

Answers in the Key Module 3 Task 20 Video 11:

Ad. 3. Reserved and Minimal Gestures: Eastern Europeans, including Lithuanians, generally use fewer gestures and less expressive body language compared to people from hotter climates.

Ad. 4. Their body language may appear understated or even robotic to outsiders, but it reflects cultural norms of restraint and sincerity. The “volume” of body language is smaller, but the meaning is genuine. A slight smile, a nod, or a simple handshake can carry significant meaning, such as agreement or friendship. Over time, you’ll learn to read these smaller gestures and understand their importance in communication.

Ad. 5. Honest Expressions: Body language in Eastern Europe tends to be straightforward and less performative. If someone is friendly, it will show naturally without exaggerated gestures. There is little “fake friendliness” or forced politeness in body language—people generally express how they truly feel.

Ad. 6. If you are from a culture with larger, more expressive gestures, tone it down initially to match the local communication style. Observing how people interact in public spaces, such as cafes or streets, can help you adjust your own body language to fit the cultural context. Pay attention to how friends greet and interact with each other in Eastern Europe. The volume of laughter, the size of gestures, and even the way they walk together can reveal how they communicate and connect.

Takeaway:

Body language in Eastern Europe is more reserved and sincere, reflecting cultural values of subtlety and honesty. Observing and adapting to these subtleties will help you communicate effectively and respectfully in this environment.