

Global Community Event



Making Friends in Canada: an Introduction to Canadian Culture



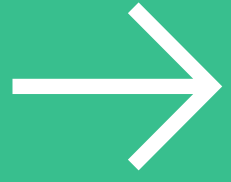


Territorial Acknowledgement



"We acknowledge and respect the Lekwungen peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day."





Resources to learn more about territory acknowledgments, history, & reconciliation



- [Indigenous Foundations](#)
- [Victoria Youth TedTalk by Bradley Dick](#)
- [Misconceptions and video about residential school](#)
- [UVic Territorial Acknowledgement](#)
- [Office of Indigenous Academic & Community Engagement](#)
- [Truth & Reconciliation Commission of Canada](#)

Where in the world do you call home?



Hello!



In breakout rooms:

- Introduce yourself to group members
(Name, program, pronouns, home country)
- Share your 3 Ps
 - personal
 - professional
 - peculiar (fun fact)





**What comes to
mind when
you think of
Canadian culture?**

**Share in
the chat!**



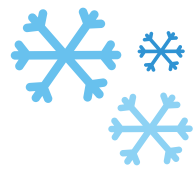
**What comes to
mind when
you think of
Canadian values?**

**Share in
the chat!**





I'm sorry!



THINGS YOU CAN SEE.

THINGS YOU CANNOT SEE.

Consent

Environmental
Appreciation

Respect

Personal Space

Politeness

Freedom

Privacy

Individualism



Cultural values



Cultural Values are neither good nor bad, but they describe basic tendencies in the way that people prefer to work and live. By understanding your own preferences and other people's preferences in this area that can help you understand other people's actions and improve your interpersonal connections.



Environmental Appreciation



CROSS CULTURAL COMMUNICATION

- Recycling programs
- Outdoor appreciation
- Learning about the land and it's history from local First Nations



Personal Space



CROSS CULTURAL COMMUNICATION

- Boundaries: set of likes, dislikes, preferences, how we like to be treated etc.
- Everyone has the right to have their boundaries respected
- Boundaries can look very different depending on the person, their relationship with you and to you
- Boundaries across culture



Consent & Respect

Chấp thuận إفاضة الموافقة 承認 सहमति
J'accepte Consentimiento አመክታ
동의 Согласие Autorização
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CROSS CULTURAL COMMUNICATION

- Consent
 - "Voluntary agreement agreement to engage and to continue to engage in the contact or activity. Consent means that everyone involved demonstrates, through words or actions that they freely and mutually agree to participate in a contact or activity."
- Consent as an everyday practice
- Respecting and celebrating the no's



Politeness



- Appreciation for "please", "thank you", "I'm sorry" in daily interactions
- Friendliness vs being friends and making plans
- Depth of Relationship
 - Coconuts and Peaches
 - Connection and information gathering
 - Length of time to build a relationship



Global Community Event



**Hear from
the UVic
student
experiences**



Global Community Event



5 minute
break



Suggestions for making connections

- Be intentional about the relationship you want to create
- Put yourself out there
- Be vulnerable and start conversations
- Join clubs to be put into a social setting
- Reach out on the first day or during the first week of courses
- Ask what social media people use and if you can connect with them
- Don't take things personally - keep trying





What do you experience when you are in a new environment, going through a period of change, or are doing something new?

SHARE IN THE CHAT.

Signs of Culture Shock

Not sleeping

Appetite loss

Digestive problems

Irritable Attitude

Anger quickly

Confusion about right/wrong, values

Moody

Insecure, nervous, on edge

Doubting own skills

Lose sense of humour

Longing to be “back home”

Disorientation

Homesickness

Feelings of disconnection

Emotional distress

Overwhelmed

Frustrated

Avoid contact with people

Loneliness/feelings of isolation

Headache

Sleeping & being tired

Boredom



THESE ARE NORMAL!



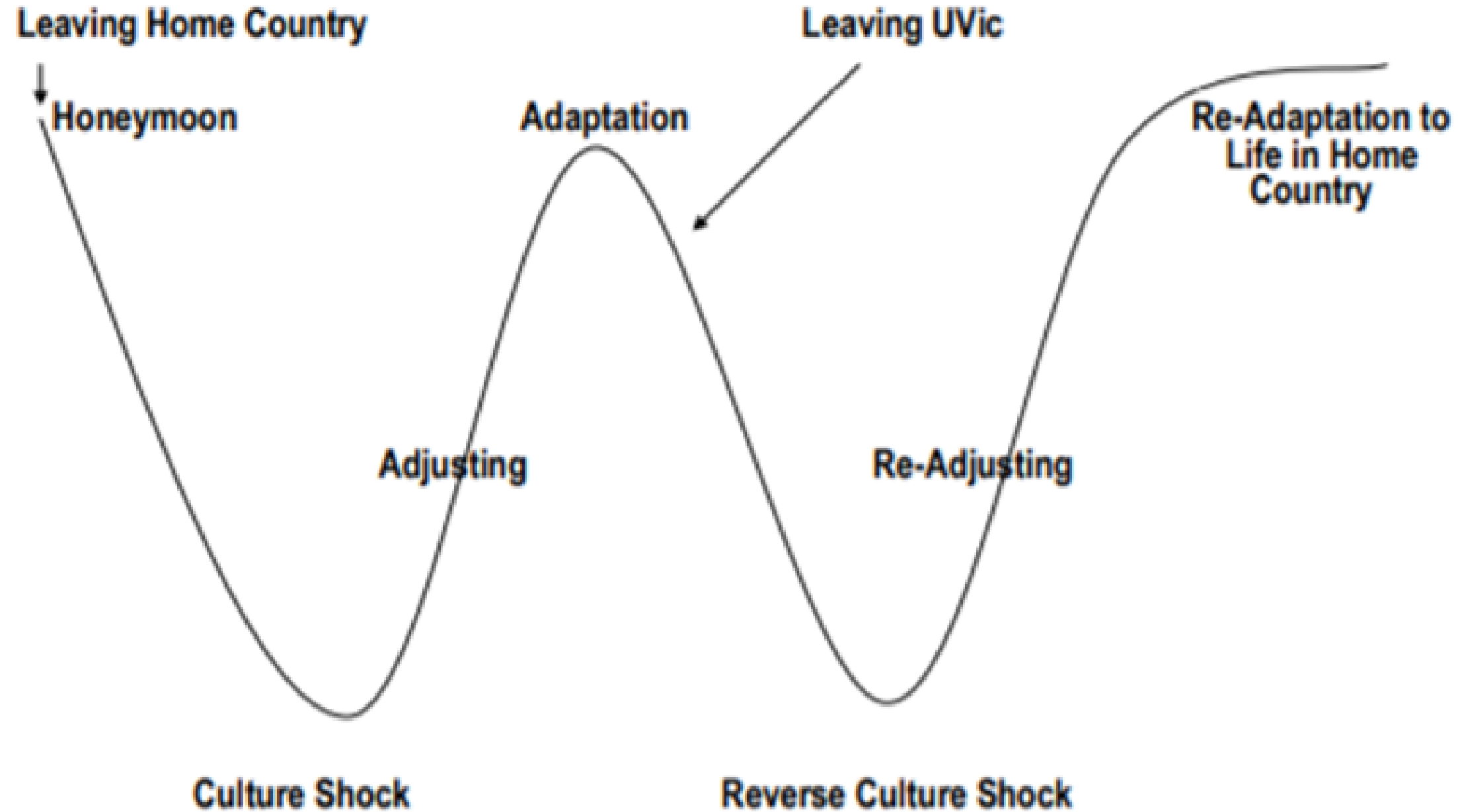
What is culture shock?

- Many people who spend time in a new culture or experience a transition in their life feel what is commonly referred to as “culture shock”.
- Although the intensity and timing of culture shock varies from one individual to another, most people will experience some difficulty, discomfort, adjusting to a new culture.
- This is a NORMAL reaction to a new environment or a period of transition.

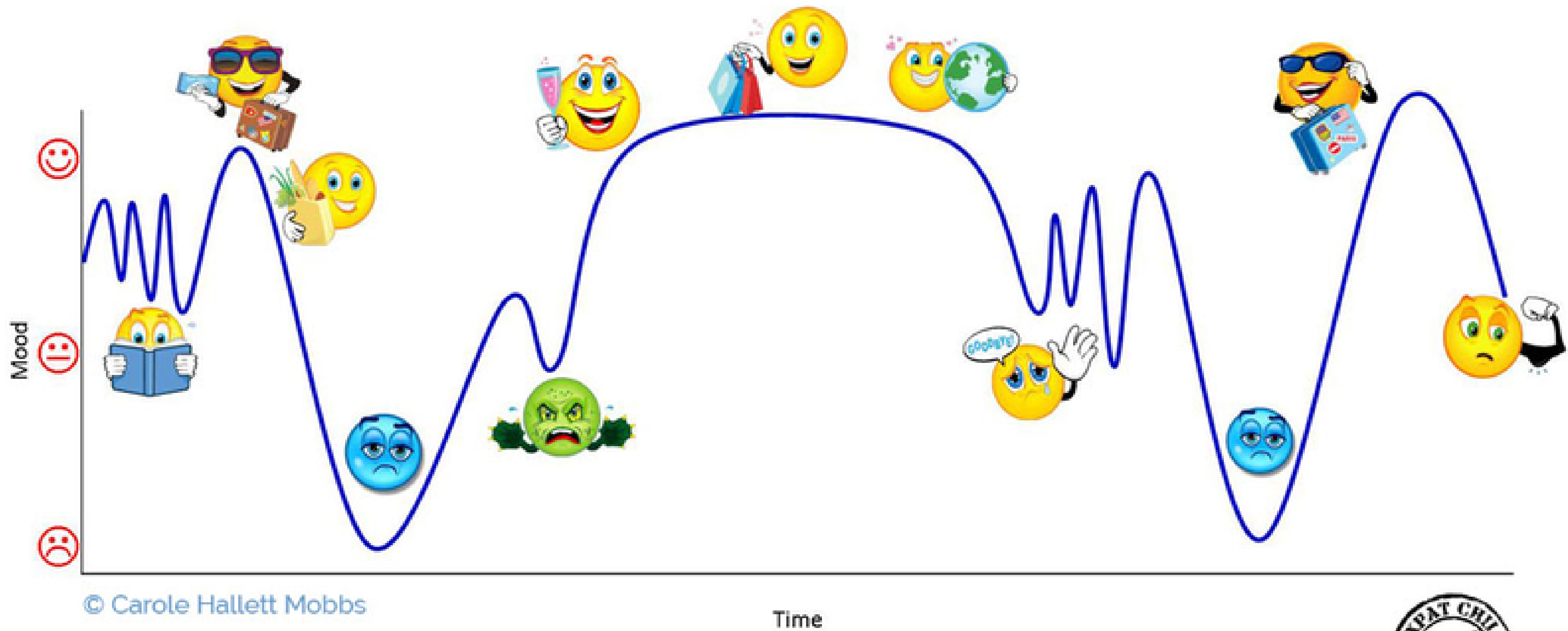




Culture Shock Diagram



Culture shock & Transitions

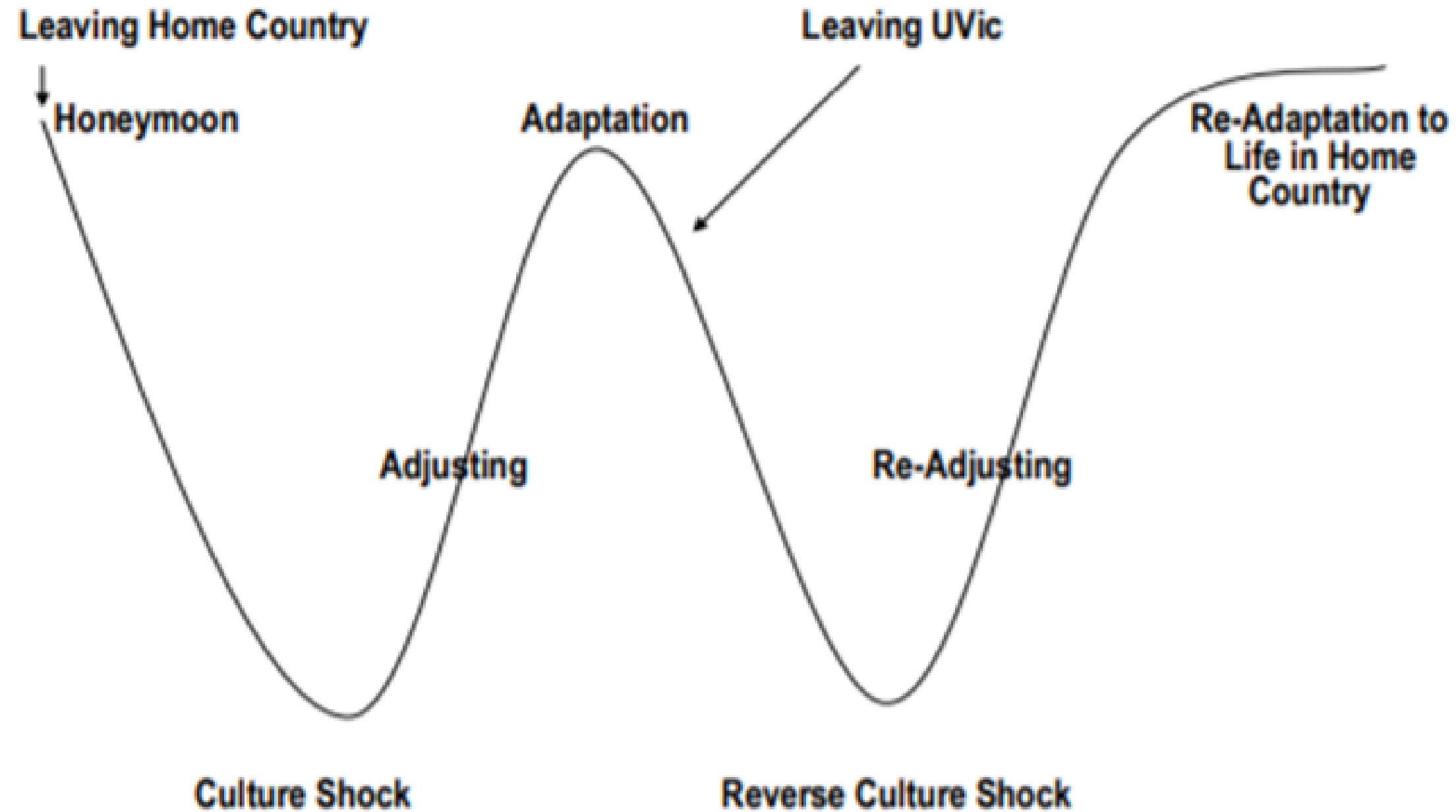


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Culture Shock Diagram



Culture shock & Transitions

Breakout Room

WHAT DO YOU THINK?

- What are some strategies that you will implement to ease your transition to studying at UVic and living in Victoria?
- What is something that you are excited for this fall?



Strategies



- Acknowledge the impacts of adjusting to a new culture.
- Learn the unspoken rules and step outside your comfort.
- Get connected and involved, participate in school events.
- Get to know your community and Victoria (go out and explore)
 - [Check out this list of resources created by the Global Community!](#)
- Participate in school activities, in the class and outside.
- Join a club or volunteer to meet new friends/new people.
- Maintain contact with friends and family back home.
- Do some research about your new environment.
- Keep up your habits.
- Take a break from social media.
- Step outside your comfort zone.
- Share your own culture with others.
- Do something that reminds you of home.
- Manage stress by staying healthy.
- Practice the language.
- Seek out support.
- Be open-minded.
- Talk about it!

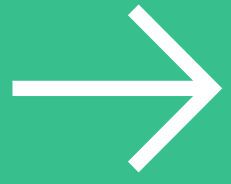


Welcome to UVic

WE ARE SO HAPPY YOU
ARE HERE!

Transitioning to being a student at UVic is an exciting time in your life. Your journey will at times be challenging but it will also be filled with many adventures, inspiring experiences, and new friends! The Global Community is a place for you to connect with others, share experiences, and meet other international, domestic, and indigenous UVic students. Join our upcoming events to meet peers, have some fun, and connect!





Resources



- [Learn more about intercultural competencies here!](#)
- [You can take the Harvard implicit association test here.](#)
- [Learn more about the cultural dimensions Hofstede Model.](#)
- [Learn more about the 5 Rs of cultural transition by watching the Thriving @UVic recording.](#)
- [Read through different cultural values and reflect on your own preferences.](#)

Join the Global Community [Facebook group](#), subscribe to our [newsletter](#), and join our [upcoming events](#)!



Thank you!



Welcome to the UVic Global Community.