



for a better experience of cultural diversity

HELPING CROSS-CULTURAL ADAPTATION TRAINERS' TRAINING 12th -16th March 2012

**What does it mean to adapt to a new cultural environment? What does it feel like to be a stranger?
What does it take to reinvent oneself in a new place? How is it possible to help this process?**

GRUNDTVIG COURSE CATALOGUE REFERENCE NUMBER: FR-2011-341-002

TARGET GROUP

Trainers, adult educators, counsellors, coaches involved with foreigners interested in learning about the process of cross-cultural adaptation and in offering support in the process.

OBJECTIVES

To learn about the process of adaptation to a new country, understand its main challenges, risks and resources with a view to able to give support to other is this process. This implies:

- To gain insight into the psychological and cultural mechanisms involved in intercultural adjustment
- To develop basic competences for intercultural communication applicable in personal encounters as well as in the counselling / training process
- To adapt tools that help newcomers connect to the new environment and to the host community
- To acquire tools to help newcomers mobilize their own resources for the transition process.

LOCATION & DURATION

March 12th-16th Paris, 12th district (75012)

METHODOLOGY

The workshop is based on a combination of different activities and methodologies, relying on non-formal education. We invite the participants to participate actively, and share their experiences. Activities include: □ Structured exercises: role plays, simulations to examine the dynamics of cross-cultural experiences. □ Small group tasks, discussions around questions of interest. □ Presentations and discussion of the psycho-social mechanisms involved in cross-cultural adaptation. □ Field exercise in town. □ Getting acquainted with tools of intercultural psychology.

COURSE FEE

650 Euros in total for the 5 days including: course materials, refreshments during course

COURSE OUTLINE

Day 1. "Culture shock" or "honey-moon"? - The challenge in the transition experience?

10.00- 11.30 Presentation of the course, the participants and the trainers. Expectations.
11.45-12.45 What is culture? How does it affect us? (group exercise)
14.15-15.00 What is culture? How does it affect us? (group exercise cont)
15.15-15.45 Who are the migrants? Why do people migrate? (group exercise, discussion)
16.00-17.30 Adjustment, Adaptation and Acculturation – what do they mean, how do they differ? (presentation, structured exercise).

Day 2. Intercultural encounters

9.30- 11.00 Obstacles and competences of intercultural communication (drama games)
11.15-12.45 Introduction to the method of critical incidents: how to use them as a source of learning?
14.15-15.45 Practicing the method of critical incidents
16.00-17.30 From encounter to adaptation: identification of the main challenges (work on the interviews, discussion, presentation)

Day 3. To change and yet to be the same: emotions and identity in a new surrounding.

9.30- 11.00 Coping with adaptation
11.15-12.45 Needs and principles behind identity (individual, pair task)
12.45-13.00 Instructions for field exercise and reporting
14.30-17.30 Field exercise: visiting the organization identified beforehand

Day 4. Finding new connections.

9.30-11.00 Presentation of the results of the field trip
11.15-12.45 What makes it easier? Individual factors, situations influencing the experience.
14.15-15.45 Adapting a coaching methodology to accompany transition
16.00-17.30 Models to structure and valorize goals and competences: portfolio, SWOT

Day 5. Accompanying adaptation: how to give meaning to the migration project?

9.30-9.45. Transition and happiness: how does being abroad influence our capacity to experience pleasure, to lead a meaningful and a good life?
9.45-10.30 Constructing intercultural interventions
10.30- 12.30 Group task: working on own intercultural intervention projects for own target groups
13.30 -15.15 Presentation and discussion of results
15.30-16.00. Recapitulation, evaluation.