

Mental Health

**Intercultural
Training**

What to expect?



Meetings

Sessions:

Let's get interculturally together! & Let's get stronger together!

-Every Tuesday

-One hour

Workshops

-3-4 Within the semester

-Longer workshops with professionals

*You can participate in as many meetings as you wish. You don't have to come to all the meetings if you don't have time (but we would be happy to have you there).



Where do the meetings take place?

We meet on
tuesdays at 18:30
in front of the **SSC Building** at
the campus



Who can attend to the meetings?

- International students of the Universität Siegen
- Exchange students
- Bachelor
- Master
- PhD



Let's get together session!

- Mental Health topics:
 - Stress
 - Overcoming a bad mood
 - Mindfulness
 - Time management
 - Empathy
 - Emotional Intelligence
 - ...
- Games to get to know each other
- **A safe space to ask questions you don't know who to ask**



A close-up photograph of a field of blue cornflowers. The flowers are in various stages of bloom, with some showing bright blue petals and others as dark buds. The background is a soft, out-of-focus field of similar flowers, creating a sense of depth. A dark blue, semi-transparent banner is positioned on the left side of the image, containing white text.

**Dou you have any
questions?**

Short meditation

Calm down and relax





Intercultural Session

uni-siegen.de

Studying and living in a foreign
country



Let's get interculturally together!

- Brief information about intercultural topics e.g.:
 - culture shock
 - stereotypes
 - racism
 - home-sickness
 - building up a social network
 - finding hobbies
 - ...
 - → always open for your suggestions
- games to get to know each other
- a place to ask questions you don't know whom to ask



Your intercultural story....

- When did you arrive in Germany?
 - What do you like about the culture so far?
 - Are there any difficulties you are facing with the culture right now?
 - How do you handle these difficulties?
- Discussion in small groups



What is Culture?

- How does culture become visible in your opinion?
- What do you associate with the term culture?

Write your answers on the colorful paper!

Culture

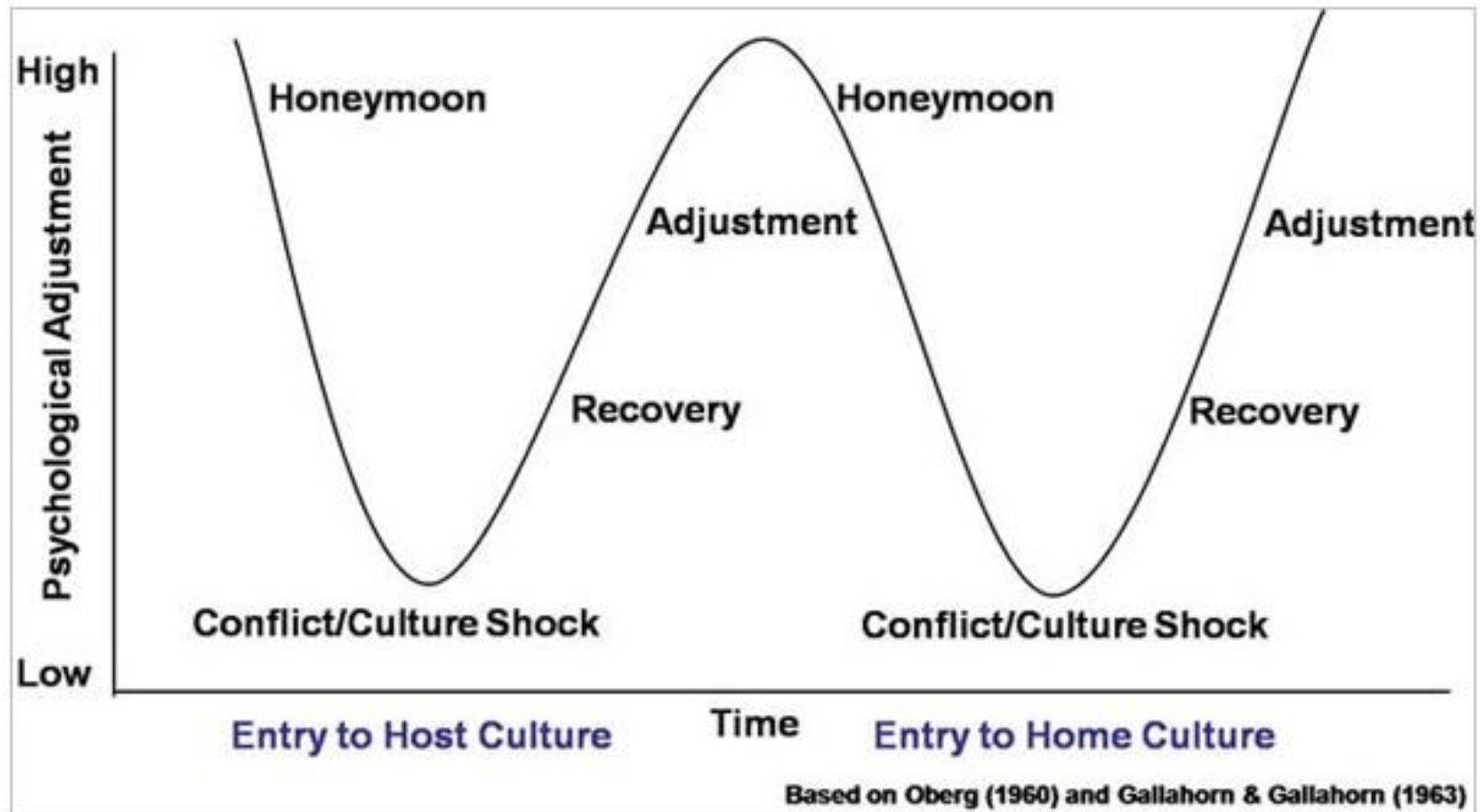
- **culture vs. nationality**
- cultures may contain few or millions of people
- open and dynamic forms, not fully homogeneous
- people (re)create their culture while being a part of it
- culture as a web of significance (Geertz 1994): **shared values, rules, view points, norms, behavior**
- passed down from generation to generation, always evolving



source: pexels.com



Culture shock



Culture shock

- feelings of uncertainty, confusion or anxiety that people may experience when they move to a new country
- unfamiliarity with the weather, local customs, language, food, values, ...



Culture Shock

How could you prevent experiencing a culture shock?



Tips to prevent a culture shock

- Do research about the country and be open to a new culture
- Be active: go outside, explore the area
- join sport or culture clubs/associations and get to know German people
- talk to other students about your experience and your feelings and/or write a journal about it
- accept being homesick! It's normal 😊
- **try to adapt to the new culture**
- **ask for advice and help**



See you soon!



Date	Session	Topic
04.04	Intercultural Training	Happy Easter! Easter Traditions in Germany
11.04	Mental Health	Practicing selfcare (Stress vs. Worry vs. Anxiety)





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Intercultural Workshops & Trainings

- every other month
- Focus on the German labour market
- Upcoming Workshops:

Intercultural Training series German (Business) Culture

28.04.23: University and Daily Life in Germany

19.05.23 German Business Culture1: Job Application

23.06.23 German Business Culture 2: Culture Dimensions

Date will be announced: German Business Culture 3: Practicing job interviews



Group work during the Intercultural Training:
German Business Culture 16.12.22



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