Making the Move
Thinking about Cultural and Academic Adjustment

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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

<table>
<thead>
<tr>
<th>English</th>
<th>Irish</th>
<th>Pronounced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Morning</td>
<td>Maidin mhaith</td>
<td>Modjin mot</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Cad is aín duit?</td>
<td>Coad iss annim dwít</td>
</tr>
<tr>
<td>Sean is my name!</td>
<td>Sean is aín dom</td>
<td>Sean is ann-imm dum</td>
</tr>
<tr>
<td>A hundred thousand</td>
<td>Cead mile failte romhat!</td>
<td>Kade meela fall-cheh row-itt</td>
</tr>
<tr>
<td>welcomes!</td>
<td></td>
<td>Cunn-us ah-taw two</td>
</tr>
<tr>
<td>How are you?</td>
<td>Conas atá tu?</td>
<td>Taw may go mot</td>
</tr>
<tr>
<td>I am good</td>
<td>Tá mé go mhaith</td>
<td></td>
</tr>
</tbody>
</table>

**Goodbye**

**Hello**

**Slán**

**Dia Dhuit**

**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...

“Grand”
“Craic”
“Gas”
“Howaya”
“Fair play”
“Yoke”
“Not too bad”

Trinity slang
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/
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.