

Connect Aarhus

CULTURE SHOCK: RECREATING IDENTITY IN A NEW COUNTRY

Workshop on Tuesday the 29th of May at 10 a.m. -12 p.m

by Katherine Panattoni

As foreigners living in Denmark, we expect to experience both joys and challenges as part of navigating a new land. What many of us are not prepared for is the psychological effect--how these new cultural experiences affect our sense of who we are, our emotions, our own identity.

In this presentation, the Cultural Adjustment Curve Model, which charts typical psychological reactions to living in a foreign culture, will be introduced and illustrated through research and anecdotal experiences. Influential factors such as personality type, employment, language proficiency, Danish network and family, and degree of cultural similarity will also be discussed, as well as steps one can take to improve his or her adjustment process. In addition, the particular challenges and advantages facing cross-national couples (where one partner is a Dane) will be touched upon.

The presentation aims to arm participants with knowledge and concrete tools so that they can focus on making the most of their time in Denmark.

This presentation should interest anyone who has moved to Denmark recently (within the last approx 3 years), particularly for family, school, "kærlighed" or employment reasons.

Duration: approximately 2 hours

Suggested participant preparation:

- 1) write down 2-3 expectations you had about moving to Denmark before you made the move; and
- 2) think about what psychological/emotional reactions you have seen in yourself or in others e.g. family members, partners, or friends upon moving to Denmark that have surprised you.

You must to register before Thursday the 24th of May to:

Camilla Granlund Johansen: mail cgj@aarhus.dk or mobile 41856080

