

Beyond boundaries: Exploring intercultural competence and cultural humility in occupational therapy (ECCHOT)



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WFOT
Congress 2026
9-12 FEBRUARY BANGKOK, THAILAND



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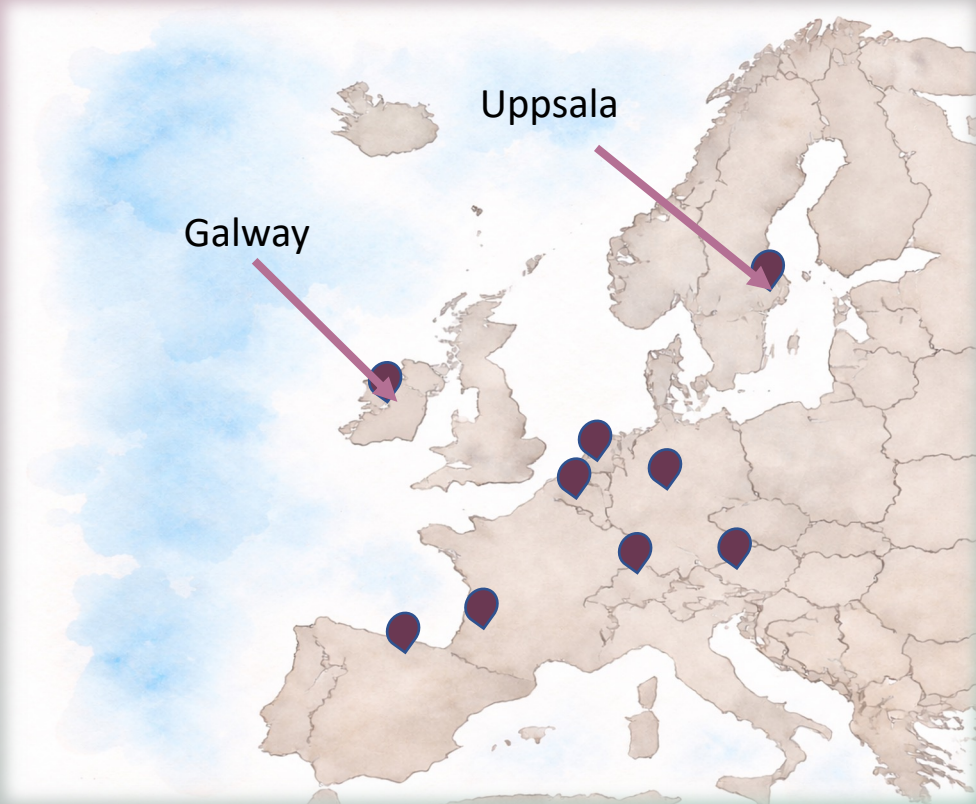
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<https://enlight-eu.org/university-about-us/funded-projects/1349-ecchot>

What is

Beyond boundaries: Exploring intercultural competence and cultural humility in occupational therapy (ECCHOT)??



ECCHOT – a pedagogic project founded by ENLIGHT

European university Network to promote equitable quality of Life, sustainability and Global engagement through Higher education Transformation

The Occupational Therapy bachelor programs at Uppsala University & University of Galway

Duration: 2024-2027



Cultural competence

- Knowledge about cultures
- Risk of “stereotyping”
- “Learning is completed”

Cultural humility

- Self-reflection and awareness
- Exploring the individuals situation and context from a cultural aspect
- Recognising complexity and individuality
- Continuously ongoing and a lifelong process



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Idea

Introduce cultural competence and humility to our students in the first semester and integrate the approach throughout the education program

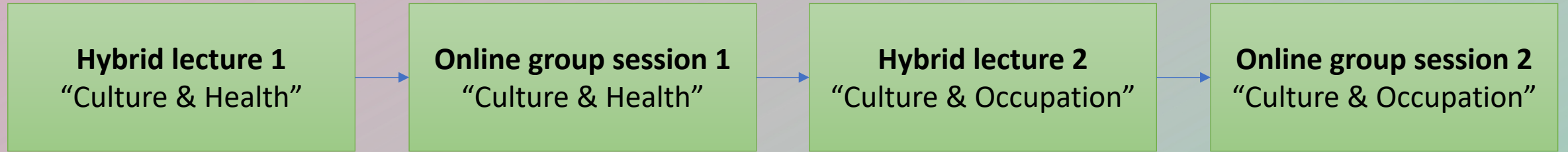
ECCHOT

Aim

Introduce and expand students' awareness of cultural biases and the impact of culture on daily occupations and rehabilitation

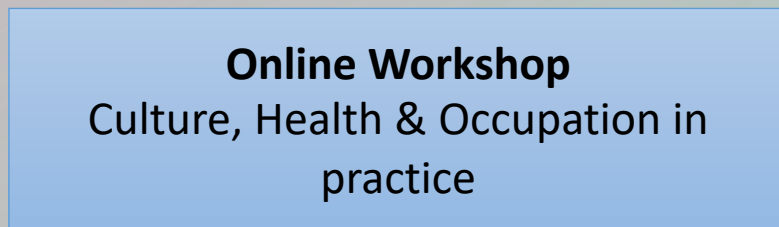
Pilot 2025-2026

1st semester – OT program

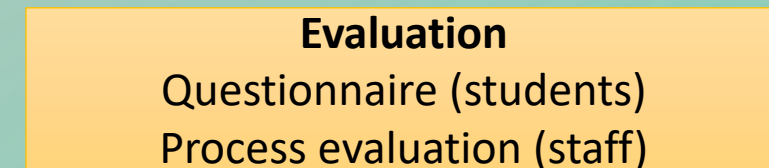
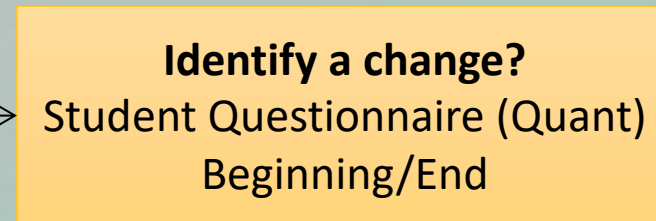


October

2nd semester – OT program



March



Formative Evaluation of hybrid-lectures & group discussions '25



What in the course surprised you? (n=43)

Everyone has different values and beliefs.

It was more interesting than I thought it would be.

How similar, yet different, our cultures and cultural experiences are.

How culture is so much more than music and art. I have never looked at it this way.

Cultural competence was quite eye-opening for me.

Formative Evaluation of hybrid-lectures & group discussions '25



The online discussions helped me connect ideas from the lectures (n=46)



Pieces are still flying around

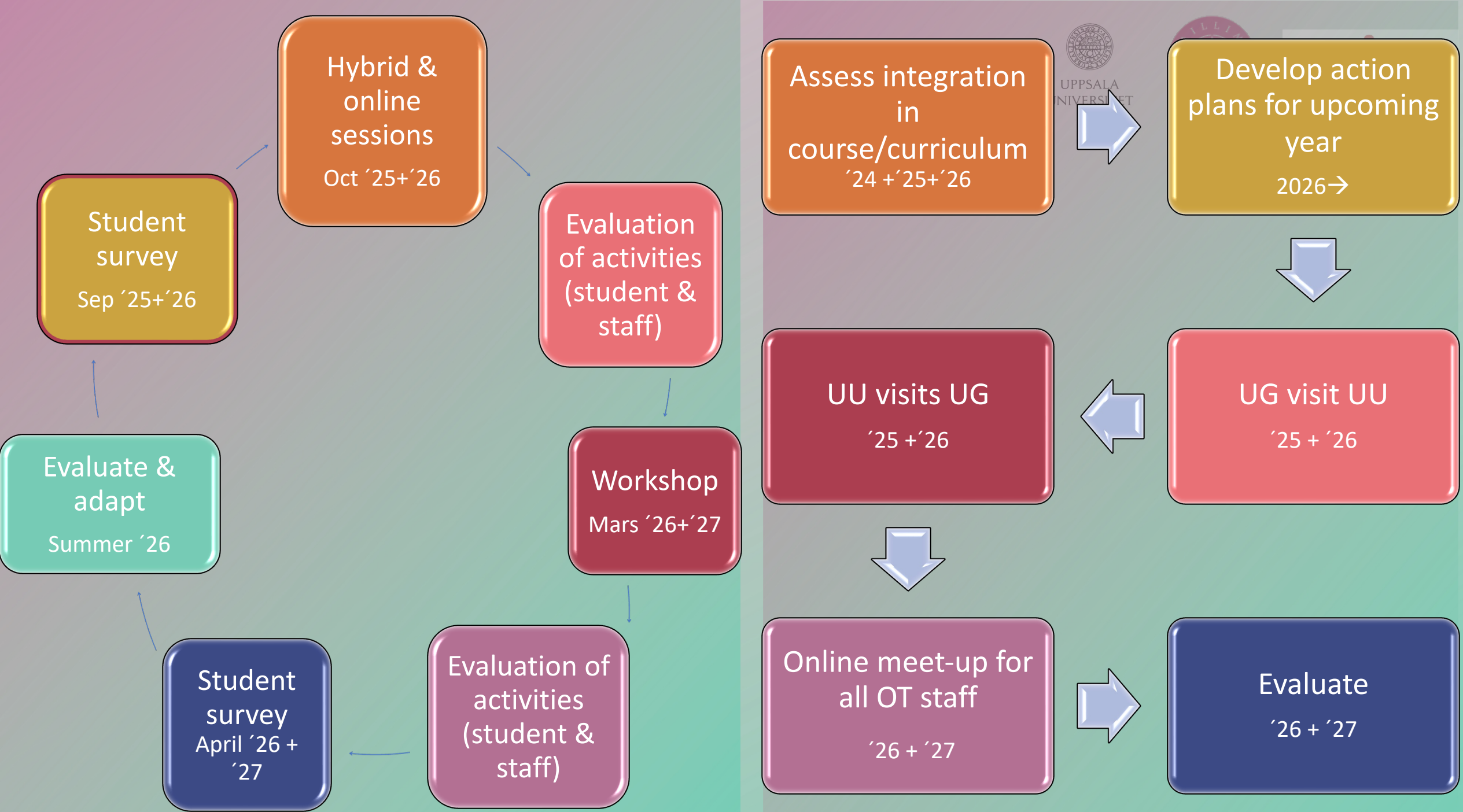
All is braided together

How confident do you feel applying what you learned to your own academic or professional context (n=46)



Still circling the ideas

Ready to conquer my field





Want to know more?

Catch us now or send an email later

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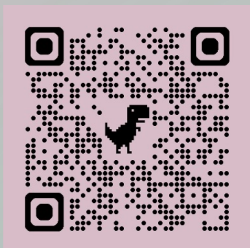
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Project
information



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