

• Swedishness

• Cultural Adjustment

• Tips

• Questions
Discuss...
Swedishness
The iceberg metaphor

appearance, fashion, language, food, art, customs, social behavior...

values, beliefs, attitudes, religion, living conditions, history...
Personal space
Rules, punctuality and order ...
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
Lagom
Equality
Group work
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
• Check the International Newsletter!
• Remember Fika!
Emotions in Sweden

HAPPY  SAD  ANGRY  DRUNK
TIPS

Remember there are lots of activities not involving alcohol at Lund university!
The importance of ME
The Culture Shock

• Confronted with different behaviors, values etc.
• Confused, frustrated, anxious, angry ... homesick
• Language & communication difficulties
• Low self-esteem and academic adjustment difficulties
• Impatient and judgmental

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

• Establish everyday routines and find a balance between studies and free time
• Be active – exercise, go for walks, explore your surroundings …
• Join different social activities to find support and to make friends
• Lower your expectations – academic difficulties are common/normal when adjusting to a new culture
• Talk to friends and family. Contact the Student Health Centre if needed
Tips from the panel
Welcome to the Student Health Centre!

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

- Follow up seminar on Cultural adjustment
- Seminar on how to survive the darkness
- Seminar on different communication styles
- Stress seminar + Stress course
- Mindfulness course
- Procrastination seminar
ENJOY!