


CULTURE SHOCK



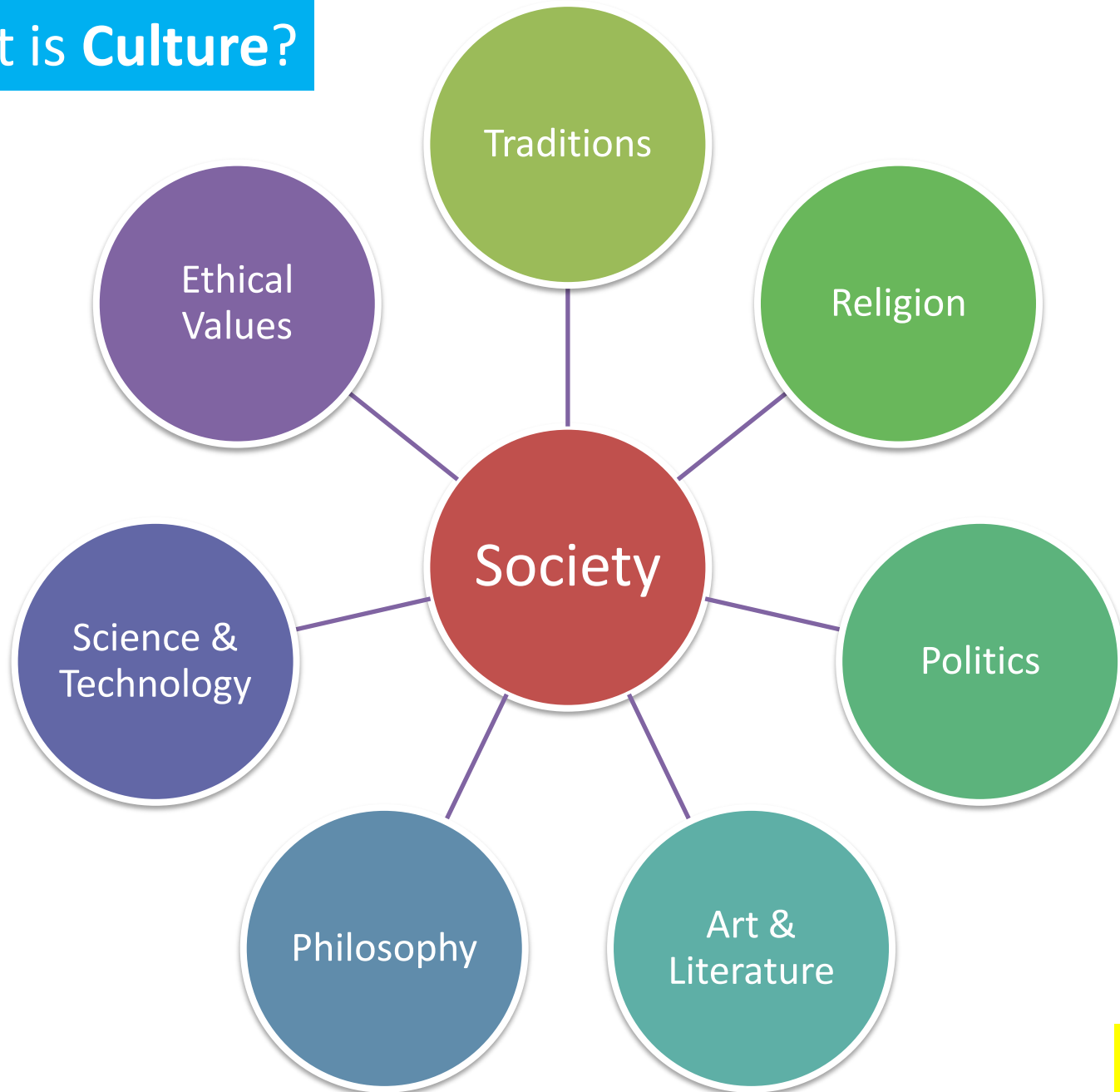
CULTURE SHOCK
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WHAT IS CULTURE?

AS WE GO ON TO LIVE!

What is Culture?



Age

Education

Social Class

Organisation

**HAVE YOU EVER HAD
CULTURE SHOCK?**



Some Questions:

- **What is culture shock?**
- **What are the stages of culture shock?**
- **How can you cope with it?**

Some Vocabulary:

- **Home country**
- **Host country**
- **Social cues**
- **Regression**
- **Adaptation**
- **Stereotypes**

PART 1

“A fish out of water”



**A fish
out
of
water**

**Whenever someone travels overseas
they are like "a fish out of water."**

**Like the fish, we've been swimming
in our own culture our whole lives.**

When we suddenly leave the water....





excuse me,
we're out of
water...

GODPARD

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**What is
culture shock?**

A “sudden exposure to unfamiliar culture.”

Culture shock
is a normal
but *unpleasant* and
negative experience.

**What causes
culture shock?**

Information overload – too much new culture, all at once

Role shifting – my normal relationships, job, identity are gone

Personal shock – I'm tired, confused, lost

Culture shock is a reaction to:

Language, travel, jet lag, climate,
food, clothing, customs, etc.

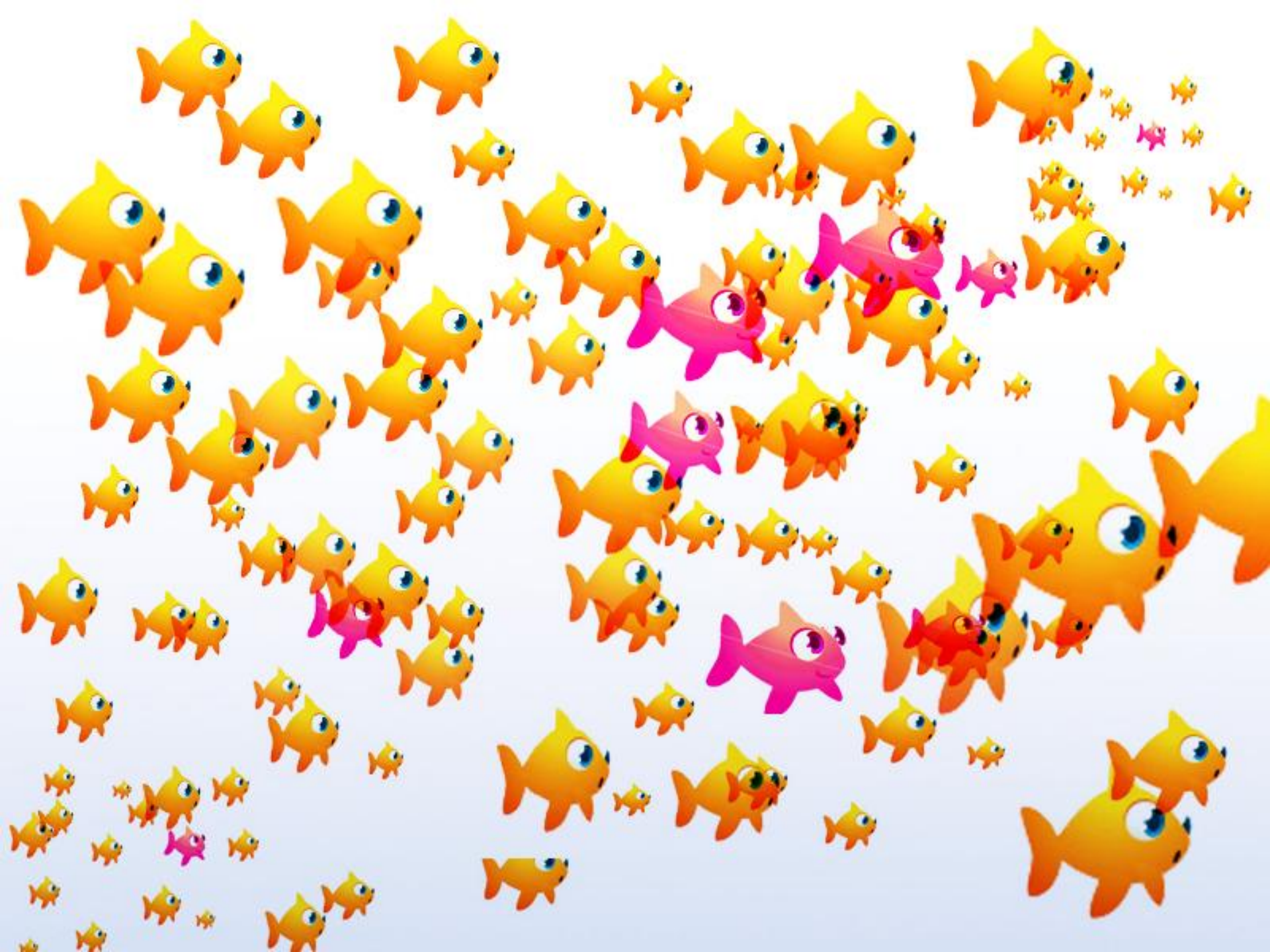
Symptoms

- **Anxiety** 焦慮
- **Grief** 悲傷
- **Desperation** 絕望
- **Disorientation** 迷惘
- **Resentment** 怨恨
- **Loneliness** 寂寞

- **Insomnia** 失眠
- **Lost of appetite** 厭食
or excess eating 暴吃
- **Headaches** 頭痛, **pains** 痛症
- **Allergies** 過敏



***What we see from
Far away....***



***...often looks much
different close up.***



Host country vs. *Home country*



PART 2

Hello!





Saying "Hello" to China



HELLO!

**How many times a day can I
listen to the word “*Hello?*”**

Am I supposed to reply?

**Hello - I mean
你好!**



**Are people being friendly, or just
curious?**

**Why do little children stare
at me?**

Do I *really* look that different?



“Social cues”

Signals

What do I do?

How do things work?



**A social
cue?**

**Culture
shock
in
India**



INTERNATIONAL ARRIVALS

What do I do now?

When is he going to take my card?

He seems a bit unfriendly?!

Invading my personal space!

I'm next. What should I do?



PART 3

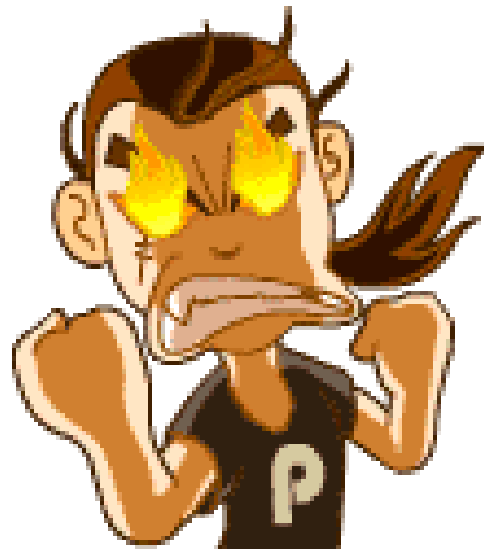
Stages of

culture shock

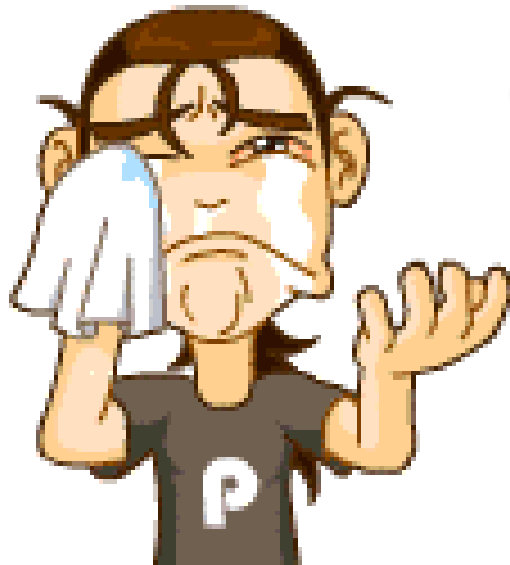
1



2



3



4



There are

4

stages of culture shock

stage

1

Honeymoon phase

I love
you.

You're
perfect!



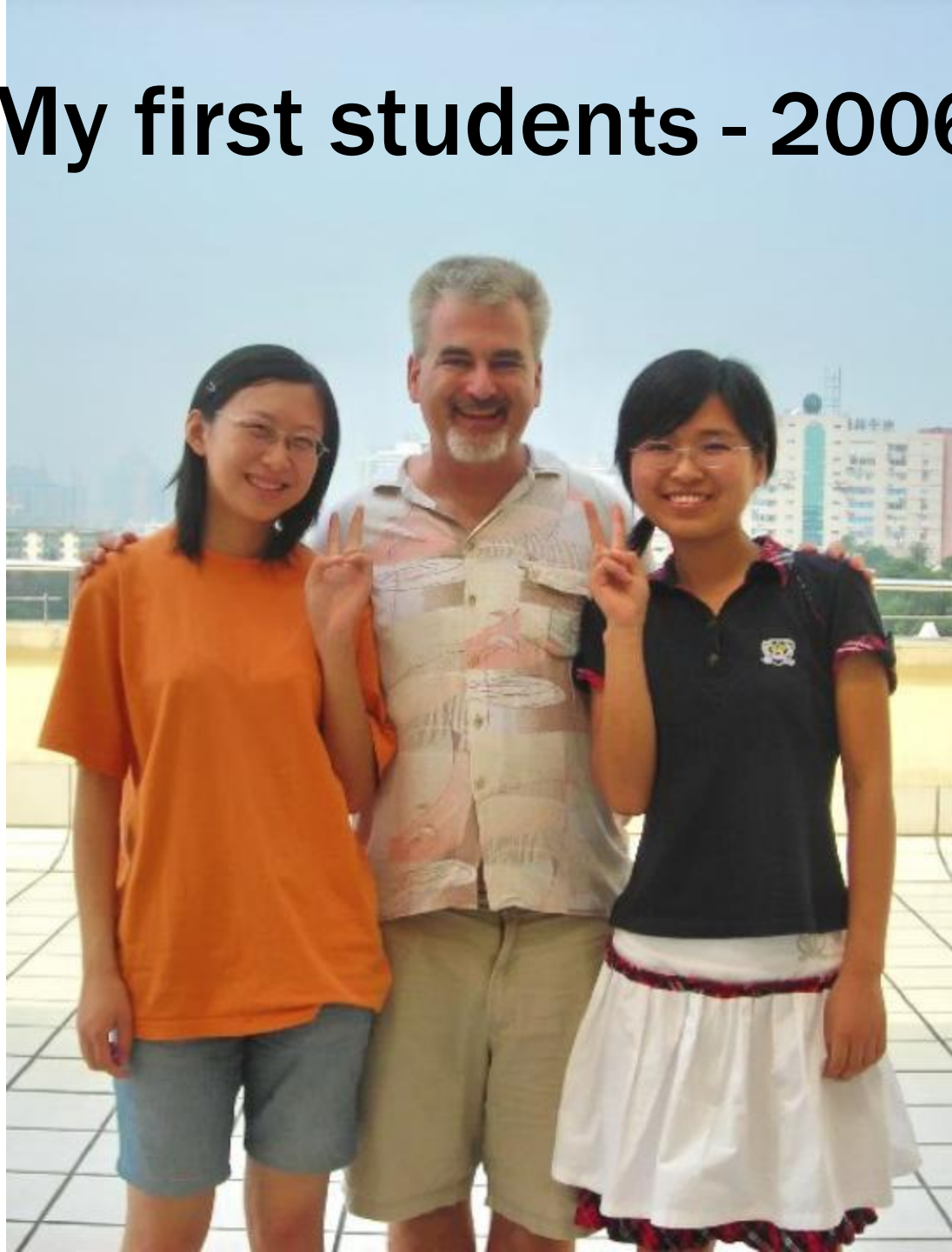
Honeymoon Phase

A new place

**New sights – sounds – smells –
tastes**

**Things go smoothly
- for a while**

My first students - 2006



stage

2

Rejection phase



**Anger,
irritability,
resentment**

**Avoiding
other
people**

**Criticizing
the new
culture**

Rejection Phase:

Complaining

Sees only the bad things

Rejection Phase:

**You become stronger,
or weaker.**



Everybody is
trying to
cheat
me!



stage

Regression phase



“Regression” = moving backwards



eat
me

Speaking your own language

Watching movies from home

Eating familiar food

Nostalgia



books from home



I'm homesick!



stage

Acceptance phase

4

I'm OK, you're OK



Acceptance Phase

**You become more comfortable
with:**

The language

The local customs

**You even prefer some things in
the host country to things at
home.**

PART 4

My culture shock

Chengdu News

ILLUSTRATED WEEKLY NEWSPAPER

Member of the Associated Press .

Aenean commodo ligula eget dolor.
Aenean. Aenean commodo ligula eget
dolor. Aenhswe. Cejhciebce fedcdcd.

Est. 1869

Wednesday, November 24, 1892

Price 6d

ROGER HAS CULTURE SHOCK!

**Lorem ipsum
dolor sit amet,
consectetur
adipiscing elit.**

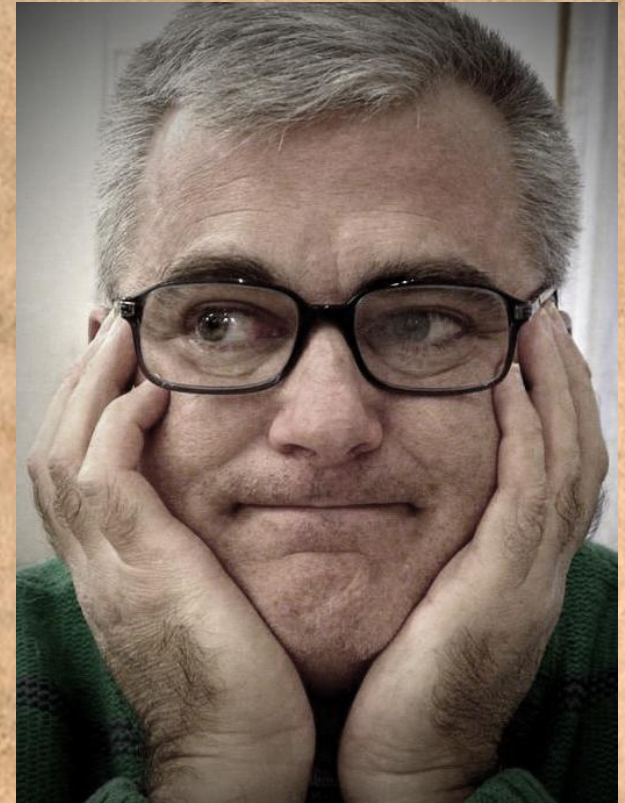
Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus.

**Dolor sit amet,
consectetur
adipiscing elit.**

Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus.

**Commodo et
ligula egetdolor.
Aenean massa.**

Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus. Donec vitae sapien ut libero venenatis faucibus. Nullam quis ante.













HOLIDAYS









4.8m



地铁卡
电话

录
升级
电话
全省最
号东绕
敬请期待





Let it all
hang out.

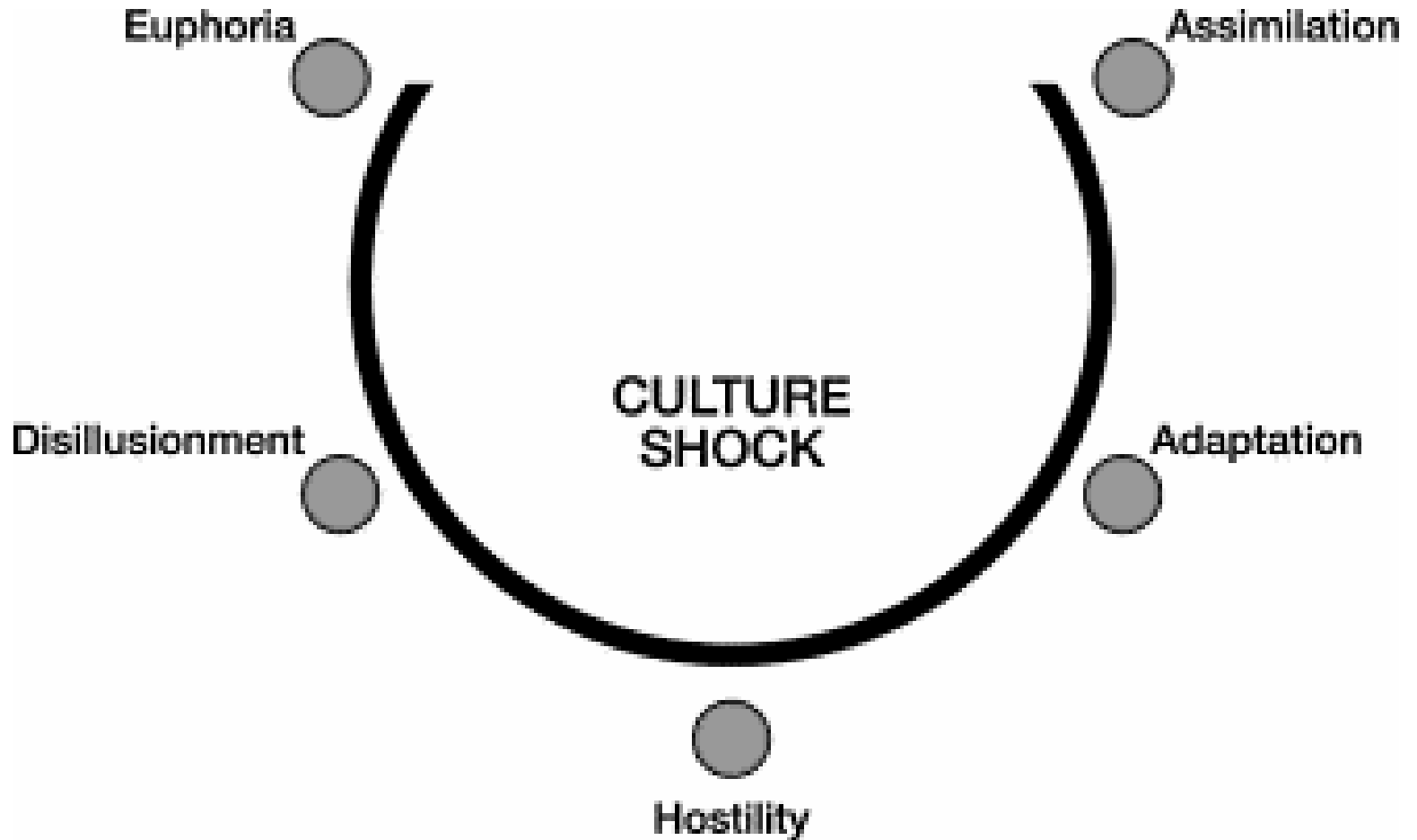
How do
you eat
these?



PART 5

Is there a cure?

Culture shock process:



DON'T PANIC



Culture shock:

Has *positive* effects as a learning experience.

Enhances your ability for *adaptation*.

Use humor

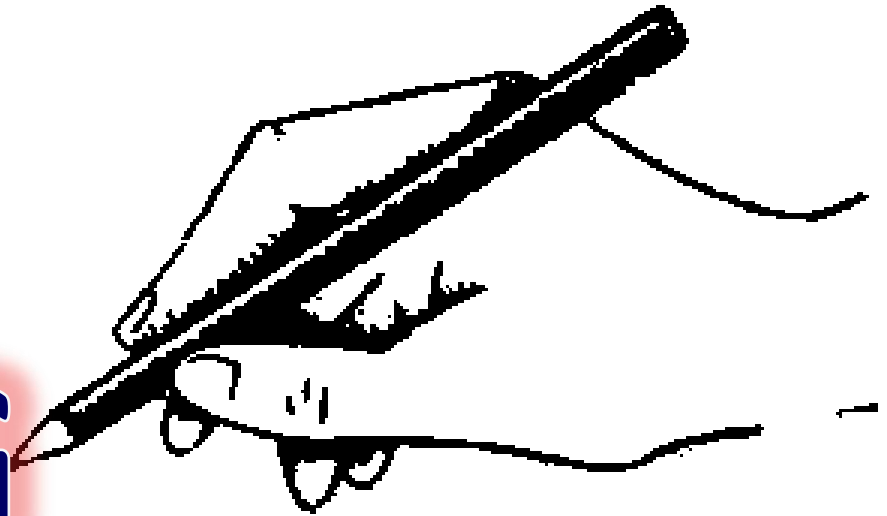


Prepare before you go.



Write about it.

BLOG



**Get a
pet**



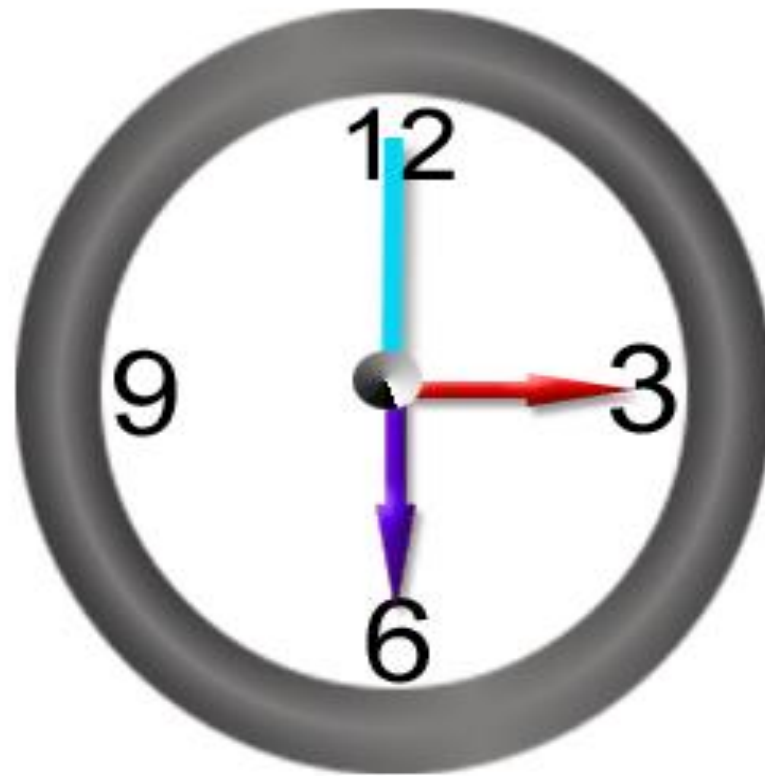
Use friends and family as support.



u23095176 www.fotosearch.com

Skype

Give yourself time.



**“When in Rome, do as
the Romans do.”**

Stereotypes

Preconceptions

Ideas before the fact

Exaggerations

A cartoon character with a yellow face and a blue robe is laughing heartily. His hands are clasped together in front of him. He has a wide, toothy grin and his eyes are squeezed shut. The background shows a stone wall and a doorway.

Long time no see!
Chinese happy as
Ginger Root planted
in nutritious manure of
well-bred ox!

HA HA HA HA HA HA HA HA HA HA



**Chinese laundry has
“Ancient Chinese Secret” - *Calgon***

which country?



DONT EVEN
THINK ABOUT
IT JUNIOR!



**The
world is
getting
smaller**



Internet

Globalization

Speed of travel

**Living in another
country opens**

Your eyes and mind

**It gives the opportunity to
change your life entirely.**



You can redefine yourself

A satellite-style view of Earth showing the Americas, with the text "Enjoy the ride!" overlaid. The image shows the Western Hemisphere, including North and South America, with the Atlantic Ocean to the east and the Pacific Ocean to the west. The text is centered horizontally across the middle of the globe.

Enjoy the ride!