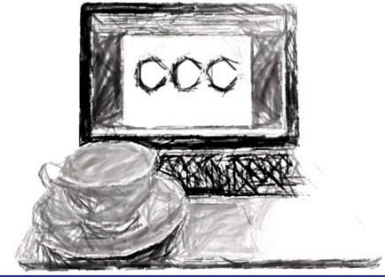




SIETAREUROPA

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Please save the date for our upcoming CCC Breaks. All dates are online [here](#).

CCC-Break 9: 11.October 2019. What challenges do expat spouses face in host countries and what strategies work best to overcome these hurdles (focus: Germany and northern Europe)?

The common challenges female expats face in the new cultural environment are intercultural misunderstandings, new language, home -sickness and the identity lose.

Kerstin Brandes who proposed the theme gave a vivid description of the situation of expats in the Northern European, especially German context.

Her input was followed by a short brainstorming shown below (It was conducted on www.menti.com)

What do you think when you hear about female expats?



new opportunities
people in my network
sietar composition member
may need some support
dual career struggles
positive
my mother
potential

In the cross-cultural coffee break we had a close-up at the following phenomena:

- The role of the personality, the mindset and the upbringing on the relocation process and adapting to the new environment
- The identity struggle of who they are becoming in this new role
- The role of prejudices and stereotypes – the negative perceptions of either host country or the country of origin has got a negative impact on the integration in the new place.

- The opened and curious mind enhances the adaptation and integration
- Difficulties of using potentials and talents in the new working context
- Financial dependence on the male spouse can lead to losing independence and self esteem in the new cultural setting

In our CCC break we also tried to answer the burning question: What can female women do in the place where they do not receive any work permit?

85 % of SIETAR members are women and some of them started their careers as intercultural trainers and coaches because they relocated and where searching for new job possibilities. Not only SIETAR can be a good organization to get inspired how to build a new career. Female expats can decide to commit to some volunteer work, work virtually, study or even build a portable business that can be maintained from different corners of the world. For more suggestions regarding the last option, you can have a look at the website <https://tandemnomads.com>.

Some women see this time abroad as an opportunity to realise personal projects that they have always postponed for lack of time.

One of the participants emphasized that not only women struggle with the job situation 25 % of the expats she coaches, are accompanying men, who actually face even more challenges than their female colleagues as they find fewer men in the same situation to connect with.

At the end of the CCC Break we focused on pieces of advice we would give to a fresh relocated person:


“Go out and walk around and ask yourself how you feel in the new environment”.

“Get to know yourself when embracing the new culture by journaling”.

“Order something to eat you have not tried before”.

“Profit from the virtual coaching” – more and more companies offer this form of support.

Thanks for this summary of our CCC Break discussion to:

	<p>Contributor: Kerstin Brandes, info@wortwelten-brandes.de, or connect: LinkedIn</p> <p>SEU Moderator: Joanna Sell j.sell@interculturalcompass.com, or connect via: LinkedIn</p>
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SIETAR Europa Cross Cultural Coffee Breaks

Summary



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SIETAR Europa Cross Cultural Coffee Breaks

Summary



Thanks for the intriguing discussions to our participants:

