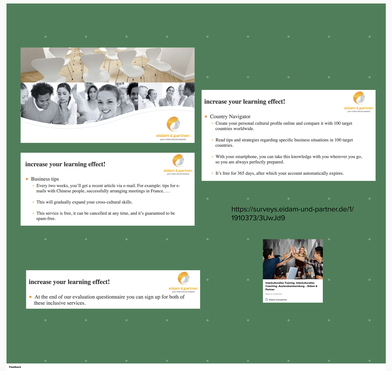
What's your purpose for being in this class?
What are your objectives?
What would you like to learn?

Purpose, objectives

B/S/H/



Feedback

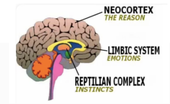
Culture Shock…disorientation experienced when suddenly subjected to an unfamiliar culture or way of life.

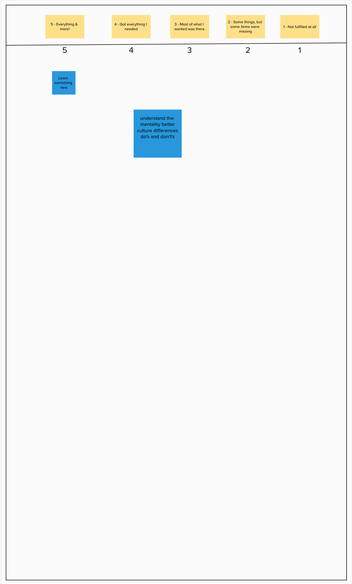
Signs and symptoms

- a feeling of sadness and loneliness
- headaches, pains, and allergies
- insomnia or sleeping too much
- feelings of anger, depression, vulnerability
- idealizing your own culture
- trying too hard to adapt
- the smallest problems seem overwhelming
- overwhelming sense of homesickness
- feeling lost or confused
- questioning your decision to move to this place

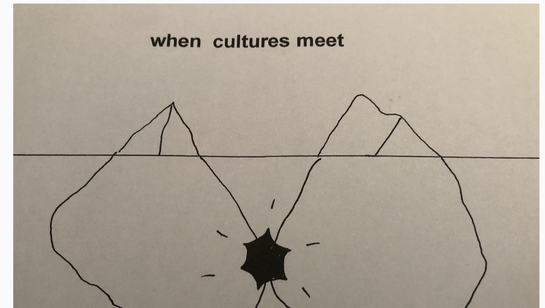
How can you help?

- Get informed about their culture, and discuss with them how it differs from your own
- Help them recognize and acknowledge their culture shock and the symptoms
- Make sure they know it is normal
- Make sure they know it is a phase
- Encourage them and help them if you can to build a good support network
- Encourage them to create a routine for themselves
- Other?

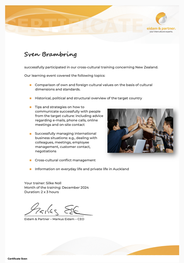




Silence is golden.
1 minute to write a content-related phrase, summary, question, opinion, comment, action plan,...



Where cultures meet



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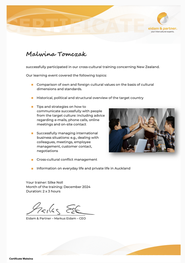

Certificate Malwina

Summary

1. Train your reptile brain to step down
2. Knowledge leads to understanding. More knowledge leads to more understanding.
3. Two people speaking English doesn't always mean they are speaking the same language!
4. Never assume anything:
   Don't be afraid to Ask
   Don't be afraid toTell
5. Be aware, switch off your autopilot!

Summary

New Zealand Team Finalized for Paris 2024 Olympic Games

The New Zealand Team for the Paris 2024 Olympic Games has been finalized with 174 athletes set to take the field over 329 events in 28 sports. The Games will have New Zealand Olympic debut for breakdancing and Canoe Canoeing. The new Olympic sports programme will see 329 events and 274 medals contested in the French capital between 26 July and 11 August. Commodore Paul Reid, CE of the New Zealand Olympic Committee, said: "Our athletes have been preparing for this moment for four years and we're excited to see them compete on the world stage. We have a wide range of cultural backgrounds represented in our team, from Samoan, Tongan, Cook Island, Māori, Fijian and Australian heritage. Most athletes head off on the Aotearoa Flight 274 Canoeing. New Zealand's youngest athlete is Kaitlyn May Cassay who is just 18 years old while our oldest athlete is Rio Pheto at the oldest team member at 45.