



# Studying and Working in Germany

## Workshop for international students

Globalisation and demographic change will cause the number of international students in German companies and universities to increase significantly in the future. However, starting afresh in a new country is a major professional, cultural and personal challenge. Companies and universities that start looking after this target group early on have a clear advantage: it becomes much easier to avoid mishaps, annoyance and frustration on both sides and reduces the risk of these students dropping out of their (cooperative) course. This course aims to promote the integration of international students by giving a deep insight into “typically German” behaviour and manners.

### Content

- Images of Germany: ideas and expectations
- Expectations of your new company or university
- Avoiding misunderstandings: dealing with directness and taking pleasure in criticism
- “German work ethics”: order, punctuality and performance mindset
- Manners and courtesy
- Behaviour expected in meetings/respect for hierarchies
- Bureaucracy: the particularities of dealing with authorities
- Forging contacts, making friends and accepting invitations
- Personal initiative counts: create a plan to help you integrate successfully

### Methods

- Theoretical input
- Role plays with feedback and work in small groups
- Self-reflection exercises and exchange of experiences
- Sustainability tool: online test and e-learning to consolidate and revise content

### Benefits

- Better chances of integrating successfully, awareness of cultural differences
- Understanding of German customs
- Better assessment of your strengths, skills and possibilities
- More self-confidence and optimism
- Less anxiety and stress

**What this means for your health** Studying and working in a different cultural setting can quickly lead to misunderstandings and unpleasant situations if you aren't familiar with local customs. The frustrating feeling of being misunderstood and not making progress raises stress levels and can lead to self-doubt, social withdrawal, psychosomatic complaints and depression. A better understanding of your host country and its culture helps you become properly integrated, improves your well-being and stabilises your health.

In cooperation with

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Erfolg haben. Mensch bleiben.