In this seminar, we contemplate among other things, the phenomenon of “reverse culture shock”. We apply intercultural theory and techniques to analyze and understand any experiences that may still be on your mind from your exchange experience. For your future as a “Global Citizen”, we develop strategies for successful intercultural cooperation in international projects and teams.

Together, we reflect on our cultural identity at the interface with the “other”. What are the next required steps on our way to intercultural competence? Where are we in our adaptation process and is there a risk of overadaptation?

Tasks for reflection, interactive self-awareness exercises, analysis of film clips, and critical incidents form the methodological framework for this three hour reflection seminar. At the end, participants have gained a deeper understanding of intercultural considerations and have an extended repertoire of coping strategies at their disposal.

The seminar language is German.