

Unit 6 – Building bridges through diversity

Living with people from other cultures

to break down cultural barriers	Nives likes to break down cultural barriers by asking thoughtful questions.	kulturelle Grenzen überwinden
to create understanding	Speaking to people from different cultures creates understanding for other points of view.	Verständnis schaffen / erzeugen
to promote tolerance	The workshop was designed to promote tolerance.	Toleranz fördern
to show respect for other cultures	The teacher said it was important to show respect for other cultures.	anderen Kulturen gegenüber Respekt zeigen
to communicate across borders	Communicating across borders has saved a lot of lives.	mit Menschen aus anderen Ländern kommunizieren
to bring peace	The treaty brought peace to the region.	Frieden bringen
to create a sense of unity	It's important to create a sense of unity in a classroom with different types of people.	ein Gefühl der Zusammengehörigkeit schaffen
to show interest in others' perspectives and experiences	It's seen as polite to show interest in others' perspectives and experiences.	Interesse für die Sichtweisen und Erlebnisse anderer zeigen
to not be judgmental	Berat tries to not be judgemental when he meets someone new.	nicht vorschnell urteilen, nicht wertend sein
to learn about different customs	We learned about different customs in school.	über verschiedene Bräuche / Sitten lernen
to share a beverage	On her trip to Vietnam, she shared a beverage with a local and learned a lot about the country's culture.	gemeinsam ein Getränk trinken
to be / feel discriminated against	Aisha was / felt discriminated against when she moved to the Czech Republic.	diskriminiert werden, sich diskriminiert fühlen
to respect the local traditions	When you travel, it's important to respect the local traditions of the country you're in.	die einheimischen Traditionen respektieren
to have different views on something	Julia and I have different views on politics and that's ok.	verschiedene Ansichten zu etwas haben
to live and work abroad for some time	He has lived and worked abroad for some time now.	für eine Weile im Ausland leben und arbeiten
to gather information about a topic	You should gather information about a topic before you ask questions about it.	Informationen zu einem Thema sammeln
to expect someone to do something	I expect my students to treat others with respect.	von jemandem erwarten, dass er/sie etwas tut
to adapt to cultural diversity	You need to adapt to cultural diversity because there are many types of people in the world.	kulturelle Vielfalt akzeptieren und sich darauf einstellen

Gap year experience

Benefits of taking a gap year

to gain new experiences	A gap year is a great way to gain new experiences.	neue Erfahrungen sammeln / machen
to learn about different cultures	Kellan really likes to learn about different cultures.	über verschiedene Kulturen lernen
to improve one's language skills	Anis moved to Austria so he could improve his language skills.	die eigenen Sprachkenntnisse verbessern
to take a break from studying	He took a gap year because he wanted to take a break from studying.	eine Pause vom Lernen machen, eine Lernpause einlegen
to travel and see the world	Her main goal in life was to travel and see the world.	reisen und die Welt entdecken

to meet new people	Tim met a lot of new and interesting people when he went out in Prague.	neue Leute kennenlernen
to explore (new) career options	A gap year gives students time to explore (new) career options.	(neue) Berufsmöglichkeiten erkunden
to build confidence	Facing new challenges abroad helps students build confidence and independence.	Selbstvertrauen aufbauen
to volunteer for a good cause	Many gap year programmes offer the chance to volunteer for a good cause.	ehrenamtlich für einen guten Zweck arbeiten, freiwillig für einen guten Zweck tätig sein
to overcome many challenges	Moving to a new country can teach students to overcome many challenges.	viele Herausforderungen meistern
to do something meaningful	I volunteered abroad because I wanted to do something meaningful with my life.	etwas Sinnvolles / Bedeutsames tun
to inspire someone to take a gap year	My father's stories from his time abroad inspired me to take a gap year.	jemanden dazu inspirieren, ein Auslandsjahr zu machen
to be tempted to spend some time abroad	I am tempted to spend some time abroad despite how much it costs.	in Versuchung sein, etwas Zeit im Ausland zu verbringen
Challenges of taking a gap year		
to face financial difficulties	A lot of students face financial difficulties no matter where they study.	mit finanziellen Schwierigkeiten konfrontiert sein, finanzielle Probleme haben
to feel homesick	It's normal to feel homesick when you first move away.	Heimweh haben
to miss friends or family	Tabora missed her friends and family more than she expected when she studied in Scotland.	Freunde/Freundinnen oder Familie vermissen
to struggle with planning the year	The teacher struggled with planning the year because she wasn't sure how many students there would be.	Probleme haben, das Jahr zu planen
to adjust to different environments	It can take time to adjust to different environments.	sich an verschiedene Umgebungen anpassen / unterschiedliche Lebensumstände gewöhnen
to feel bored / lonely sometimes	Travel is usually fun, but there's always the possibility that you will feel bored / lonely sometimes.	sich manchmal langweilen / einsam fühlen
to risk delaying career or education plans	The programme is amazing but you may risk delaying career or education plans if you join.	riskieren, dass sich Karriere- oder Bildungspläne verzögern
to be discriminated against because of gender	In certain countries, people are discriminated against because of gender.	aufgrund des Geschlechts diskriminiert / benachteiligt werden
to face prejudice	In Spain, Laura faced prejudice from locals because she was a tourist.	mit Vorurteilen konfrontiert werden
to (not) conform to something	She did not conform to the local dress code, which caused some problems.	sich (nicht) an etwas anpassen
to suffer from (reverse) culture shock	When she returned home to Bristol, she suffered from reverse culture shock.	an (umgekehrtem) Kulturschock leiden
to show off	A lot of people show off their gap year experiences on social media.	angeben, prahlen
Doing an internship abroad		
to become more independent	He became more independent after studying abroad in Rwanda.	selbstständiger / unabhängiger werden
to learn about the local culture / traditions	Elis wants to learn about the local culture / traditions of Nigeria.	etwas über die lokale Kultur / Traditionen lernen

to deal with visa and work permits	Sadly, Masa has to deal with visa and work permits all day.	sich um Visa und Arbeitsgenehmigungen kümmern
to get to know the rules of etiquette	Before visiting Japan, I tried to get to know the rules of etiquette there.	sich mit den Verhaltensregeln vertraut machen
to gain new skills	I took an online course to gain new skills in graphic design.	neue Fähigkeiten erwerben
to be afraid of making the first move	He is shy and afraid of making the first move in conversations.	sich nicht trauen, den ersten Schritt zu machen
to have insufficient language skills	I couldn't join the meeting because I had insufficient language skills.	unzureichende Sprachkenntnisse haben
to test one's limits	Climbing the mountain helped me test my limits.	die eigenen Grenzen testen, an die eigenen Grenzen gehen
to boost one's CV	Doing volunteer work can help boost your CV.	den Lebenslauf verbessern / aufwerten
to be physically and mentally exhausted	After the long trip, I was physically and mentally exhausted.	körperlich und geistig erschöpft sein
to be ready to take risks	Starting a new business shows that you are ready to take risks.	bereit sein, Risiken einzugehen
to adopt new working methods and strategies	Our manager asked us to adopt new working methods and strategies to increase production.	neue Arbeitsmethoden und Strategien übernehmen
to juggle a new job and living in a new country	It was difficult to juggle a new job and living in a new country at the same time because there was so much new information.	einen neuen Job und das Leben in einem neuen Land unter einen Hut bringen
to become more self-confident	Public speaking helped me become more self-confident.	selbstbewusster werden
to receive negative feedback / criticism	I was nervous to present my idea because I didn't want to receive negative feedback / criticism.	negative Rückmeldungen / Kritik erhalten
to (not) make new friends easily	She doesn't make new friends easily in big groups.	(nicht) leicht neue Freundschaften schließen
Dos and don'ts of living in Austria		
Eating habits		
to use cutlery	At traditional Austrian dinners, everyone is expected to use cutlery.	Besteck benutzen
to not overload one's fork or plate	At the traditional Austrian buffet, it is polite to not overload your fork or plate.	die Gabel / den Teller nicht überladen
to not chew with one's mouth open	At the traditional Austrian restaurant, it is polite to not chew with one's mouth open.	nicht mit offenem Mund kauen
to not make any loud noises when eating	In many countries it is considered impolite to make loud noises while eating.	beim Essen keine lauten Geräusche machen
to keep one's smartphone off the table	It is polite to keep one's smartphone off the table during dinner in Austria.	das Smartphone nicht auf den Tisch legen
to use a napkin	Please remember to use a napkin while eating at the restaurant.	eine Serviette benutzen
Greeting		
to look each other in the eyes	On the guided tour, the guide told us to look each other in the eyes when introducing ourselves.	sich in die Augen schauen
to greet in a friendly way	When we arrived in Vienna, the locals greeted us in a friendly way.	freundlich grüßen
to give a firm handshake	When meeting new colleagues in Linz, it is customary to give a firm handshake.	einen festen Händedruck geben

to kiss good friends on the cheek	In Salzburg, it is common to kiss good friends on the cheek when saying hello.	gute Freunde/Freundinnen auf die Wange küssen
Going out		
to not drink alcohol under the age of 16	Young tourists must remember not to drink alcohol under the age of 16 in Austria.	unter 16 Jahren keinen Alkohol trinken
to not smoke under the age of 18	Austrian law says you must not smoke under the age of 18.	unter 18 Jahren nicht rauchen
to have an ID with you	You always need to have an ID with you when checking into hotels in Austria.	einen Ausweis dabeihaben
Must-sees		
to visit Austria's capital city	Last summer, I had the chance to visit Austria's capital city, Vienna.	die österreichische Hauptstadt besuchen
to enjoy the beautiful scenery	While travelling through the Austrian Alps, we stopped often to enjoy the beautiful scenery.	die schöne Landschaft genießen
to visit St. Stephen's Cathedral	We planned a full day in Vienna to visit St. Stephen's Cathedral.	den Stephansdom besuchen
to visit Mozart's birthplace in Salzburg	Music lovers should definitely visit Mozart's birthplace in Salzburg.	Mozarts Geburtshaus in Salzburg besuchen
Traditions and festivals		
to take part in a Maypole Event	During our trip in spring, we were excited to take part in a Maypole Event in a small village.	an einem Maibaumfest teilnehmen
to participate in a Krampus Run	In December, tourists like to participate in a Krampus Run in small Austrian villages.	an einem Krampuslauf teilnehmen
to visit a Christmas market	In December, we went to visit a Christmas market in Salzburg.	einen Weihnachtsmarkt besuchen
to hide Easter eggs	In spring, some Austrian families like to hide Easter eggs for children.	Ostereier verstecken
Work life / internships		
to be punctual at work	The train staff in Vienna are very punctual at work, so the trains run on time.	pünktlich bei der Arbeit sein
to be friendly and polite	The locals were very friendly and polite when we asked for directions in Salzburg.	freundlich und höflich sein
to do one's duties / tasks properly	The tour staff must do their duties / tasks properly to make the trip enjoyable for everyone.	die Aufgaben / Pflichten ordentlich erledigen
to be focused and concentrated at work	The ski instructors must be focused and concentrated at work to keep everyone safe.	bei der Arbeit konzentriert sein
to listen to one's manager / boss	It is important to listen to your manager / boss to understand your daily tasks.	auf den Vorgesetzten / Chef/die Vorgesetzte / Chefin hören
to be hard-working and committed	The hotel staff were very hard-working and committed during our stay.	fleißig und engagiert sein
The importance of cultural awareness in education		
to strengthen teens' social and emotional development	Learning about different cultures can strengthen teens' social and emotional development.	die soziale und emotionale Entwicklung von Jugendlichen stärken
to offend someone	Using polite language can help to prevent offending someone.	jemanden beleidigen
to engage in various social activities	Students are encouraged to engage in various social activities with classmates from different backgrounds.	an verschiedenen sozialen Aktivitäten teilnehmen

to get in-depth insights into other customs	Cultural lessons help students get in-depth insights into other customs and traditions.	tieferer Einblick in andere Bräuche bekommen
to prioritise cultural awareness in education	Schools should prioritise cultural awareness in education to prepare students for a global world.	kulturelles Bewusstsein in der Bildung in den Vordergrund stellen
to advance teenagers' overall development	Learning about diversity can advance teenagers' overall development.	die ganzheitliche Entwicklung von Jugendlichen fördern
to become a more responsible citizen	Understanding different cultures helped the student to become a more responsible citizen.	ein verantwortungsbewussterer Bürger / eine verantwortungsbewusstere Bürgerin werden
to thoroughly understand something	Students must study history carefully to thoroughly understand cultural traditions.	etwas vollständig verstehen
to establish empathy	Classroom discussions about other countries help establish empathy among students.	Empathie entwickeln
to build genuine connections	Group projects on global topics foster essential skills such as communication and teamwork, and help build genuine connections.	echte / authentische Verbindungen bzw. Beziehungen aufbauen
to interact with others	Cultural activities allow students to interact with others in a respectful and meaningful way.	mit anderen in Kontakt treten / interagieren