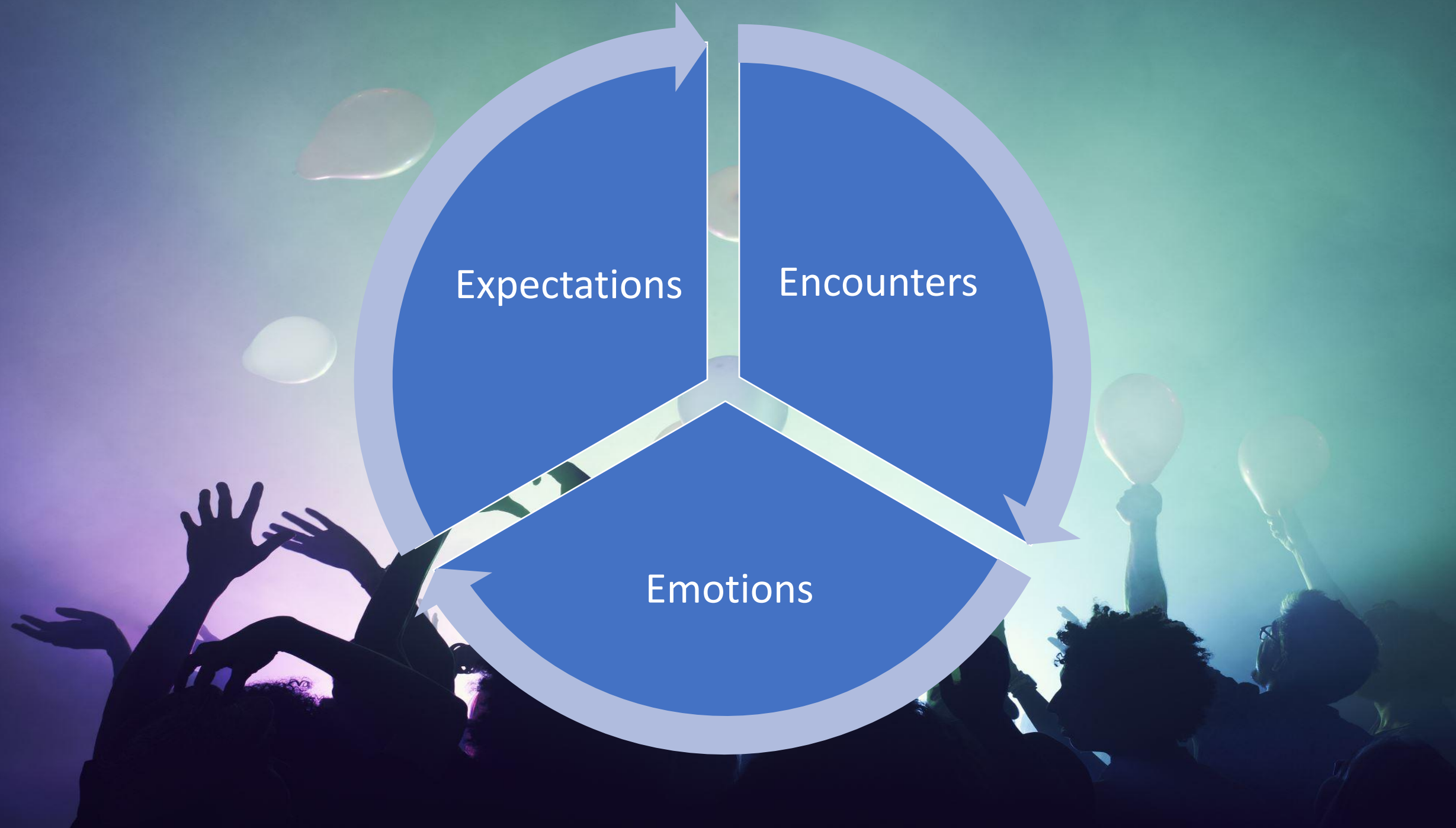




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- Adapting to a new life situation and environment: Theoretical models and recorded experiences
- What are you adapting to?
- How to cope and make the most of it?



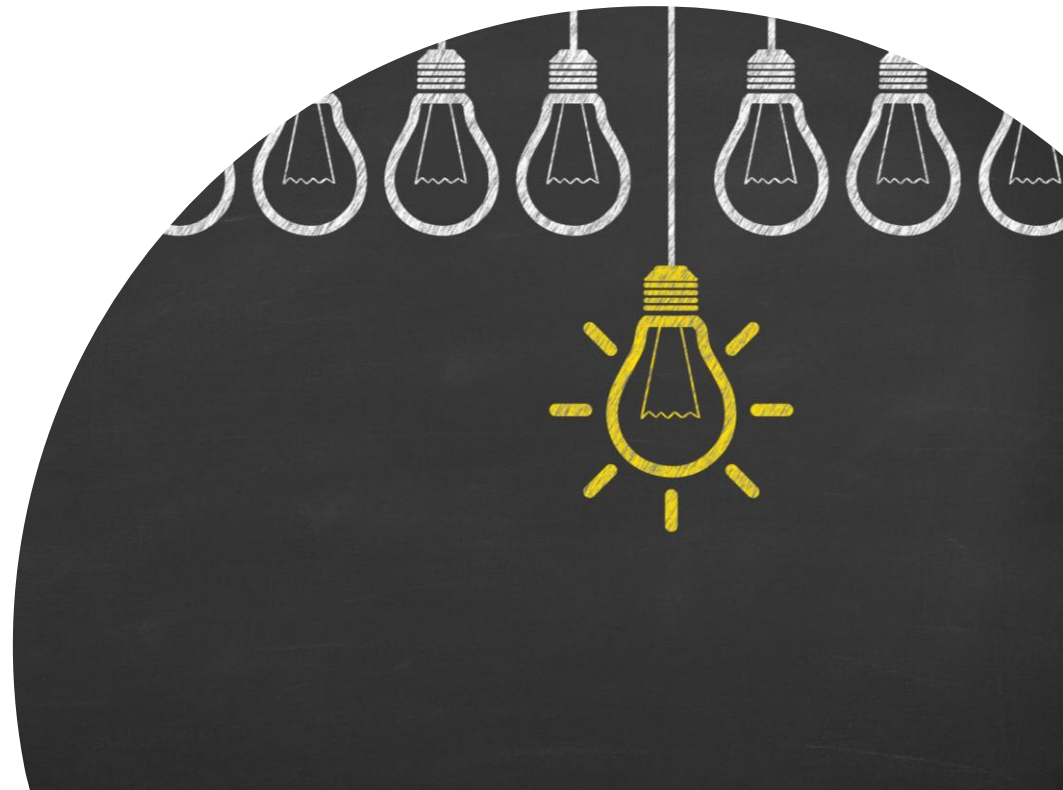
Expectations

Encounters

Emotions

Olet siis  
'kansainvälistymässä'  
...You are going to be  
'international'

- So what?!
- What do you plan to learn?





What do you  
expect?

Why these  
expectations?



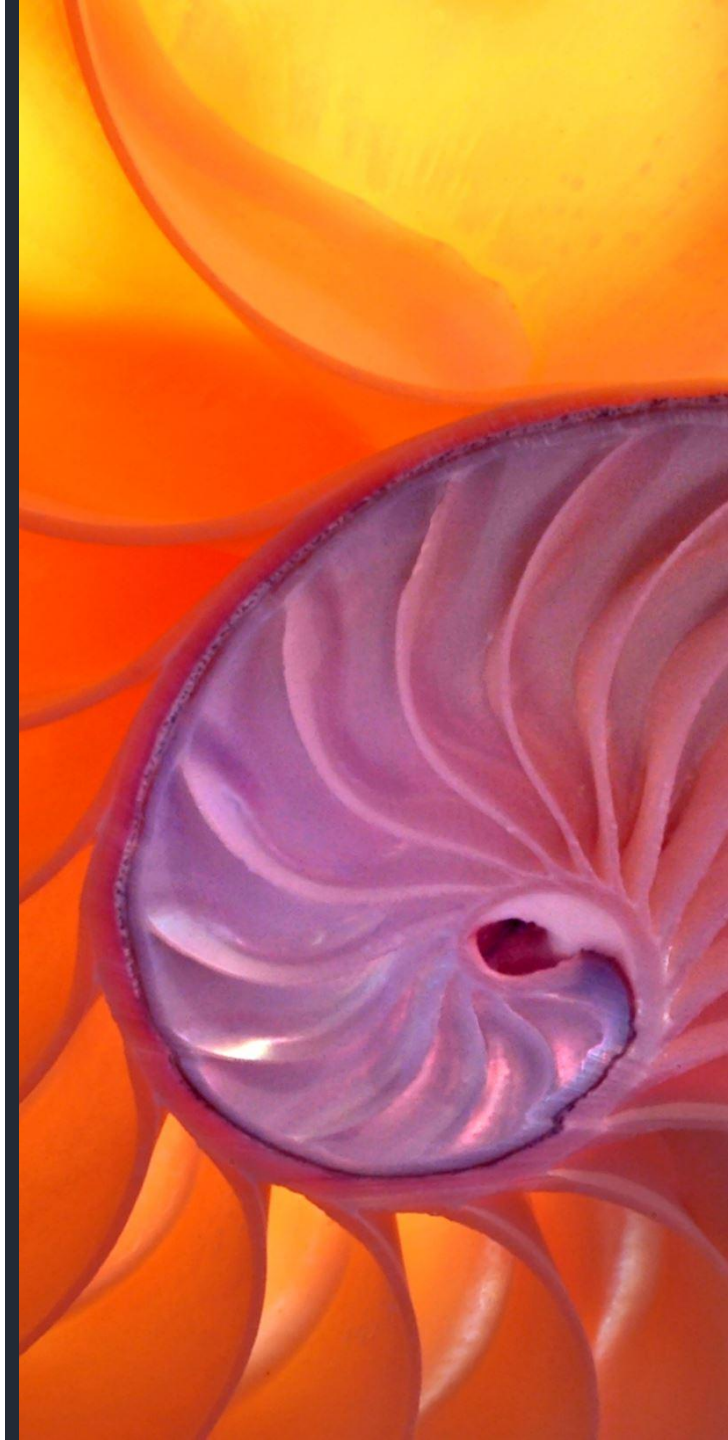
# What happens to individuals and groups moving to new cultural environments?

Psychological adaptation,  
sociocultural adaptation

- Things that may change
  - ❖ Environment
  - ❖ How things look, sound, smell, feel, taste, etc.
  - ❖ Language
  - ❖ Values
  - ❖ Norms and rules
  - ❖ Perception and interpretation

## Strong feelings and emotions IC contexts

- Anxiety, ambiguity, uncertainty
- **Reactions:**
- tiredness
- burnout
- avoiding contact
- alienation
- ethnocentrism and prejudice
- blame the others of one's own bad feelings and problems
- mild paranoia
- psychosomatic symptoms, such as aches and pain



# Exchange experience: what makes your exchange experience unique?

- Length of stay
- Previous experiences
- Expectations
- Attitudes toward change
- Motivation
- Personality
- Communication competence
  
- Watch: Chimamanda Adichie: The danger of a single story ([https://www.ted.com/talks/chimamanda\\_ngozi\\_adichie\\_the\\_danger\\_of\\_a\\_single\\_story](https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story))





• "Cultures Don't Meet, People Do"

• Unni Wikan 2002, 83

"First, cultures do not interact — people do. Culture only matters to the extent it is manifest in and through people in interaction."

Brian Spitzberg 2015, 24.



# Communication relationships and adaptation / belonging

- ❖ Communication relationships are often seen as a one very important factor in adapting to life changes in general
- ❖ Immigrants' communication relationships not only with local people but also with their own ethnic or national groups seem to reinforce the adaptation process
- ❖ Geographical places become *homes* through relationships

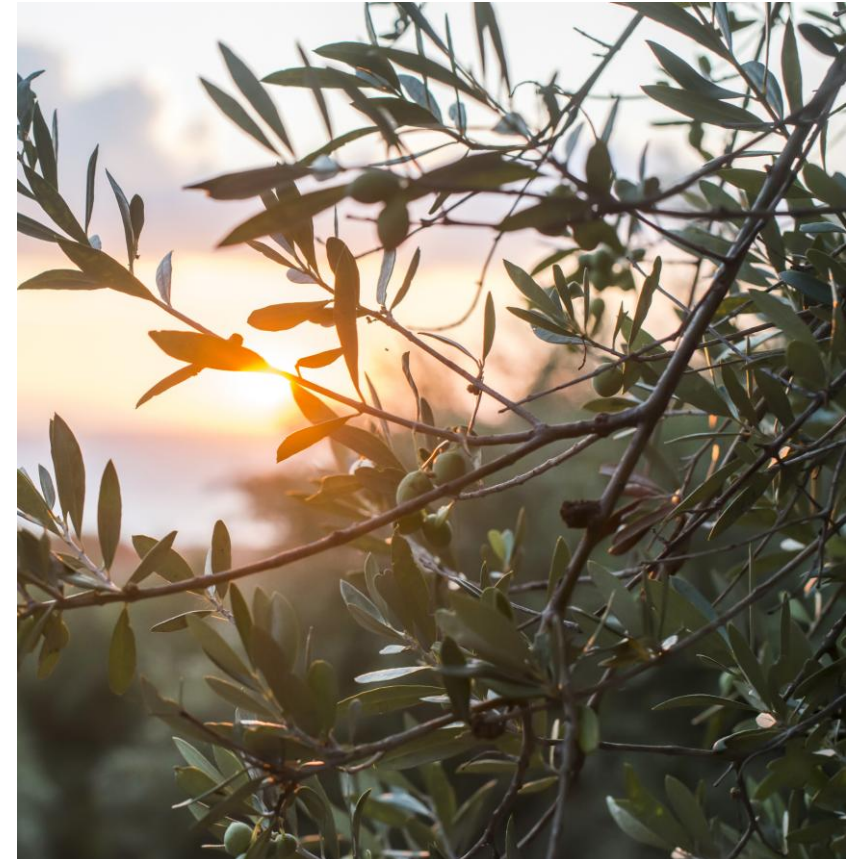


# What can you 'learn' – and how to verbalize it?

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## **Multilingual and intercultural communication competence, MICC (©Movi, JYU)**

- Attitudes/motivational factors, knowledge, and skills.
- MICC is both appropriate and effective, not forgetting the ethical aspects of communication.
- MICC as processual. It is a lifelong learning process of becoming better at communication.
- MICC is situational and contextual.
- Interpretive and interactional approach: Competence is only demonstrated through interaction with others.



# An example from the MICC: Empathy as a motivational element and Flexibility as a skill

## **Empathy:**

- Learning outcomes:
  - I am willing to step into someone else's shoes
  - I want to understand others' experiences and worldviews
- Reflective questions:
  - Do you want to understand different perspectives, values, and norms? Why?
  - How would you like to be treated in a situation where you act differently or have different values and perspectives from others?

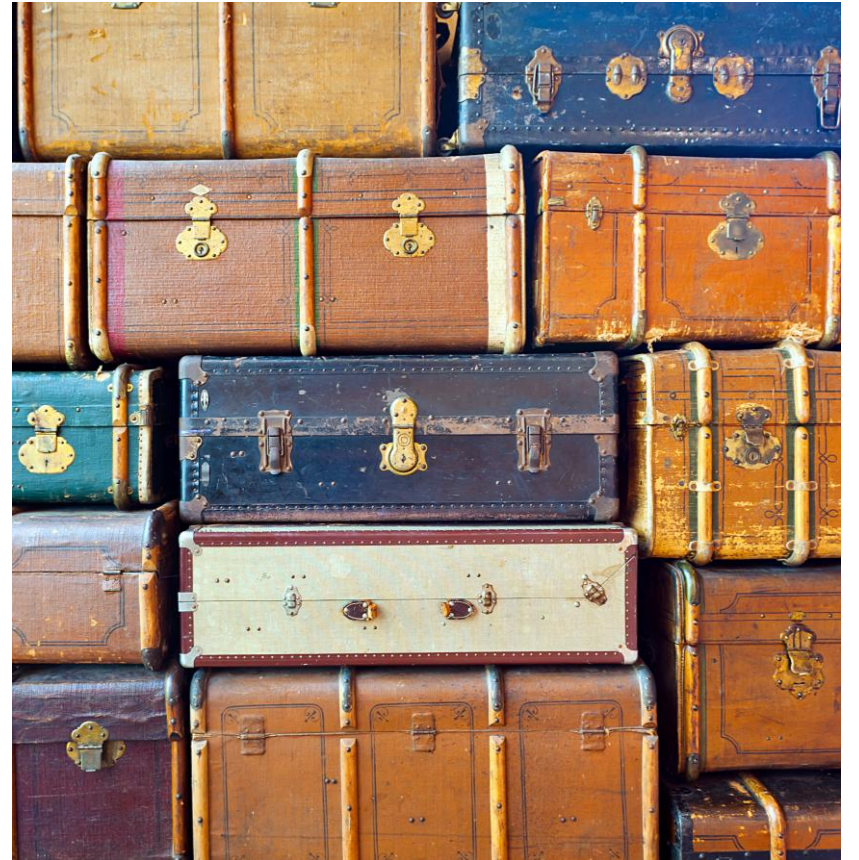
## **Flexibility and adaptability:**

- Learning outcomes:
  - I can adapt my verbal and nonverbal communication according to the situation, context, and participants
  - I am able to take into consideration multiple perspectives
  - I can process and react to new and novel information
- Reflective questions:
  - What do you do if you find that you and others do not understand each other in an interaction situation?
  - How can you adapt your interaction to the other participants and the situation?
  - How do you enable everyone's participation in an interactive situation?

# Find out more!

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- [MICC suomeksi: https://www.jyu.fi/fi/file/micc-kokonaisuudessaan-suomeksi](https://www.jyu.fi/fi/file/micc-kokonaisuudessaan-suomeksi)
- MICC in English: <https://www.jyu.fi/fi/media/19139>
- Read more: Kokkonen, L. & Natri, T. (2024). Framework for multilingual and intercultural communication competence: Bringing forward a pedagogical perspective and assessment for learning. JYU Studies. 19-44. <https://jyx.jyu.fi/handle/123456789/96336>



# How to cope?

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- ❖ Jump out of your comfort zone
- ❖ Get to know people (not just their cultures)
- ❖ Keep in contact with your social networks



I WISH YOU  
GOOD TIMES,  
LOT'S OF  
EDUCATING &  
EMOTIONALLY  
ENRICHING  
EXPERIENCES!

- *Lotta*

