Актуальні проблеми фізичного виховання та спорту в сучасних умовах : матеріали Всеукр. наук.-практ. конференції. Дніпро, 2017. С. 28–34. URL: http://www.dnu.dp.ua/docs/ndc/confdocs/materialu_conf/2017/9.pdf

- 3. Гахария Т.Н. Цифровые технологии в спорте: состояние и перспективы. *Техническое обеспечение спортивной деятельности*: сборник статей: материалы V Международной научно-технической конференции, 15-16 февраля 2018 г. Минск: БНТУ, 2018. С. 9-13.
- 4. П'ять найкращих фітнес-браслетів просто зараз. *HB*: веб-сайт. URL: https://nv.ua/ukr/opinion/amatorskij-sport-v-ukrajini-kudi-bigti-199710.html
- 5. Шульга М., Особливості використання студентами програми Gym Воот під час самостійних занять фізичними вправами. *Вісник Прикарпатського університету. Фізична культура.* 2019 Вип. 32. С. 168-174.

6.https://stylus.ua/uk/adidas-micoach-smart-soccer-ball-g83963-p281145c1515.html

УДК 811.111

Дубенюк Я.О.

Ганніченко Т.А.

CROSS-CULTURAL NEGOTIATIONS IN ENGLISH. THE SEVEN DIMENSIONS OF CULTURE

Стаття присвячена аналізу техніки ведення міжкультурних переговорів. За допомогою Тромпенаарса та Сіми вимірів культури Хемпдена-Тернера розглянуто відмінності між представниками різних культур.

Ключові слова: культура, переговори, виміри, етапи ділових переговорів, стилі ділових переговорів, модель.

This article is devoted to the analysis of the technique of intercultural

negotiations. With the help of Trompenaars and the Seven Dimensions of Hampden-Turner Culture, differences between representatives of different cultures are considered.

Key words: culture, negotiations, dimensions, stages of business negotiations, styles of business negotiations, model.

ABOUT THE MODEL

The Seven Dimensions of Culture were identified by management consultants Fons Trompenaars and Charles Hampden-Turner, and the model was published in their 1997 book, "Riding the Waves of Culture."

Trompenaars and Hampden-Turner developed the model after spending 10 years researching the preferences and values of people in dozens of cultures around the world. As part of this, they sent questionnaires to more than 46,000 managers in 40 countries.

They found that people from different cultures aren't just randomly different from one another; they differ in very specific, even predictable, ways. This is because each culture has its way of thinking, its values and beliefs, and different preferences placed on a variety of different factors.

Trompenaars and Hampden-Turner concluded that what distinguishes people from one culture compared with another is where these preferences fall in one of the following seven dimensions:

1. Universalism versus particularism.

(Rules Versus Relationships)

Dimension	Characteristics	Strategies	
Universalism	People place high importance on	Help people	
	laws, rules, values, and obligations.	understand how their	
	They try to deal fairly with people	work ties into their	
	based on these rules, but rules come	values and beliefs.	
	before relationships.	Provide clear	
		instructions, processes,	

		and procedures.
		Keep promises
		and be consistent.
		Give people time
		to make decisions.
		Use an objective
		process to make decisions
		yourself, and explain your
		decisions if others are
		involved
Particularism	People believe that each	• Give people
	circumstance, and each relationship,	autonomy to make their
	dictates the rules that they live by.	own decisions.
	Their response to a situation Give	• Respect others'
	people autonomy to make their own	needs when you make
	decisions. Respect others' needs	decisions.
	when you make decisions. Be	Be flexible in how
	flexible in how you make decisions.	you make decisions.
	Take time to build relationships	Take time to build
	response to a situation may change,	relationships and get to
	based on what's happening at the	know people so that you
	moment, and who's involved.	can better understand
		their needs.
		 Highlight
		important rules and
		policies that need to be
		followed.

Typical universalist cultures include the U.S., Canada, the U.K, the Netherlands, Germany, Scandinavia, New Zealand, Australia, and Switzerland.

<u>Typical particularistic cultures</u> include Russia, Latin-America, and China.

2. Individualism versus communitarianism.

(The Individual Versus The Group)

People believe in personal freedom	Ducias and
	Praise and reward
and achievement. They believe that	individual performance.
you make your own decisions and	• Give people
that you must take care of yourself.	autonomy to make their
	own decisions and to use
	their initiative.
	• Link people's needs
	with those of the group or
	organization.
	Allow people to be
	creative and to learn from
	their mistakes.
People believe that each	• Give people
circumstance, and each	autonomy to make their
relationship, dictates the rules that	own decisions.
they live by. Their response to a	• Respect others'
situation Give people autonomy to	needs when you make
make their own decisions. Respect	decisions.
others' needs when you make	Be flexible in how
decisions. Be flexible in how you	you make decisions.
make decisions. Take time to build	• Take time to build
relationships response to a situation	relationships and get to
may change, based on what's	know people so that you
happening at the moment, and	can better understand their
who's involved.	needs.
	 Highlight
	important rules and
	policies that need to be
	followed.
	you make your own decisions and that you must take care of yourself. People believe that each circumstance, and each relationship, dictates the rules that they live by. Their response to a situation Give people autonomy to make their own decisions. Respect others' needs when you make decisions. Be flexible in how you make decisions. Take time to build relationships response to a situation may change, based on what's happening at the moment, and

Typical individualist cultures include the U.S., Canada, the U.K,

Scandinavia, New Zealand, Australia, and Switzerland.

Typical communitarian cultures include countries in Latin-America,

Africa, and Japan.

3. Specific versus diffuse.

(How Far People Get Involved)

Dimension	Characteristics	Strategies
Specific	People keep work and personal	Be direct and to the
	lives separate. As a result, they	point.
	believe that relationships don't have	• Focus on people's
	much of an impact on work	objectives before you
	objectives, and, although good	focus on strengthening
	relationships are important, they	relationships.
	believe that people can work	• Provide clear
	together without having a good	instructions, processes,
	relationship.	and procedures.
		Allow people to
		keep their work and home
		lives separate.
Diffuse	People see an overlap between their	Focus on building
	work and personal life. They	a good relationship before
	believe that good relationships are	you focus on business
	vital to meeting business objectives	objectives.
	and that their relationships with	• Find out as much
	others will be the same, whether	as you can about the
	they are at work or meeting	people that you work with
	socially. People spend time outside	and the organizations that
	work hours with colleagues and	you do business with.
	clients.	Be prepared to
		discuss business on social
		occasions, and to have
		personal discussions at
		work.
		• Try to avoid
		turning down invitations to
		social functions.

<u>Typical specific cultures</u> include the U.S., the U.K., Switzerland, Germany, Scandinavia, and the Netherlands.

<u>Typical diffuse cultures</u> include Argentina, Spain, Russia, India, and China.

4. Neutral versus emotional.

(How People Express Emotions)

Dimension	Characteristics	Strategies	
Neutral	People make a great effort to	• Manage your	
	control their emotions. Reason	emotions effectively.	
	influences their actions far more	• Watch that your	
	than their feelings. People don't	body language doesn't	
	reveal what they're thinking or how	convey negative emotions.	
	they're feeling.	• "Stick to the point"	
		in meetings and	
		interactions.	
		• Watch people's	
		reactions carefully, as they	
		may be reluctant	
Emotional	People want to find ways to express	Open up to people	
	their emotions, even spontaneously,	to build trust and rapport.	
	at work. In these cultures, it's	• Use emotion to	
	welcome and accepted to show	communicate your	
	emotion.	objectives.	
		• Learn to manage	
		conflict effectively, before	
		it becomes personal.	
		• Use positive body	
		language.	
		• Have a positive	
		attitude.	

Typical neutral cultures include the U.K., Sweden, the Netherlands,

Finland, and Germany.

<u>Typical emotional cultures</u> include Italy, France, Spain, and countries in

Latin-America.

5. Achievement versus ascription.

(How People View Status)

Dimension	Characteristics	Strategies	
Achievement	People believe that you are what	• Reward and	
	you do, and they base your worth	recognize good	
	accordingly.	performance appropriately.	
	These cultures value performance,	• Use titles only	
	no matter who you are.	when relevant.	
		• Be a good role	
		model.	
Ascription	People believe that you should be	• Use titles,	
	valued for who you are. Power,	especially when these	
	title, and position matter in these	clarify people's status in an	
	cultures, and these roles define	organization.	
	behavior.	• Show respect to	
		people in authority,	
		especially when	
		challenging decisions.	
		• Don't "show up"	
		people in authority.	
		• Don't let your	
		authority prevent you from	
		performing well in your	
		role.	

<u>Typical achievement cultures</u> include the U.S., Canada, Australia, and Scandinavia.

<u>Typical ascription cultures</u> include France, Italy, Japan, and Saudi Arabia.

6. Sequential time versus synchronous time.

(How People Manage Time)

Dimension	Characteristics	Strategies	
-----------	-----------------	------------	--

Sequential	People like events to happen in	• Focus on one	
Time	order. They place a high value on	activity or project at a	
	punctuality, planning (and sticking	time.	
	to your plans), and staying on	Be punctual.	
	schedule. In this culture, "time is	Keep to deadlines.	
	money," and people don't appreciate	• Set clear	
	it when their schedule is thrown off.	deadlines.	
Synchronous	People see the past, present, and	Be flexible in how	
Time	future as interwoven periods. They	you approach work.	
	often work on several projects at	• Allow people to	
	once, and view plans and	be flexible on tasks and	
	commitments as	projects, where possible.	
	flexible.	• Highlight the	
		importance of punctuality	
		and deadlines if these are	
		key to meeting objectives.	

Typical sequential-time cultures include Germany, the U.K., and the U.S.

Typical synchronous-time cultures include Japan, Argentina, and Mexico.

7. Internal direction versus outer direction.

(How People Relate to Their Environment)

Dimension	Characteristics	Strategies
Internal Direction	People believe that they can control	Allow people to
(This is also known	nature or their environment to	develop their skills and
as having an internal	achieve goals. This includes how	take control of their
locus of control.)	they work with teams and within	learning.
	organizations.	• Set clear
		objectives that people
		agree with.
		Be open about
		conflict and disagreement,
		and allow people to
		engage in constructive
		conflict.

Outer Direction

(This is also known as having an external locus of control .)

People believe that nature or their environment controls them; they must work with their environment to achieve goals. At work or in relationships, they focus their actions on others, and they avoid conflict where possible. People often need reassurance that they're doing a good job.

- Provide people with the right resources to do their jobs effectively.
- Give people direction and regular feedback, so that they know how their actions are affecting their environment.
- Reassure people that they're doing a good job.
- Manage conflict quickly and quietly.
- Do whatever you can to boost people's confidence.
- Balance negative and positive feedback.
- Encourage people to take responsibility for their work.

<u>Typical internal-direction cultures</u> include Israel, the U.S., Australia, New Zealand, and the U.K.

Typical outer-direction cultures include China, Russia, and Saudi Arabia.

JAPANESE, AMERICAN, AND CHINESE BUSINESS NEGOTIATION STYLES

Category	Japanese	Americans	Chinese
Language	Most Japanese	Americans have less	Often Chinese
	executives	time to formulate	negotiators will
	understand English,	answers and observe	understand at least
	though interpreters	Japanese nonverbal	some English, but
	are often used.	responses because of	will prefer an

Nonverbal behaviors The Japanese interpersonal communication style includes less eye contact, fewer negative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. Vertical buyer-seller relationships, with sellers depending on similar in quant to Americans in respects, yet diff to read. Values Relationship-oriented, guanxi, and face are looking for a "vested pending on to compromise, to compromise	nost
interpersonal communication style includes less eye with arguments or contact, fewer negative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. Vertical buyer-seller relationships, with arguments or to read. Speaking one's mind simportant; buyer-oriented, guanxi, and face are relationships, with are horizontal.	nost
communication style includes less eye contact, fewer concessions. respects, yet diff to "fill" silent periods with arguments or concessions. regative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. is important; buyer-seller relationships, with are horizontal. respects, yet diff to read. Relationship to read. Relationship-oriented, guanxi, and face are looking for a "vertical buyer-seller relationships are horizontal.	
includes less eye contact, fewer concessions. negative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. Vertical buyer-seller relationships, with arguments or concessions. to read. Relationship-oriented, guanxi, and face are relationships, with are horizontal.	cult
contact, fewer negative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. Is important; buyer-saving are important. Vertical buyer-seller relationships and face are relationships, with are horizontal.	
negative facial expressions, and more periods of silence. Values Indirectness and face-saving are important. Vertical buyer-seller relationships, with are horizontal. negative facial expressions, and more periods of silence. Speaking one's mind Relationship-oriented, guanxi, and face are relationships, with are horizontal.	
expressions, and more periods of silence. Values Indirectness and face-saving are important. is important; buyer-oriented, guanxi, Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "vertical buyer-seller seller relationships are important.	
more periods of silence. Values Indirectness and face-speaking one's mind Relationship-saving are important. is important; buyer-oriented, guanxi, Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "v	
Values Indirectness and face- saving are important. is important; buyer- oriented, guanxi, Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "v	
Values Indirectness and face- saving are important. is important; buyer- oriented, guanxi, Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "v	
saving are important. is important; buyer- oriented, guanxi, Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "v	
Vertical buyer-seller seller relationships and face are relationships, with are horizontal. looking for a "v	
relationships, with are horizontal. looking for a "v	
	æy,
sellers depending on to compromise, t	ay"
	uth
goodwill of buyers is secondary.	
(amae), is typical.	
Four Stages of Business Negotiations	
Nontask sounding Considerable time Very short periods Long, expens	ive,
and expense devoted are typical. formal,	
to such efforts is the intermediaries	are
practice in Japan. key.	
Task-related The most important Information is given Indirectness,	
exchange of step: High first offers briefly and directly. explanation	irst,
information long explanations and «Fair» first offers are intermediaries.	
in-depth more typical.	
clarifications.	
Persuasion is The most important Questions, compe	ing
accomplished step: Minds are for offers, delays.	\sim
primarily behind the changed at the	
scenes. Vertical negotiation table, and	
status relations aggressive persuasive	

	dictate bargaining	tactics are often used.	
	outcomes.		
Concessions and	Concessions are	Concessions and	Holistic approach,
agreement	made only toward the	commitments are	revisiting closed
	end of negotiations -	made throughout – a	issues, the goal is a
	a holistic approach to	sequential approach	long-term
	decision making.	to decision making.	relationship. Progress
	Progress is difficult		is difficult to measure
	to measure for		for Americans.
	Americans.		

WHATEVER SPEECH YOU ARE MAKING IN ENGLISH, FOLLOW THIS STRUCTURE:

1) INTRODUCTION:

- establish the importance of your subject (think inductive or deductive approach);
- establish a reason why you are talking about the subject;
- clearly state the purpose of writing;
- grab the audiences' attention.

2) <u>BODY</u>

- structure your thoughts and arguments clearly and announce the structure;
- use 'I', 'we' if you want to relate to the audience; use the third person if you need to remain formal;
- use more nouns and verbs, fewer adjectives and adverbs;
- start with 'but', 'if', or 'because' if the sentence calls for an informal tone;
- remove words that don't add to the message;
- use positive statements ('lacks' instead of 'does not have);
- avoid superfluous words ('exaggerate', not 'exacerbate').

3) CONCLUSION

- summarize your thoughts and arguments;
- reformulate your main message;

- call your audience to action;
- express appreciation and gratitude.

Література:

- 1. Marina Starodubska, «Executive development reputation management programs», Kyiv-Mohyla Business School, 2018.
- 2. Fons Trompenaars and Charles Hampden-Turner, «Riding the Waves of Culture: Understanding Diversity in Global Business», 1997.

УДК 811.111

Danylchuk I.

ADAPTATION DIFFICULTIES IN THE USA

Стаття стосується процесу адаптації в англомовній країні як США, а також про різні проблеми та ускладнення у цьому процесі.

Ключові слова: труднощі адаптації, різні проблеми, іноземна мова, правила поведінки, вивчення англійської мови

The article is about the adaptation process in the English speaking country like the USA, also about different problems and complications in this prosess.

Key words: adaptation difficulties, different problems, foreign language, rules of behavior, learning of English.

America is the greatest country, full of endless possibilities. Many people want to live here and move for various reasons. Negative reasons, such as a war in their home country, cataclysms, or low level of income, can force a person to move to another place. There are also positive reasons for moving, such as: looking for a new job, pursuing the "American dream", love, a better life, and a lot of others. But when moving to another country, you need to remember that you will have to