

Making the Most of Your Experience Overseas

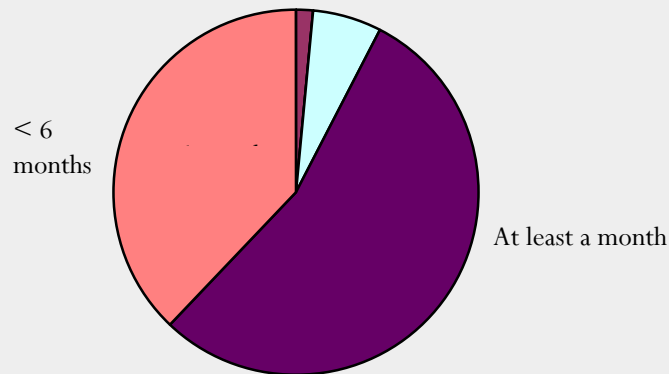
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Overview of Today's Discussion

- Preparation – Know Before You Go
- Points to Ponder -- Upon Arrival
- Maintaining Good Physical and Mental Health
- Adjustment Issues – Culture Shock
- Interpersonal Communications
- Case Studies
- Resources
- Q&A

Previous International Travel Experience

Please select the statement that most appropriately reflects your previous international travel experience:





Most Common Concerns. . .

Environmental Issues (air quality, pollution, etc.)

Daily Health and Safety

Housing

Adjusting to a New Academic Culture



Safety, Security and Health Resources

[Centers for Disease Control](#)

[U.S. State Department – Smart Travel Website](#)

[SAFETI – Safety Abroad First – Educational Travel Information](#)

[Air Quality Index - Asia](#)



Know Before You Go

Insurance

Medications

Prescription Eyewear

Self-Disclosure

Continuing Care



Upon Arrival

Contacting Family
Noting Important Contacts
Goal Setting



Your Stated Adjustment Issues

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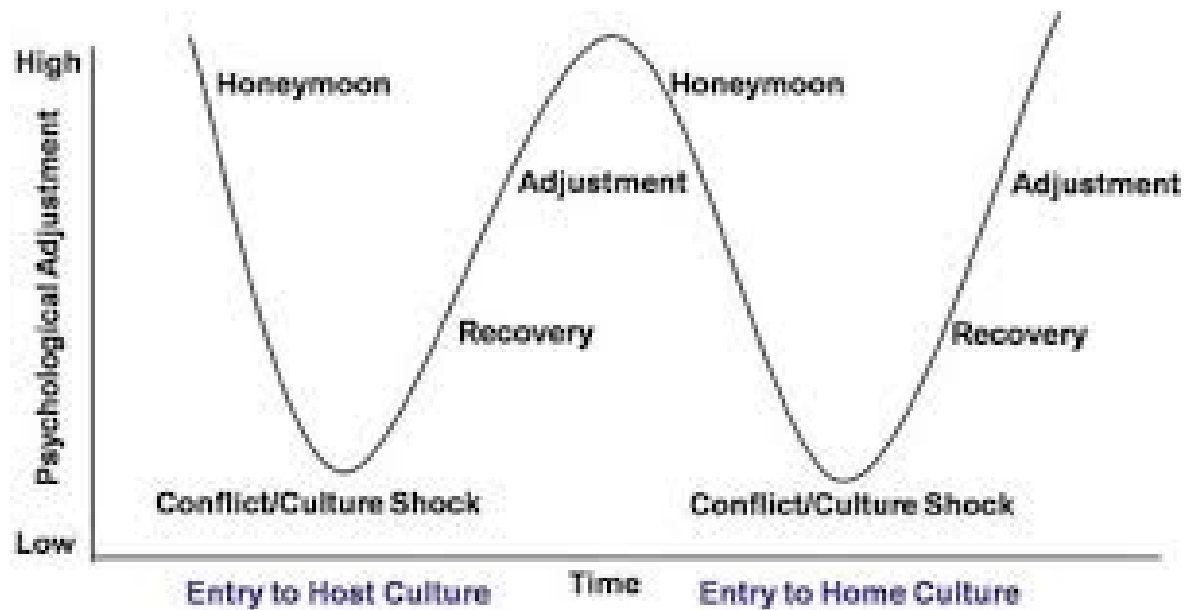
Food

Isolation

Identity

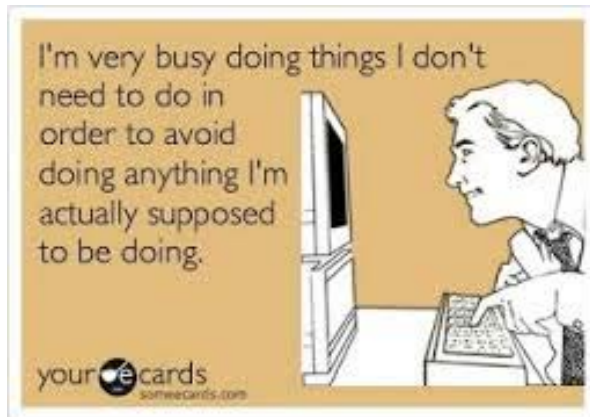
Reverse Culture Shock

Culture Shock- The “W Curve”



Based on Oberg (1960) and Gullahorn & Gullahorn (1963)

Social Media





Physical and Mental Health

Exercise and other Routines

Air Quality

Make a Personal Health Plan



Interpersonal Communication

What can you expect in terms of friendships in China?

What have Chinese students expected here in the US?

Relationships and Dating?

High-Context v. Low-Context Cultures

- High-Context Culture

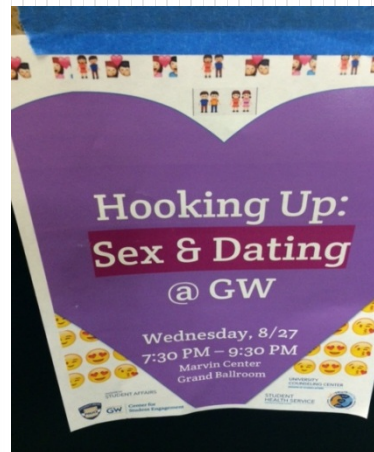
- Interpersonal Importance
- Trust is Very Important
- Silence Valued
- Avoid Confrontation
- Social Harmony Focus
- Subtle/Indirect Language
- “Your word is your bond”

- Low-Context Culture

- Systems are Important
- Facts Over Intuition
- Silence Avoided
- More Direct
- Individual Focus
- Direct Language
- Less Commitment

Friendships and Dating

Friendships Slower to Develop
What Dating Means in China





Religious Observance

Can I freely practice my religion in China?



Case Studies

You have been on your program for 5 weeks and things are going well. Your grades have been good, your language is improving and you've become involved in several organizations on campus that have allowed you to meet local students. Two weeks ago, you invited a young woman out on a date. You have seen her several times since then and spent time together touring the city, going to an art show, and going on a hike. You enjoy her company, but see this is a casual relationship. She has asked you to meet her parents at a family event this upcoming weekend; she mentions that she has told them all about you and they are anxious to meet you.

Case Studies

One of your classes includes a group presentation that will account for half of your final grade. The group presentations will partner 2 Chinese and 2 American students to get a cross-cultural look at issues related to business management. Your group has already met on two occasions to select case studies and discuss the organization of the presentation. Your Chinese group mates would like to meet more often and you get the sense that they don't agree with some of your suggestions, but when asked about it, they say things are fine. They are starting to seem a bit stand-offish and needy and you and your roommate are wondering if you should ask for different group presentation partners.

Case Studies

One of your friends, Katrina, from XYZ University is part of your program, but lives with Janice, a student from ABC State. Janice confides that lately Katrina seems overwhelmed. She is irritable, always complains about her workload, and has increasingly turned down offers to study in groups or socialize on the weekends. When asked, Katrina says she's fine, but she has started to skip classes and has missed two sessions this week.

A Few Resources/Articles

- [FAQ on Passport/Visa for travel to China](#)
- [FAQ on Passport/Visa for travel to India](#)
- [FAQ on Passport/Visa for travel to South Korea](#)
- [Article on Chinese Students and Friendship in the US](#)
- [NYTimes Article on China Air Quality](#)
- [Foreign Teachers' Guide to Living and Working in China](#)
- [A-Z China Travel Guide](#)
- [The Concept of "Lining Up" in China](#)

... and a few more

- Is punctuality an Indian virtue?
- Korean cultural influence worldwide
- *The Economist* article on corruption in India
- *Wall Street Journal* article on air quality in South Korea
- Short article on Air quality in India
- Water pollution in India
- China Tightens Control of the Internet (NY Times)

Other Questions?

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