

## Am I open to intercultural experiences?

Please read the following statements and assess the extent to which they apply to you. Mark the appropriate answer in each case.

No.	Statement	Applies	Rather true	Rather not true / Does not apply
1	I find it exciting to get to know new ways of thinking and living.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I quickly get frustrated when things are different than in my home country.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I can put myself in the shoes of people with different points of view.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I often take cultural differences personally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I like to observe silently first before I comment in new groups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I am curious to do things differently than I am used to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I get irritated quickly when someone does not understand me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I reflect on how my behavior could affect others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I am open to criticism, even if it is formulated differently than in my home country.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I am good at dealing with uncertainty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Am I open to intercultural experiences?

### Evaluation (for self-assessment, no scoring)

- Many boxes ticked for "Applies/Rather true":

You already have a good basis for intercultural encounters: openness, self-reflection and a willingness to learn. Have you already applied to study abroad?

- Many boxes ticked for "Rather not true/does not apply":

Think about which situations could be particularly challenging for you. What could you do to react more flexibly or stay calm?

Don't be discouraged – a stay abroad is an opportunity to grow and learn something new!

Tip: Use your answers as a starting point to work specifically on certain skills – e.g. through exchanges with others, observations directly in the host country or a learning diary.

### Please note:

This self-assessment is exclusively for personal reflection and preparation for your stay abroad. It makes no claim to scientific accuracy or completeness.

It is not an assessment, but an invitation to reflect on one's own attitude and possible challenges in an intercultural context.



Important note:

This is not a "right or wrong" test, but an invitation for personal reflection. The results should give you food for thought – but provide no guarantee of perfect culture shock protection. 😊