

Pre-departure workshop





Bringing the
learning *home*

Adaptation & coping



pre-departure

'to risk'



To laugh is to risk appearing a fool,
To weep is to risk appearing sentimental.
To reach out to another is to risk involvement,
To expose feelings is to risk exposing your true self.
To place your ideas and dreams before a crowd is to risk their loss.
To love is to risk not being loved in return,
To live is to risk dying,
To hope is to risk despair,
To try is to risk failure. ...

by William Arthur **Ward**

'to risk'



But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing, is nothing.

He may avoid suffering and sorrow,

But he cannot learn, feel, change, grow or live.

Chained by his servitude he is a slave who has forfeited all freedom.

Only a person who risks is free.

The pessimist complains about the wind;

The optimist expects it to change;

And the realist adjusts the sails.

by William Arthur **Ward**

Traveling abroad

Can feel like
stepping into
the void.



Photo by Chris B.
Taken in Canada.
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risk

"Man cannot
discover new
oceans unless he
has the courage
to lose sight of
the shore."

- Andre Gide



'Unknown waters' by Sahil

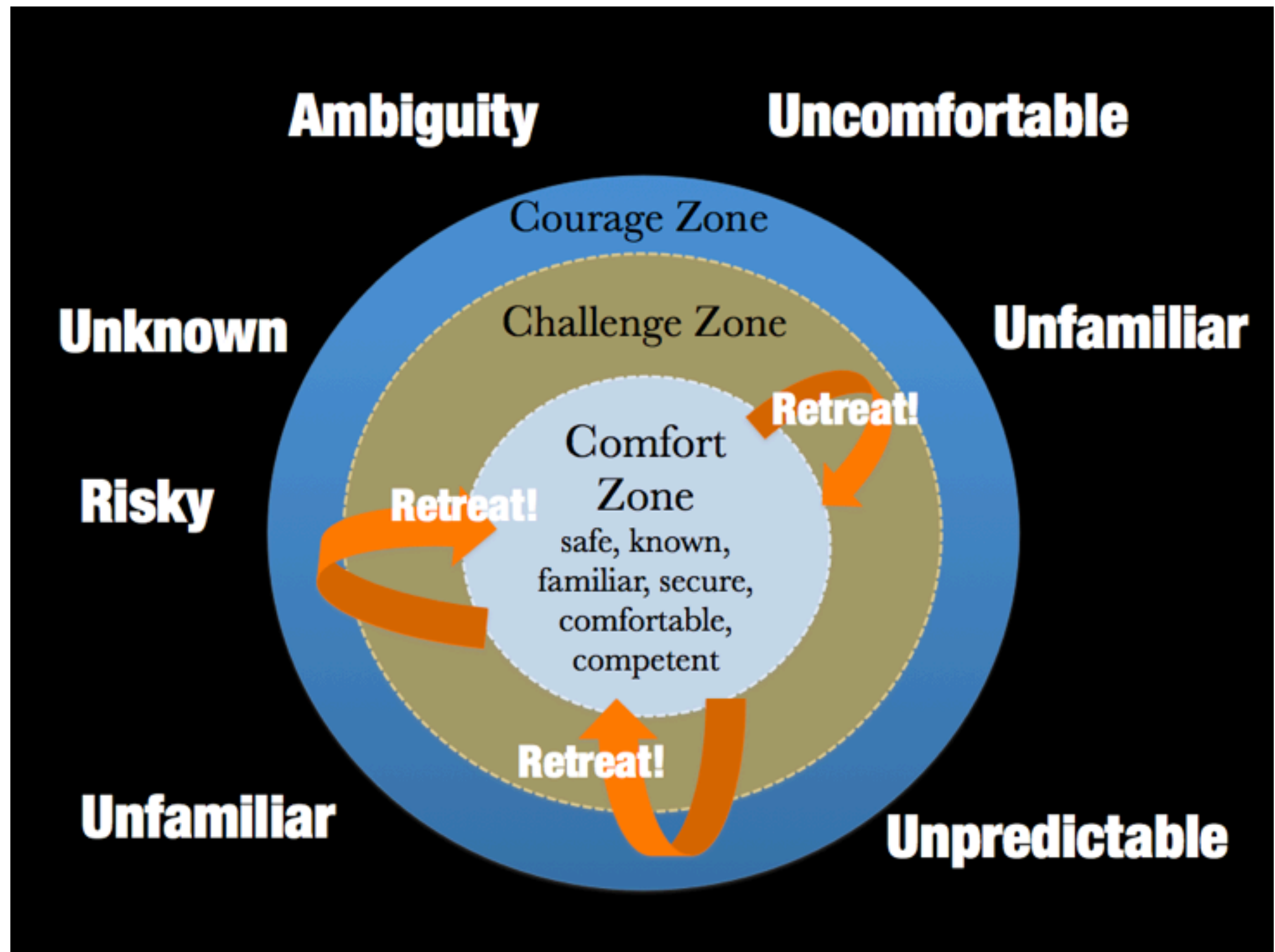
Boracay, Philippines

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Original at <http://ozstudentsabroad.com/2010/12/07/663/>

discovery

The interplay
of *stepping into
the unknown and
comfort, courage
and challenge
zones.*



out of the comfort **zone**

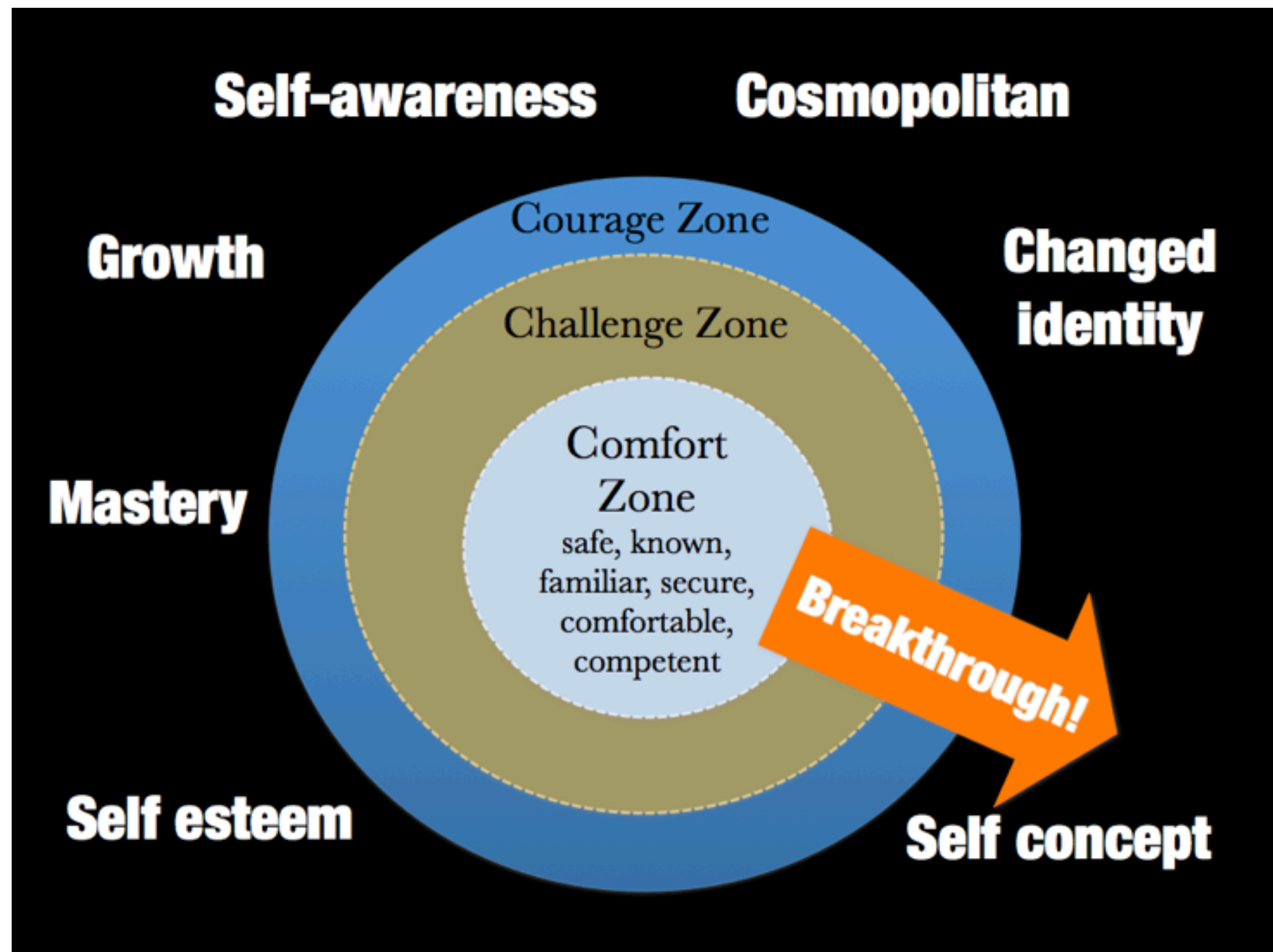
Part of the learning and meaning-making emanates from the discomfort and disequilibrium. Recall the adage:

Anyone who has never made a mistake, has never made a discovery.



out of the comfort **zone**

Risk-taking & stepping into the void can lead to the mastery of a new set of skills and to the development of traits which are pivotal to *personal growth*.



out of the comfort **zone**

Generally people are motivated to go overseas
out of desperation or inspiration

Not until we are lost do we begin to
understand ourselves.

- Henry David Thoreau

motivation

Preparing for
separation,
adaption and
coping:

*A ship is safe in a
harbour but that is
not what ships are
built for....*



‘Unknown waters’ by Sahil

Boracay, Phillipines

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motivation

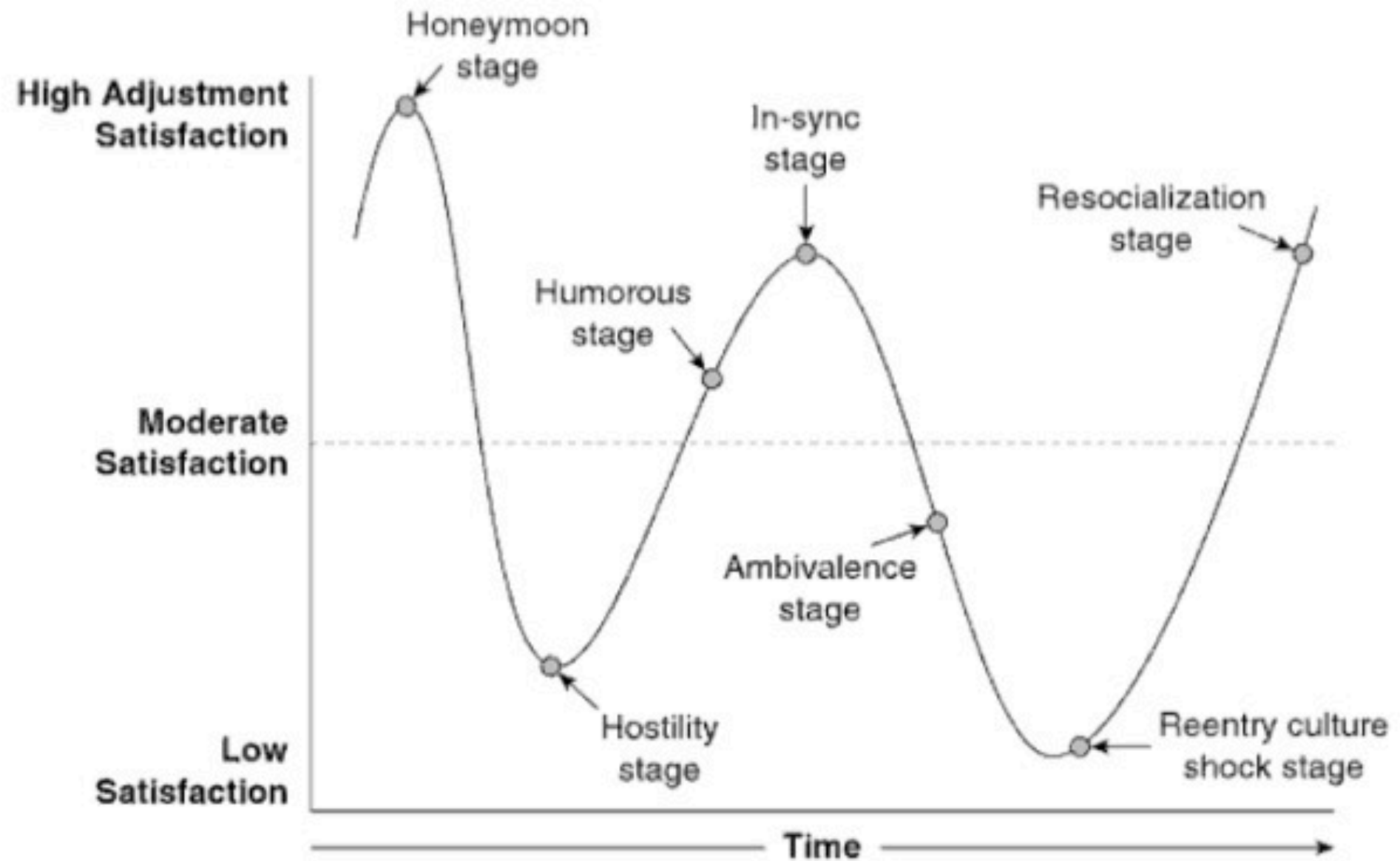


Figure 1.12 U-Curve Model of Intercultural Adjustment

SOURCE: Adapted visualization from Gullahorn and Gullahorn (1962).

adaptation

Step 2: Moving from Adaptation to Coping

The challenge for intercultural education and the study abroad experience, is to “grow into” or “become to know” the culture into which you are immersed. Culture cannot be read and fully understood by vicariously assimilating the contents of a textbook, or downloaded and watched on a Youtube clip. Ostensibly, culture is something that must be experienced firsthand, viscerally and tangibly – an embodied experience.

adaptation



‘Culture shock... is not just something we experience, it’s something we inflict as well’.

Craig Sorti (1990: 25-26)

culture shock

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Bringing the
learning *home*

Thank you!



Reflection pre-departure workshop

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The BLTH Students at all three institutions.

For more information: ozstudentsabroad.com or <http://www.tlc.murdoch.edu.au/project/btlh/>



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Credits



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