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...
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
TIPS

Remember there are lots of activities not involving alcohol at Lund university!
The importance of ME
Muslim-majority countries are in italics.
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

• 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
Welcome to the Student Health Centre!

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

• Stress seminar

• Stress course

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

• Mindfulness course

• Procrastination seminar/group
ENJOY!