

Culture shock

Have you ever experienced culture shock? What was it like?

In the text below order the stages of culture shock as they happen.

Culture Shock and Adaptation

Many people will have some initial difficulties in adapting to a new environment even if they have travelled to that country many times before. The effects can vary from mild uneasiness and homesickness to panic and loss of perspective. Everyone reacts differently to the abrupt loss of the familiar, but there are some common phases of adjustment. Although these reactions may not happen in this order and can be experienced multiple times, it is helpful to understand the following stages and recognize them as part of the normal adjustment process:

___ **Adaptation and biculturalism** You feel even more comfortable with the host culture, more a part of it. The differences you once judged as ridiculous now make sense to you and you realize that the strand of "bad luck" was actually what made you grow stronger and more aware of how the society you live in really functions.

___ **Initial euphoria** This stage, usually called the "honeymoon", begins with your arrival. You are curious and willing to learn. This stage ends when the initial excitement wears off.

___ **Preliminary stage** You have yet to embark on your journey and can only prepare yourself as much as possible for what is still unknown to you.

___ **Re-entry phase** Re-entry is, of course, the process of re-adaptation when you are back home and can be the hardest of all for some people. You are expected to reunite with your friends, your family, and your way of life as if you had never left. You may be expected to talk about your trip, but not too much, and to gradually become the person who you once were, which is impossible. This phase can last the longest, as you learn to teach others who you were, who you are, and how this experience has made you a better person not just in your habits but in your world view.

___ **Irritability** During this stage, you will be taking an active part in life abroad, and will encounter many differences between your home and your host culture. This stage can be painful. You start to negatively judge differences and experiences and it may seem like "everything bad is happening at once."

Although adapting can sometimes be painful, it provides a valuable opportunity for personal growth. It is a mind-stretching process that will leave you with a broader perspective and wider tolerance for others and others' ways of life. It will teach you about your limitations, your strengths, and how you handle change. (<http://www.brandeis.edu/acserv/abroad/accepted/culture/cultureshock.html>)

Task 6 Video

(<https://www.youtube.com/watch?v=tPfB6GIjM9Q>)

Watch the presentation for international students and tick the stages from the text above that he mentions.

What tips does he give to overcome culture shock?