

## **Guidelines Reflective Essay Intercultural Training:**

**Formalities: min. 7 pages taking into account the literature the Trainer is providing. Font size 11pt, font size 11 pt Arial, spacing 1,5:**

**use attached cover page Send paper to [ik-zertifikat@vw.uni-bremen.de](mailto:ik-zertifikat@vw.uni-bremen.de)**

1. Outline the topic and the content of the training.
2. What was your motivation for taking part in an Intercultural Training and what were your expectations?
3. Which are the culture groups that you feel connected to and explain why.
4. Position yourself within selected cultural dimensions and explain.
5. Why is it important to see yourself from different perspectives?
6. How can you deal with negative feelings during acculturative stress?
7. Name strategies for coping with cultural misunderstandings.
8. How can you apply what you have learned into everyday life?
9. Further comments on the Intercultural Training.