Cross-cultural Understanding & Sensitivity
Why did you apply for the internship?

Any Expectation?

Any Goals?
Internship abroad = ...

- Excitement
- Time for fun
- Hospitality
- Travel/Vacation
- Freedom
- New experience/adventure
- Future career development
The reality is...

Problems encountered
- lifestyle
- diet
- weather
- working styles
- communication
- social customs
- others...
Cross-cultural Adjustment Cycle

- High
  - Honeymoon Period
  - Initial Adjustment
  - Acceptance Integration
  - Re-integration

- Low
  - Pre-trip Anxiety
  - Culture shock
  - Mental Isolation
  - Re-entry
In some situation, these thoughts may pop up...

- I am very bored
- I want to leave
- I want to stay alone
- I don’t like them
- I am scared
- I am not comfortable at all

I am tired
How to get prepared?

**Psychologically**
- Positive
- Curious
- Confident
- Expect the unexpected

**Practically**
- Find out
  - the place where you will stay
  - your workplace
  - things that you need

**Be Open**

**Google map & news**

**Ready! Go!**

Work on things that you can control!
How to gain the MOST out of it?
1. Look around

- Put aside your habits
- Be active & open
- Explore new experiences (local people, lifestyle & culture)
- Build social network
- Acquire information about help-seeking in the community
- Watch out for danger & risks
2. Look in

- Be sensitive to
  - your feelings
  - physical reactions
- Stay calm when facing unexpected situation
- Assert your limitation & boundary
- Maintain own values while respecting others
3. Look back

- Family & friends
  - seek support
- Culture & lifestyle in HK
  - compare, accept, assess, adjust
  - non-judgmental
  - respect the diversity
- Your expectations & goals of internship

24 Hour Emotional Support Hotline:
5400 2055
4. Look forward

Home

Stress, adversity & discomfort produced by the cultural shock are transient.
Keys to adjusting & fitting in

Around

In

LOOK

Back

Forward
Any experience, whether good or bad, can be an opportunity to learn & grow.
Embrace the novelty, diversity & adversity in the internship

The experience will become a blessing in your life