



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Making the Move

Thinking about Cultural and Academic Adjustment

Louise Staunton

International Student Experience and Global Officer Manager

Visiting and Erasmus Student Orientation, 11 January 2018



CÉAD MÍLE
FÁILTE

Diverse cultural mix at Trinity



Joining a vibrant community where approximately **25%** of students are international from **122** different countries. Including Ireland



GREETING SOMEONE

English

Good Morning

What is your name?

Sean is my name!

*A hundred thousand
welcomes!*

How are you?

I am good

Goodbye

Hello

Irish

Maidin mhaith

Cad is ainm duit?

Sean is ainm dom

*Cead mile failte
romhat!*

Conas atá tu?

Tá mé go mhaith

Slán

Dia Dhuit

Pronounced

Modjin mot

Coad iss annim dwit

Sean is ann-imm dum

*Kade meela fall-cheh
row-itt*

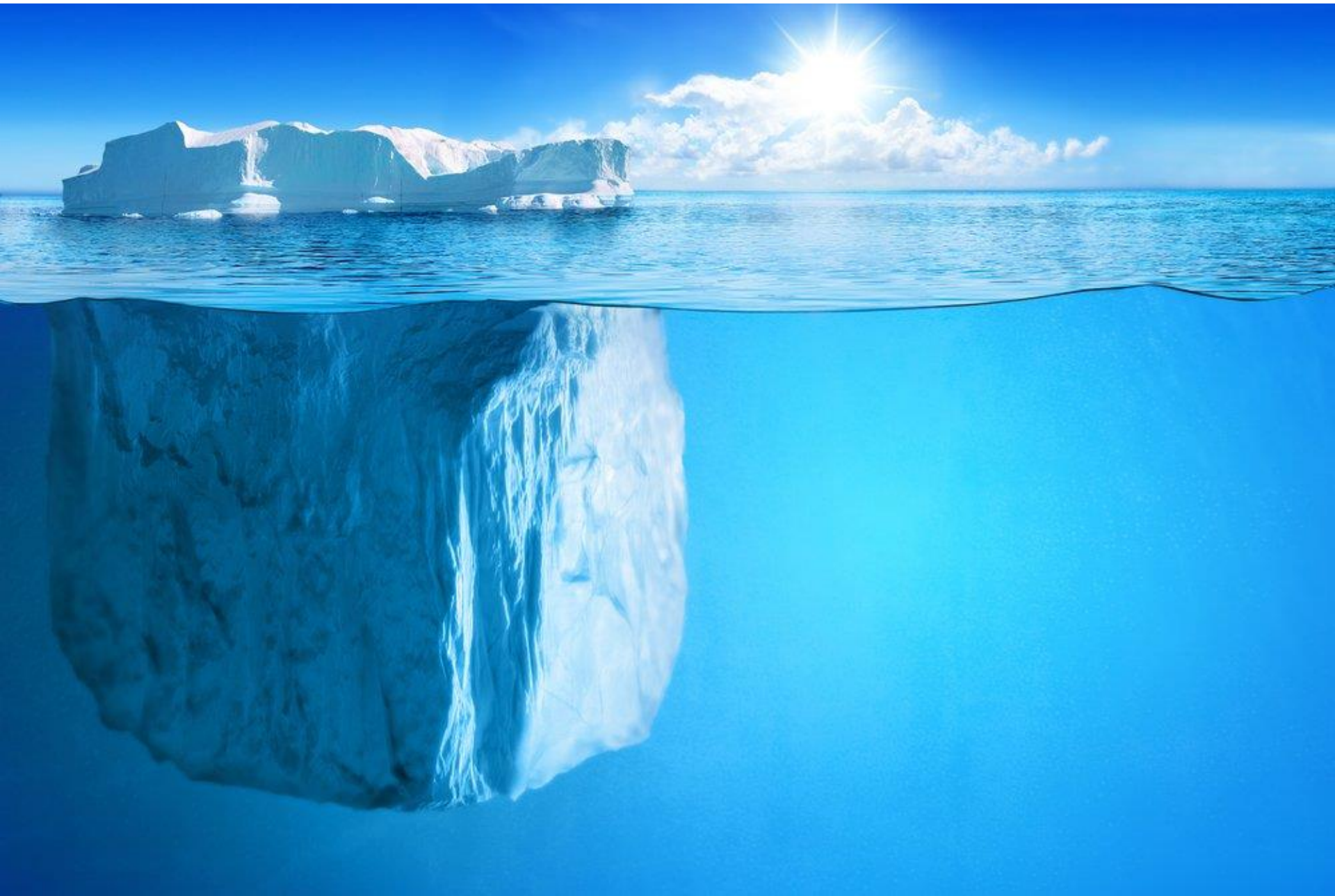
Cunn-us ah-taw two

Taw may go mot

Slawn

Dee-ah-gwuit





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



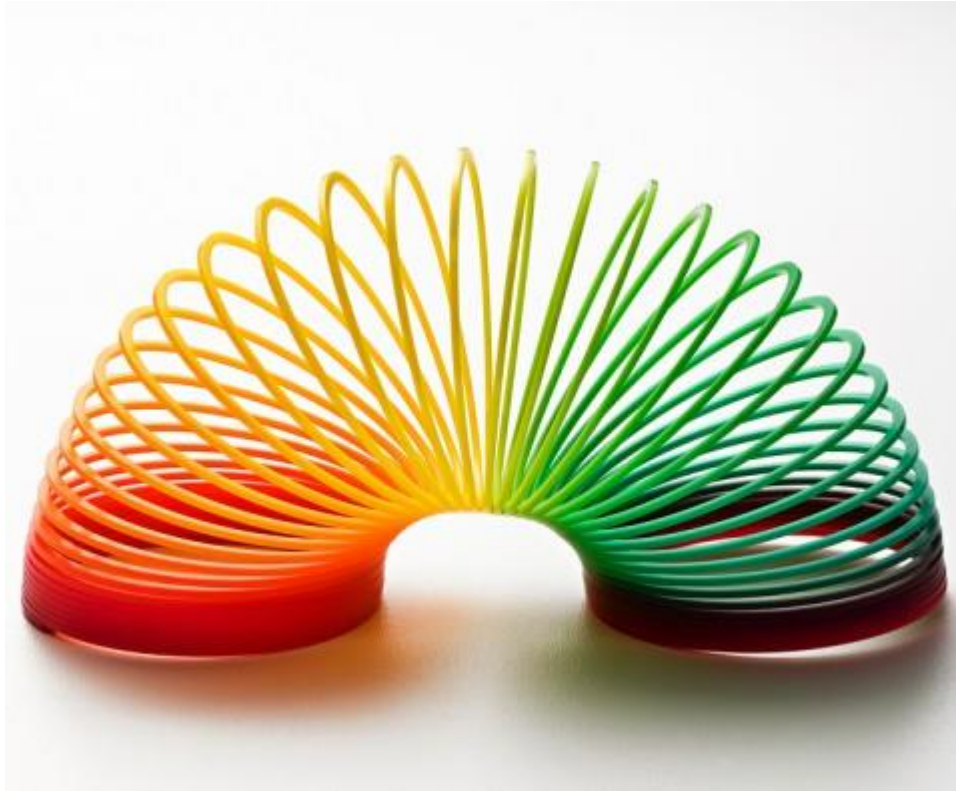
First step... You



Think about your own cultural comfort zone...



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



Flexibility

Adaptability

Openness

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, navigation links (TCD Home, Faculties & Schools, Courses, Research, Services, Contact, A-Z), and a search bar. The main navigation bar features tabs for Home, Undergraduate, Postgraduate, Staff, and About. The current page is titled "International Students" under the "Academic Culture" category. The content includes a sub-header "International Students" with a photo of students sitting on a lawn. Below this, there is a section titled "What does it mean to be an international student? Where do I have to come from? What language do I have to speak? Wait... if I'm from the EU, am I an international student or not?" followed by a paragraph explaining the complexity of being an international student. A list of links provides further resources: 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 contains the website URL, a sitemap link, an email contact, and a last updated date of 16 December 2015.

Trinity College Dublin
Collegium Triadinum, Balls Bridge Clough
The University of Dublin

Search TCD

TCD Home | Faculties & Schools | Courses | Research | Services | Contact | A - Z

SLD
Student Learning Development

Home | Undergraduate | Postgraduate | Staff | About

You are here: [Home](#) > [International](#)

Academic Culture + **International Students**

Advice and Tips +

Studying Through English +

International Research +

International Students

What does it mean to be an international student? Where do I have to come from? What language do I have to speak? Wait... if I'm from the EU, am I an international student or not?

Tough questions, with so many answers. Being an international student can be a complex identity, with different types of experiences for each of you.

We know that it can be confusing, which is why at Student Learning Development we offer academic help and support to all students who are new to Ireland and to Trinity's academic culture, irrespective of nationality. No matter if you're here only for a few months on an Exchange or Erasmus programme, or if you are part of a full or advanced degree programme.

On this section of the website you will find information on issues that we consider to be specific for international students. You can read about:

- [Trinity's academic culture](#)
- [Advice from Trinity lecturers](#)
- [Tips from other international students](#)
- [How to improve your English](#)
- [Research on International Students](#)

For all the other academic supports that we offer, please see the [Undergraduate](#) and [Postgraduate](#) pages. If there's something that you don't see, but think we might be able to help you with, drop us an email at student.learning@tcd.ie.

[Sitemap](#) | [Student Learning Development \(Email\)](#)

Last updated 16 December 2015

Trinity College Dublin, The University of Dublin, College Green, Dublin 2

[Accessibility](#) | [Privacy](#) | [Disclaimer](#) | [Contact](#)

student-learning.tcd.ie/International/7close-cookie-policy-notice-1000

A vertical collage of images related to Trinity College Dublin. The top left features the Trinity College Dublin logo and the text "The University of Dublin". The collage includes several photographs: students sitting on a red sofa, a view of a building through an archway, a student in a laboratory, a student in a white lab coat, and a student in a white lab coat. The text "How to study as an International Undergraduate Student" is overlaid on the collage. The website URL "www.tcd.ie" is displayed at the bottom.

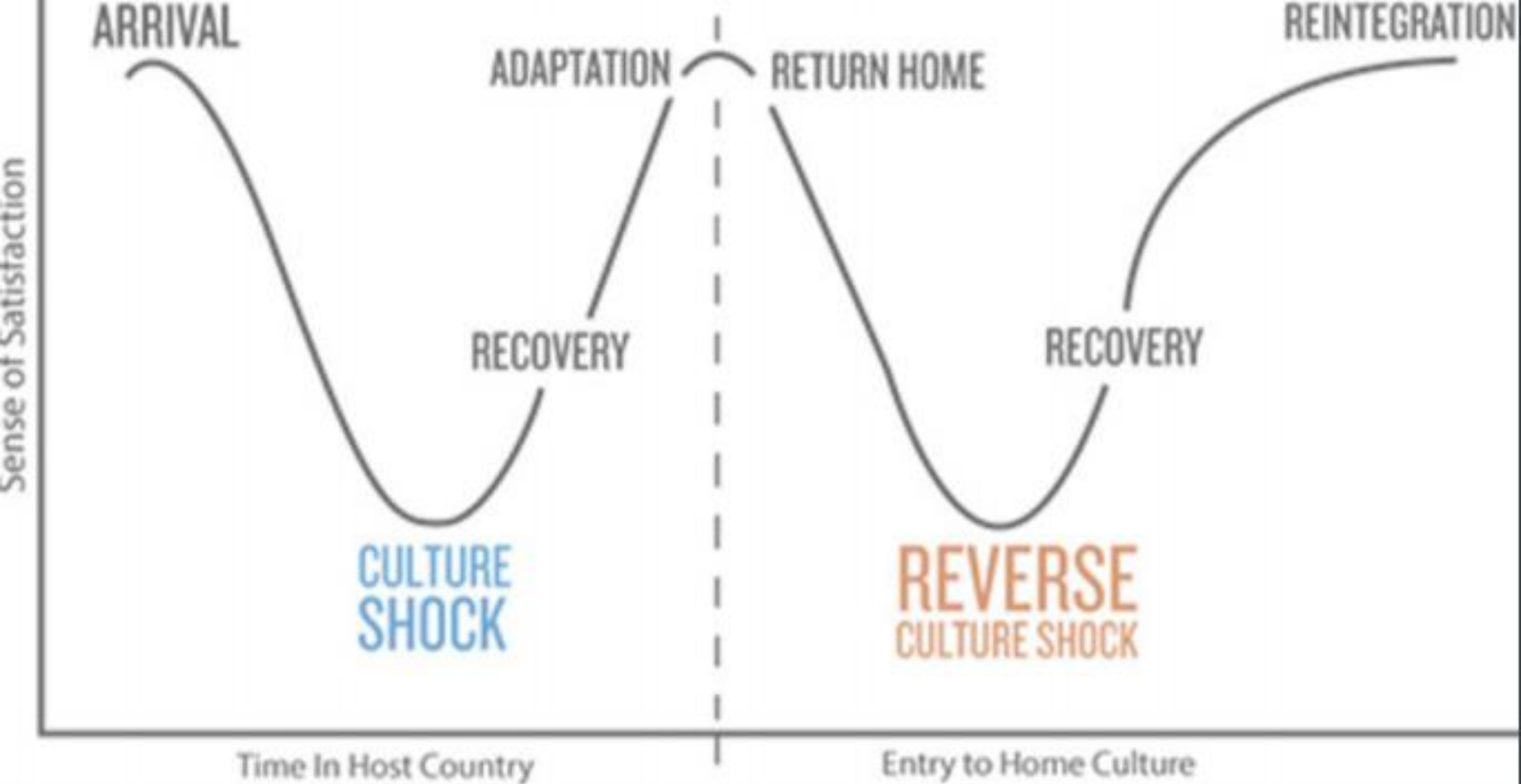
Trinity College Dublin
The University of Dublin

How to study as an International Undergraduate Student

www.tcd.ie



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
- Get support from home... but not too much – live in Ireland's time zone, not the one back home
- Take care of yourself, eat well and exercise
- Take the initiative - Go out and meet Irish people - Join college clubs and societies
- 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.