



CULTURE SHOCK

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General Definition of Culture

The ideas, customs, and social behavior of a particular people or society.



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General Definition of Shock

A sudden upsetting or surprising event or
experience.



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**Confusion, discomfort,
disorientation, and uncertainty
experienced when suddenly
subjected to an unfamiliar
environment/culture.**

According to the Oxford Dictionary



Culture Shock

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Symptoms of Culture Shock

Physical

- Headaches
- Insomnia
- Loss of appetite

Emotional

- Insecurity
- Homesickness
- Isolation
- Idealization of home culture
- Confusion



Five Stages of Culture Shock

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1. The Honeymoon Stage

New experience -- Euphoria



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2. The Distress Stage

Experiences no longer feel new.

The realization that familiar support systems are not easily accessible anymore.

3. Reintegration Stage

General dislike of the culture, language, and food.

Onset of aggression

The idealization of life “back home”.

4. **Autonomy Stage**

(Emergence Stage)

Acceptance starts.

Increase of confidence and appreciation.

5. Independence Stage

Embracing the new culture.

Feeling at home.



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STAGES of CULTURE SHOCK



How to Cope with Culture Shock

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Before you go...

- Research cultural norms, politics and entire history of the host country.
- Seek advice from other people about the country and its tradition.



Once you arrive...

- Once settled, start a daily journal, recording entries of your encounters and experiences..



Push yourself to...

- Although leaving the comfort zone can be irritating, pushing through it is part of the process.



Participate..

- Practice the language.
- Make friends.



Ask for help..

- A fellow student, professor, counsellor, or host parent to talk help through difficulties as they arise.



Get involved...

- In an enjoyable activity that helps you meet people and get used to the environment.



Plan...

- Tours and participate in sports and recreational activities.





Summing up...

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THANK YOU

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