

# Culture Shock



# WHAT IS CULTURE SHOCK?

Culture shock' is used to describe the emotional rollercoaster that someone experiences when living in a new country. Anyone that has worked and lived in a foreign country will experience culture shock of some sort.

Culture shock affects anyone from business personnel and their families, to EFL teachers to sports stars. Recognizing culture shock is an important way of being able to deal with it. Dealing with it helps minimize the risk of becoming disillusioned with a new country and the possibility of deciding that a quick return 'home' is the only solution.

Experts agree that culture shock has stages and all agree that once people get beyond the initial and most difficult stages, life in a new country becomes a lot better.

# SYMPTOMS

- Feelings of sadness and loneliness
- Feelings of anger, depression
- Insomnia or sleeping too much
- Questioning your decision to move to this place
- Constant complaints about the climate
- Refusal to learn the language
- Overwhelming sense of homesickness--
- Continual offering of excuses for staying indoors
- Trying too hard to adapt by becoming obsessed with the new culture
- Utopian ideas concerning one's previous culture
- Continuous concern about the purity of water and food
- Fear of touching local people
- Preoccupation about being robbed or cheated
- Pressing desire to talk with people who "really make sense."
- Preoccupation with returning home

# The Stages

- ▣ The Honeymoon Stage.
- ▣ The Rejection Stage.
- ▣ The Regression Stage.
- ▣ The Recovery Stage.
- ▣ The Reverse Culture Shock Stage.

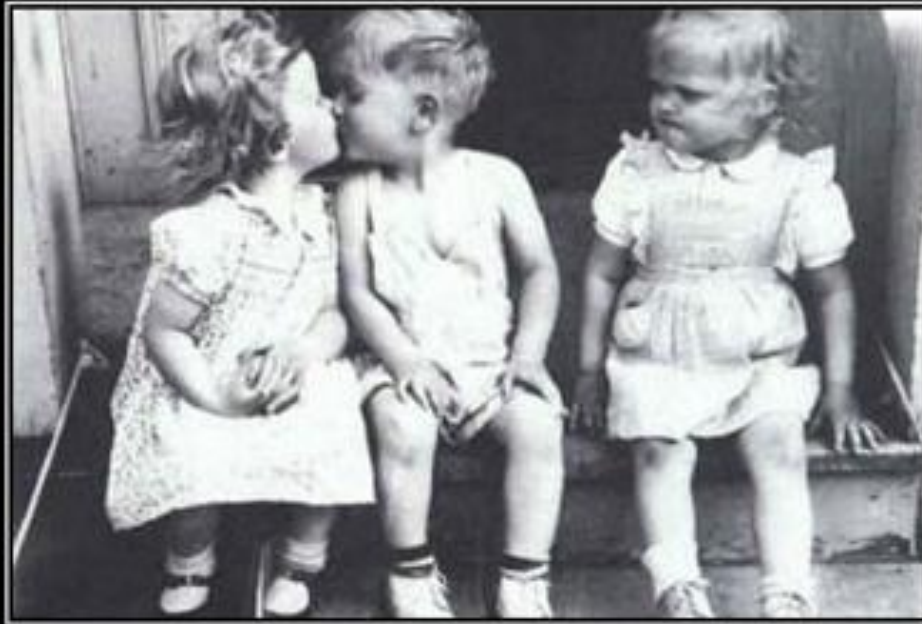
# The Honeymoon



# The Honey moon Stage

- ▣ **The honey moon stage**(fun : The excitement and adventure of experiencing new people, things, and opportunities.
- ▣ Find the new culture exotic and are fascinated

# The Rejection Stage



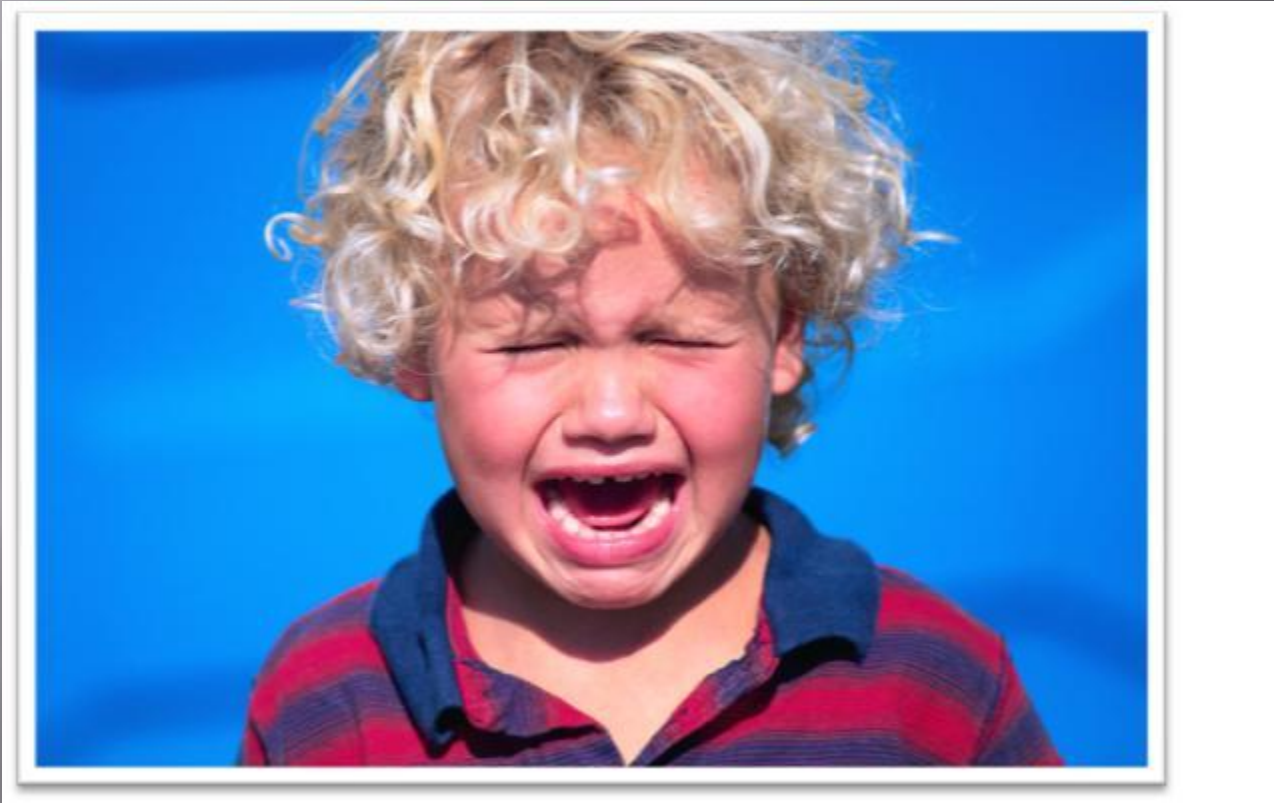
REJECTION

# The Rejection Stage.

- The honeymoon phase comes to an end as the newcomer has to deal with transportation problems (buses that don't come on time), shopping problems (can't buy their favorite foods or soaps or whatever) or communication problems (What does "See ya' later"/"No worries mate" really mean?). Little things come up but it may start to seem like people somehow no longer care about your problems. They may help, but they don't seem to understand your concern over what they see as small problems. You might even start to think that the people in your new country don't like newcomers and often you may begin to feel aggressive and start to complain about the new culture/country - 'Americans are ', or 'The system is '. It is important to recognize that these feelings are real and can become acute. This phase is a crisis phase in the 'disease' of culture shock and is called the "rejection" phase precisely because it is at this point that the newcomer starts to reject the host country, complaining about and noticing only the bad things that bother them. At this stage the newcomer either gets stronger and stays, or gets weaker and goes home (physically, mentally or both).



# The Regression Stage.



# THE REGRESSION STAGE.

If you have struggled with phase 2, you may find yourself moving into regression - moving backward - and in this phase of culture shock, you spend much of your time speaking your own language, watching videos from your home country, eating food from home. You may also notice that you are moving in social circles which are exclusively made up of people from your own background and you don't want to meet locals. You may spend most of this time complaining about the new country/culture and its strange and senseless ways. Also in the regression phase, you may only remember the good things about your home country which may suddenly seem marvelously wonderful; all the difficulties that you had there are forgotten and you may find yourself wondering why you ever left. You may now only remember your home country as a wonderful place in which nothing ever went wrong for you. Of course, this is not true, but an illusion created by your culture shock crisis.

# The Recovery Stage.



# THE RECOVERY STAGE.

If you survive the third stage successfully, you will move into the fourth stage of culture shock. In this stage you become more comfortable with the language and you also feel more comfortable with the customs of your new country. You can now move around without a feeling of anxiety. You still have problems with some of the social cues and you may still not understand everything people say (especially idioms) or do. However, you are now much better adjusted to the new culture and you start to realize that no country is that much better than another - it is just different lifestyles and different ways to deal with the problems of life. With this new adjustment, you accept the food, drinks, habits and customs of the new country, and you may even find yourself preferring some things in the new country, to things at home. You have now understood that there are different ways to live your life and that no way is really better than another, just different. Finally, you have become comfortable in the new place - it's not so bad. Most importantly, your sense of humor will have returned and you find you are able to look at yourself and laugh.

# The Reverse Culture Shock

- ▣ This occurs when you return home after a long stay abroad and does not concern us here.

# VIDEO

<http://www.youtube.com/watch?v=FQtzQn1Rvc8>

# **My personal experience**

# Language

- ▣ Wassup
- ▣ Wassup dawg
- ▣ BFF
- ▣ Een
- ▣ Mouain
- ▣ Cener
- ▣ How are you?
- ▣ How are you my friend?
- ▣ Best Friends Forever
- ▣ Have you Eaten
- ▣ Mountain
- ▣ center



# Are you?



# Greeting

**NO KISS**

**NO HUG**

# Measurment

- ▣ Kilos
- ▣ Centimeters
- ▣ C
- ▣ pound
- ▣ Inches
- ▣ F

# How can I overcome the culture shock

▣ Patient

▣ persevere