



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Making the Move

Thinking about Cultural and Academic Adjustment

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CÉAD MÍLE
FÁILTE

TRINITY IS INTERNATIONAL

A vibrant community where **26%** of students are international from **124** different countries, including Ireland

Over 40% of staff are international



CREATING CONNECTIONS

Making connections with people from a wide range of diverse cultural and language backgrounds will help you make the most of your time at Trinity.

- This is important to help you feel connected - Get to know each other socially through clubs/societies and during in-class activities
- Helpful for learning through sharing different educational experiences and viewpoints
- Useful for developing skills such as intercultural communication competency which are important for global graduates



GREETING SOMEONE

English

Good Morning

What is your name?

Sean is my name!

*A hundred thousand
welcomes!*

How are you?

I am good

Hello

Thank you

Goodbye

Irish

Maidin mhaith

Cad is ainm duit?

Sean is ainm dom

*Cead mile failte
romhat!*

Conas atá tu?

Tá mé go mhaith

Dia Dhuit

Go raibh maith agat

Slán

Pronounced

Modjin mot

Coad iss annim dwit

Sean is ann-imm dum

*Kade meela fall-cheh
row-itt*

Cunn-us ah-taw two

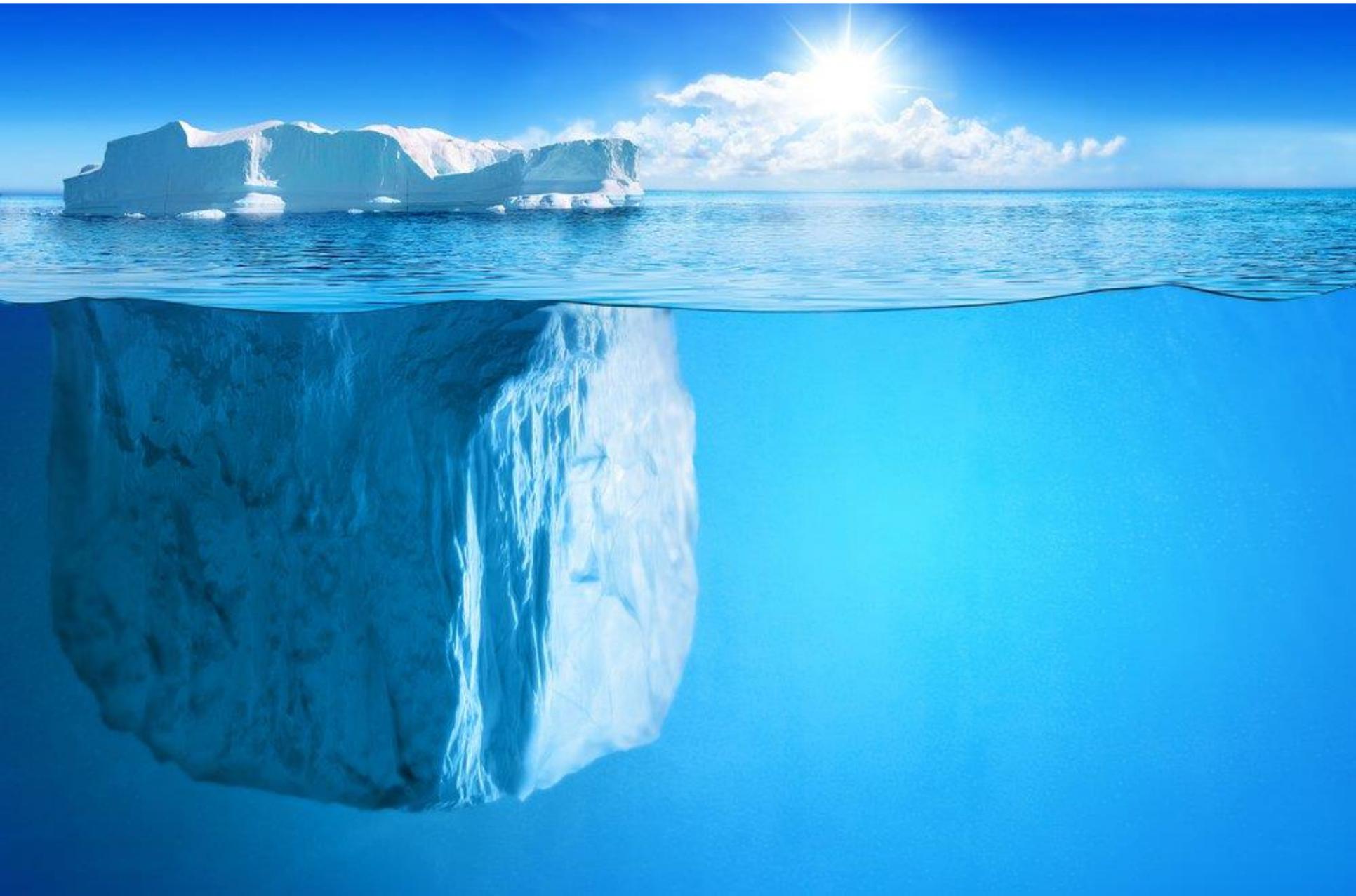
Taw may go mot

Dee-ah-gwuit

Guh rev mah agut

Slawn





Culture

- How we view the world and each other is shaped by our culture, language and experience
- Adjusting to new culture requires adaptation and thinking differently
- Academic cultures vary too



First step... You



Think about your own cultural comfort zone...



... And that of the people you are communicating with

Openness

Flexibility

Adaptability



Next step... Acclimatising to a new culture





✓ Expectations and first impressions

✓ Cultural differences in:

- Everyday life
- Language and communication styles
- Slang and humour

✓ Differences in academic cultures

✓ Culture shock and homesickness



CULTURAL DIFFERENCES IN EVERYDAY LIFE

- Greetings
- Small talk
- Punctuality
- Socialising and role of the pub in Irish culture
- Humour and slagging
- Informal and friendly

LANGUAGE & SLANG

The types of thing we say...

Trinity slang

"Grand"
"Craic"
"Gas"
"Howaya"
"Fair play"
"Yoke"
"Not too
bad"



DIFFERENT WAYS OF COMMUNICATING

- 1 Informality even in formal situations
- 2 Indirect language - The Irish sometimes avoid saying “No” and being direct
- 3 Eye contact
- 4 Swearing
- 5 Slang



DIFFERENCES IN ACADEMIC CULTURE

- Research-led university
- Culture of independent & self-directed learning; emphasis on critical thinking
- Lectures and understanding the role of lecturers
- Expectation of class participation and group work
- Developing reading, writing and English language skills; Academic language
- Exams and understanding the grading system

<http://student-learning.tcd.ie/International/>

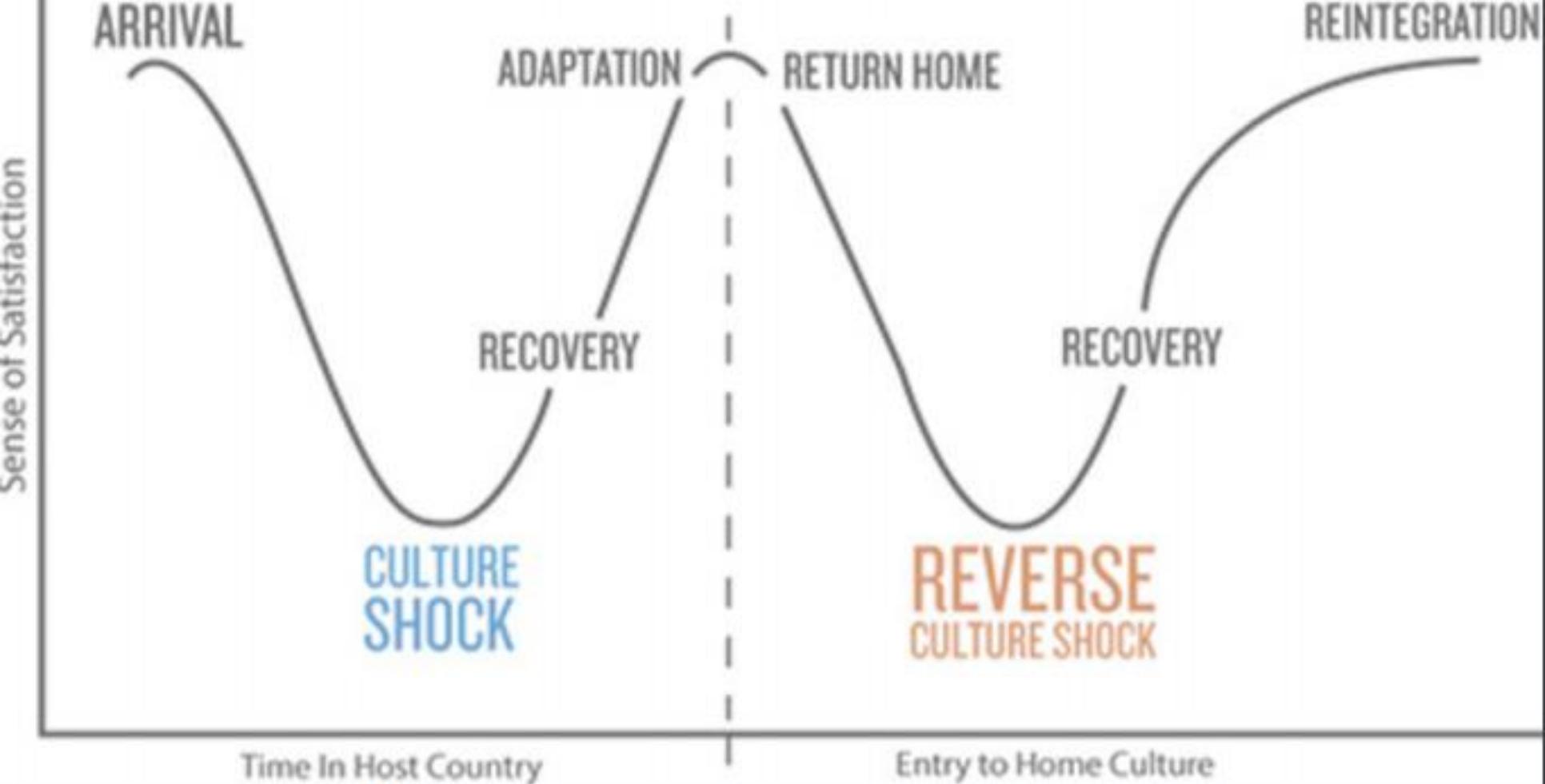
The screenshot shows the Trinity College Dublin (TCD) website's Student Learning Development (SLD) section. The header includes the TCD logo and navigation links: TCD Home, Faculties & Schools, Courses, Research, Services, Contact, and A-Z. The main navigation bar features 'Home', 'Undergraduate', 'Postgraduate', 'Staff', and 'About'. The current page is 'International Students', with a breadcrumb trail: 'You are here: Home > International'. The page content includes a sidebar with 'Academic Culture', 'Advice and Tips', 'Studying Through English', and 'International Research'. The main content area is titled 'International Students' and contains text explaining the experience of being an international student, along with a list of links: 'Trinity's academic culture', 'Advice from Trinity lecturers', 'Tips from other international students', 'How to improve your English', and 'Research on International Students'. The footer includes 'Sitemap | Student Learning Development (Email)', 'Last updated 16 December 2015', and contact information for Trinity College Dublin.

This collage features several images related to international students at Trinity College Dublin. It includes a student in a library, a student in a lecture hall, and a student in a lab. The text 'How to study as an International Undergraduate Student' is overlaid on the collage. The Trinity College Dublin logo is in the top left corner, and the website address 'www.tcd.ie' is in the bottom left corner.

<https://www.tcd.ie/globalrelations/resources/index.php>



CULTURE SHOCK AND HOMESICKNESS



- The Culture Shock Curve
- Re-Entry Curve
- Different phases of adjustment
- Studying abroad pushes your boundaries – it will be rewarding to become comfortable outside your comfort zone!

Coping with Change and Settling in...

- Get into a routine here
- Take care of yourself, eat well and exercise
- Take the initiative - Go out and meet Irish people - Join college clubs and societies
- Get support from home... but not too much – live in Ireland's time zone, not the one back home
- Immerse yourself in Irish life & culture to adjust to accents - watch Irish TV (RTÉ 1, RTE 2, TV3, TG4) and listen to local radio

Coping with Change and Settling in...

- Be patient with yourself and with little day to day frustrations of adapting to a new place
- You will get lost, you will be confused and that's ok
- Remind yourself that you came here for a new experience and that you are learning new things every day
- Breathe...



Thank You!

Good luck with your studies and
have a wonderful time at Trinity.