



Communicating & Adapting in intercultural settings: *tips for researchers*

**THIS SESSION WILL BEGIN SHORTLY.
PLEASE ENSURE YOUR MICROPHONE IS MUTED.**



Communicating in intercultural settings: *tips for researchers*

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European Talent Fair
European Science Open Forum
Leiden, NL
July 16, 2022



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<https://www.menti.com/krnso9zv32>

Where have you lived or studied abroad?

Choose as many options as apply.

Context



01

Europe is the leading *host* zone for mobility

2018: 2,4 million students studied in EU

02

75% come from the European Union

1 out of every 2 int'l students in Europe is European

03

2018: 2,4 million students studied in the EU

More than in North America!

04

EU is the 2nd largest *sending* zone for mobility

2018: 1,3 million students study in another country

05

Erasmus + programme

325,000 students in the 2017-2018 EU framework

Reality



01

Increased exchanges between people

02

Increased exposure to different cultures

03

Increased changes for misunderstandings

04

Increased opportunities for learning

05

Mobility is the norm, not the exception!



Understanding culture

Culture is that complex whole which includes knowledge, belief, art, law, morals, custom, and any other capabilities and habits acquired by man as a member of society.

Edward B. Taylor

Visible & Invisible culture*

Language
Food
Music
Literature
Games/Sports
Arts & Crafts
Fashion

VISIBLE CULTURE



INVISIBLE CULTURE

Facial expressions & gestures
Body language
Eye contact
Personal space
Displays of emotion
Topics of discussion
Roles in society



A matter of perspective



Culture is like a filter

Your filter might be similar to another but still a bit different



Culture is always tinted

Your personal experience always impacts your view of your own culture and other cultures

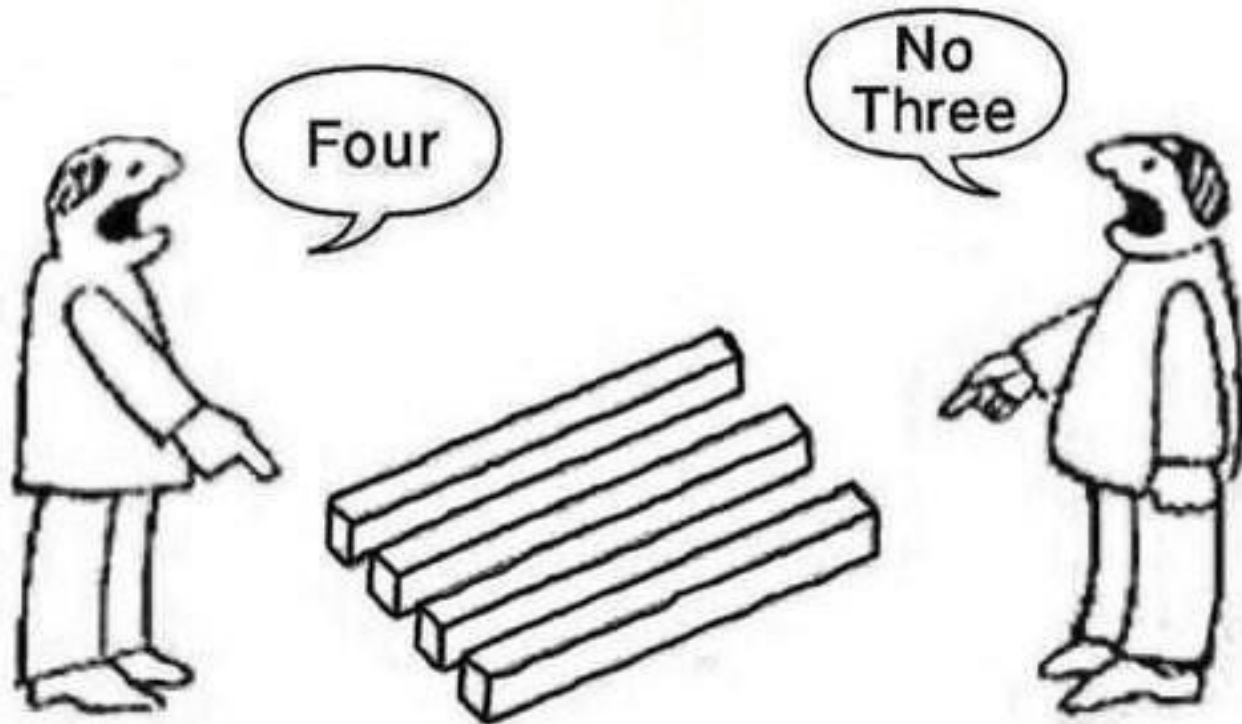


Your understanding of culture changes

Cultural experiences in other cultures can teach you about your own culture and you become better at adapting to new situations



Managing different points of view



Put yourself in the other person's shoes

Ask for clarity, don't assume!

Recognize your own filter

Look for the helpers

Communication tips

Establish guidelines early on



Schedule regular in person meetings



Annual reviews/ assessments



Needs vs. wants



Understand structures



Set mutually agreed upon expectations





Managing & adapting
to intercultural research environments

ORIENTATION & REORIENTATION

- Make a list of all the times you started a new activity, new course, new project
- Think of a time when you had to make a last minute change
- GPS = your friend!



Managing change



01

Change your mindset/physical space

02

Identify resources & support networks

03

Focus on what you can control

04

Trust your capabilities & previous experiences

05

Be patient with yourself & others

Adapting to change



01

Develop healthy routines

02

Focus on learning

03

Make social connections

04

Understand emotions

05

Words matter!



List an activity or resource that has helped you to adapt to a new environment/city/research unit.

For example, joining a running club, taking a language course, etc.

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Let's recap

Know & understand your context & setting

Know & discussion expectations

Action vs. reaction

Know your limits & create a balance

Know your resources & develop your network





Questions?

Feel free to reach out if you have questions or want to further discuss



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