

Portfolio of Students' Projects

Collaborative Online International Learning
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“Digitally-Enhanced Foreign Language Education For Active European
Citizenship and Democratic Culture”

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Novaland University (Ukraine-Cyprus-Bulgaria)

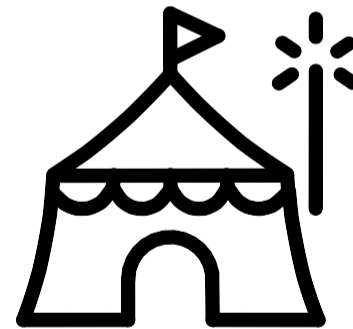
Digital Cultural Compendium: History, Traditions and Wellbeing

Welcome to the Compendium

- Welcome to the Team 5 Digital Cultural Compendium created for new students of Novaland University. This guide was developed through international collaboration between students from Ukraine, Cyprus, and Bulgaria to help newcomers better understand the cultural, historical, and wellbeing aspects of studying in a multicultural academic environment.
- The purpose of this compensium is to provide practical cultural knowledge, promote intercultural understanding, and support emotional, social, and spiritual adaptation for students entering an international university community.
- By exploring history, traditions, and everyday wellbeing, students can adapt more confidently, communicate more effectively, and build respectful relationships across cultures.

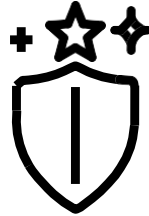
Section 1 Ukraine – History, Traditions and Wellbeing

- Ukraine's national identity has been strongly shaped by its long history of striving for independence, freedom, and self-determination. Significant events such as the Revolution of Dignity and continued national resilience demonstrate the importance of dignity, unity, and democratic values. Traditional celebrations like Easter – with pysanky, religious customs, and family gatherings – promote emotional, spiritual, and social wellbeing. During challenging times, Ukrainians often maintain wellbeing through mutual aid, volunteering, family traditions, and social unity.



Bulgaria & Cyprus – History, Traditions and Wellbeing

Bulgaria: Historical Identity



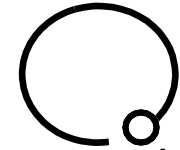
- Bulgaria's culture has been shaped by centuries of resilience, language preservation, and strong community values. Cultural endurance remains central to national identity.

Cyprus: Historical Identity



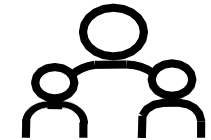
- Cyprus has a diverse cultural identity influenced by Greek, Turkish, and Mediterranean historical factors. This complexity has shaped Cypriot resilience, hospitality, and multicultural awareness.

Bulgaria: Traditions & Wellbeing



- Traditions such as Baba Marta – symbolized (red-and-white bracelets) – promote positive social interaction, emotional connection, and cultural continuity. Wellbeing is associated with family cohesion, cultural preservation, and a balanced lifestyle.

Cyprus: Traditions & Wellbeing



- Cypriot traditions include religious festivals and family-oriented customs supporting social inclusion and spiritual reflection. Wellbeing is deeply connected to family-centered living, hospitality, and Mediterranean work-life balance.

Comparative Analysis

Key Similarities

- Strong family bonds across all three cultures
- Easter and traditional rituals hold central importance
- Resilience shaped by historical struggles
- Community-centered wellbeing

Key Differences

- Ukraine's identity is strongly shaped by current national challenges
- Bulgaria emphasizes folklore preservation and long-standing cultural stability
- Cyprus is distinguished by Mediterranean influence and multicultural hospitality



Practical Adaptation Guide for New Novaland Students

1. Learn Cultural Backgrounds

- Understanding each country's history helps avoid misunderstandings and promotes respectful communication between students from all backgrounds.

2. Respect Traditions

- Participate in cultural celebrations and recognize important holidays. Show curiosity and openness toward practices different from your own.

3. Build Social Connections

- Strong interpersonal relationships are essential across all partner cultures. Invest time in meeting peers from Ukraine, Bulgaria, and Cyprus.

4. Support Emotional Wellbeing

- Recognize that wellbeing includes community, family, and a sense of belonging. Seek support and offer it to others in your university community.

5. Practice Open-Mindedness

- Cultural curiosity improves integration and intercultural competence. Embrace new perspectives as opportunities for personal growth.



Challenges Support in Multicultural Adaptation



Challenge: Cultural Misunderstandings

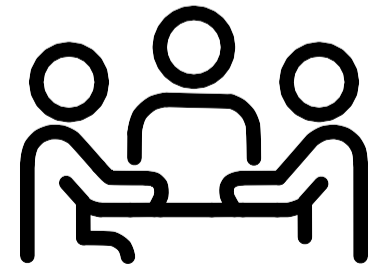
- Differences in communication styles and values can cause confusion. Address this through active listening, asking questions respectfully, and learning about each other's histories

Challenge: Social Isolation

- New students may feel disconnected from their home culture. Joining cultural clubs, attending university events, and building friendships across nationalities helps overcome this

Challenge: Emotional Adjustment

- Adapting to a new multicultural environment can be emotionally demanding. Lean on community solidarity, university wellbeing services, and peer support networks.



Key Takeaways Conclusion

- History Shapes Identity

The historical experiences of Ukraine, Bulgaria, and Cyprus are foundational to understanding each culture's values, resilience, and community spirit.

- Traditions Preserve Stability

Traditional celebrations and customs preserve emotional and social stability, providing continuity and a sense of belonging across generations.

- Wellbeing Is Culturally Shaped

Wellbeing is not universal — it is deeply influenced by family, community, and cultural belonging in all three partner nations.

- Intercultural Understanding Enhances Adaptation

By understanding cultural backgrounds, new students can integrate more effectively and contribute to a respectful, inclusive international community at Novaland University.

- History, traditions, and wellbeing are not separate concepts — together, they form the foundation for successful intercultural living. This Digital Cultural Compendium serves as a practical guide for new students seeking confidence, belonging, and cultural understanding in their international educational journey.