Babel
LANGUAGE AND CULTURAL TRAINING

Our Working & Living in the UK programme is aimed at expatriates recently arrived in the country who require practical advice to be immediately effective in their encounters with British colleagues, neighbours and their community.

The programme is led by experienced cultural trainers who have an appreciation and understanding of cultural differences.

Course Objectives:

- Understand what motivates their British colleagues and neighbours
- Understand how and when they need to modify their behaviour to create a positive impression and avoid unintentional offence and be able to interpret the behaviour they encounter
- Be able to use a range of techniques for effective communication with the British

Course Content:

How has your culture shaped your values and behaviour? What is "normal" behaviour? Why we behave in the way we do – a brief introduction to cultural awareness

Who are the British?: What are they like? What do they like? What's your opinion so far?

What image do the British have of you? How can you modify your behaviour to overcome any negative or stereotypical views?

LIVING & WORKING IN THE UK

COURSE OUTLINE

Course Design
This course is designed to be delivered either face-to-face or in live online modules.

Course Duration
Face-to-face: 1 day of half-day
Online: Two x half-days or three x 120-minute modules.

Group Size
We recommend a maximum group size of 12.

Course Fee
Our fees depend on the course duration, how many participants will be attending and the scale of the overall programme. We are happy to work within a defined budget.

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Course Content Continued

Know Them: A model for developing understanding of the British:

- History of immigration – Famous British people who were immigrants
- Historical and geographical influences
- Political conditions
- Educational structures
- Key British values, primary belief system, characteristics of British society and the British "mind-set"
- Family life, class structure, male/female relationships, friendships, social welfare, customs, social attitudes, LGBTQIA, changes between generations

Presenting Yourself:

- Showing confidence and being authoritative
- Self-presentation

Dealing with Authority:

- Management
- Police
- Government bodies

Group Brainstorm: In small groups, participants will consider what practical actions they can take to improve efficiency and effectiveness/make things go more smoothly. Areas under consideration may include:

- Building and maintaining relationships with colleagues
- Working styles/hierarchical models – how and who to ask
- Attitudes to time, confusion, mistakes, persuading or influencing colleagues, getting noticed
- Receiving and giving feedback and information to colleagues

Living in the UK (to include some or all of the following topics):

- Help: Where to find it
- Living: How the British shop, save money and find free activities
- Socialising: Small talk – what to talk about, and what to avoid; appreciating their food and drink; punctuality; what to wear; where to meet people
- Housing: Where to get help? What's expected of you? What can you expect?
- Finance: Banking system, scams
- Sports & games: Football, rugby, cricket, other popular sports. What can you do on a local level?
- Food & drink: Popular foodstuffs, restaurants & pubs, supermarkets & food shopping
- Arts & culture: The theatre, ballet, opera, art, popular culture – pop music, TV and media – newspapers, magazines
- What to do on days off

Language Training

Babel offers inspiring and interactive lessons in all major languages from Beginners to Advanced. Tailored to your own specific goals and scheduled at a convenient time, you'll receive support and motivation from your own native-speaking tutor.

Cross-Cultural Training

Cultural competency is a skill for anyone working in a busy healthcare environment. We help people recognise and understand the inevitable cultural differences they encounter and develop the skills necessary to successfully manage these differences.