

# Intercultural Training Programme

## PHASE THREE

In association with:



Sunderland  
**Futures**



University User ID: \_\_\_\_\_

Name \_\_\_\_\_

**Have you fully completed phases one and two?**

**YES or NO**

(If no or if you are unsure please speak to a facilitator before continuing.)

## THE CQS

Read each of the following statements and circle the response that best describes you:

(1= strongly disagree; 7= strongly agree)

I am conscious of the cultural knowledge I use when interacting with people with different cultural backgrounds

1                      2                      3                      4                      5                      6                      7

I adjust my cultural knowledge as I interact with people from a culture that is unfamiliar

1                      2                      3                      4                      5                      6                      7

I am conscious of the cultural knowledge I apply to cross cultural interactions

1                      2                      3                      4                      5                      6                      7

I check the accuracy of my cultural knowledge as I interact with people from different cultures.

1                      2                      3                      4                      5                      6                      7

I know the legal and economic systems of other cultures

1                      2                      3                      4                      5                      6                      7

I know the rules (e.g. vocabulary, grammar) of other languages.

1                      2                      3                      4                      5                      6                      7

I know the cultural values and religious beliefs of other cultures

1                      2                      3                      4                      5                      6                      7

I know the marriage systems of other cultures

1                      2                      3                      4                      5                      6                      7

I know the arts and crafts of other cultures

1                      2                      3                      4                      5                      6                      7

I know the rules for expressing non-verbal behaviours in other cultures

1                      2                      3                      4                      5                      6                      7

I enjoy interacting with people from different cultures

1                      2                      3                      4                      5                      6                      7

I am confident that I can socialise with locals in a culture that is unfamiliar to me

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I am sure I can deal with the stresses of adjusting to a culture that is new to me

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I enjoy living in cultures that are unfamiliar to me

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I'm confident that I can get accustomed to the shopping conditions in a different culture

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I change my verbal behavior e.g. accent told when I cross-cultural interaction required

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I change my verbal behavior (e.g., accent, tone) when cross-cultural interaction requires it

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I use pause and silence differently to suit different cross-cultural situations.

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I vary the rate of my speaking when a cross-cultural situation requires it.

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I change my non-verbal behavior when a cross-cultural situation requires it.

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**

I alter my facial expressions and a cross-cultural interaction requires it.

**1**                      **2**                      **3**                      **4**                      **5**                      **6**                      **7**