

Living and Working in Sweden

A seminar with information, discussions and "hands-on practice" centred around cross cultural issues.

Aim

- To give participants knowledge of Sweden, the Swedes and Swedish culture.
- To increase awareness and understanding of the fact that there are many ways of communicating, interacting with people, solving problems, and indeed working, depending on one's nationality and cultural background.
- To discuss how to increase efficiency at work by eliminating the obstacles that can cause misunderstandings due to cultural differences.
- To give the participants an opportunity to meet other international employees and their families and to offer a forum for sharing experiences and discussing various aspects of moving to another country.

Structure and frame work

The basis of the seminar is interaction between the facilitators and the participants and provides the chance for a great many interesting discussions.

More theoretical sessions are interleaved with practical group assignments and workshops on:

- Culture, cross culture and communication.
- Our conceptions of other nationalities – and how we see ourselves.
- Typically Swedish.
- The factors that shaped Swedish culture; Geography, climate, history, religion, politics etc.



- The Swedish Health Care System.
- Being an expatriate; Moving abroad – and moving back home. Knowledge and understanding of the process. Practical tips and advice.
- How does culture influence us in daily life and at work?

At work: organisation, hierarchies, leadership styles, consensus, meeting culture, the decision process, the unions, equal opportunity, Jante-lagen, "burn-out", holidays/time off etc.

In everyday life: social codes, meals, alcohol, humour, equality between men and women, leisure time pursuits etc.

- The Swede at work.
- Labour legislation.

Layout

One day, from 9 to 4 p.m.

Venue

At Lexicon Communicate (or elsewhere according to agreement).