

ADAPTATION SKILLS

- assess and manage security or health risks in a realistic and practical way
- exhibit techniques of self-care (such as taking relaxation and personal time) in making transitions in life
- participate in a personal support system, in which they receive (and reciprocate) emotional and other support from family, friends, and colleagues. They:
 - can describe the impact of the transition on their spouse and children
 - share feelings and reactions with spouse, family, and friends
 - seek out the advice and emotional support of well-adjusted expatriates or local colleagues
 - recognize problems other family members are having and communicate with them to help resolve them
 - stay in touch with family and friends back home

Core Competency

- 1.2** Beyond coping, IEPs actually enjoy an enriching experience in the host culture.

Behavioural Indicators

- 1.2** Interculturally Effective Persons:

- express satisfaction with living and working in a new culture, by:
 - voicing their appreciation of different cultures
 - articulating enjoyment at living in the new culture and how much they have learned from it
 - looking on the brighter side of things in the face of inevitable frustrations, rather than engaging in negativity and criticisms of others and self
 - making an effort to study and learn about the host country by attending seminars, reading books etc.
 - eating in local restaurants, cooking local food, and shopping in local markets etc.
 - reading local newspapers, watching local television etc.