Interested in not just surviving but thriving in your new environment?

Explore your cross-cultural competence!
Living and studying effectively in Switzerland or abroad.

Workshop for Swiss and International Students /PhD Students or Academic Staff

Are you foreign and new to the University of Bern?
Will you soon move for an exchange semester to another country?
Or are you simply interested in increasing your intercultural understanding?

International mobility is an exciting, yet sometimes also challenging experience!

With this workshop we hope to increase your cross-cultural awareness and assist you to develop more confidence in your new environment.

Target Audience
International and Swiss students (incomings/outgoings) and academic staff (postdocs, lab technicians etc.)

Language
English

Goals
The participants will
- Increase their knowledge about the complexity of culture
- Recognize how personal mental and cultural influences affect perception and behaviour
- Be able to apply techniques to promote intercultural understanding
- Exchange own experiences and expectations
- Share tips on how the learning can be integrated in building relationships with other people

Date/Time
Friday, 29 September 2017
2.00 – 6.00 p.m.
University of Bern, Main Building
Room 304

Lecturer
Ms Carmen Zanella
Intercultural Communication Specialist, Trainer and Coach
Swiss Post

Registration
Please register by Friday, 22 September 2017
www.unibe.ch/welcome/explore