

Look at the following list of words: cross out those you think won't appear in the text.

- unfamiliar
- homesickness
- purify
- experience
- adaptation
- guidance
- acceptance
- transition
- salary
- anxious
- payment
- conversion
- adjustment
- celebration
- negotiation

a.

Culture shock refers to the feeling of disorientation experienced by people when they move to an unfamiliar cultural environment or when they are suddenly exposed to a different way of life or set of attitudes. This can be the result of immigration or a visit to a new country, a move between social environments, or simply a transition to another type of life.

b.

Culture shock consists of four distinct stages: honeymoon, negotiation, adjustment, and adaptation. The honeymoon stage occurs when the individual sees the differences between the old and new culture in a romantic light. In the negotiation stage, the differences between the old and new culture become apparent and may create anxiety. The adjustment stage refers to the period when the individual grows accustomed to the new culture and develops routines. Finally, in the adaptation stage, individuals are able to participate fully and comfortably in the host culture. Adaptation or acceptance does not mean total conversion; people often keep many traits from their earlier culture, such as accents and languages. It is often referred to as the bicultural stage.

c.

Culture shock may cause homesickness. This refers to the feeling of longing for one's home. People suffering from culture shock typically experience a combination of depressive and anxious symptoms related to homesickness. Ways of coping with homesickness include developing a hobby, thinking positively and feeling grateful about what one has, and building new relationships.

Cultural shock is a natural phenomenon that occurs when one has a cross-cultural experience. Going through the different stages can take weeks, months or years. But ultimately, the experience can be enriching and may end up with either adaptation with the new culture or a return home.

Match the heading with the different sections of the text:

1. Culture shock stages
2. Homesickness
3. What is culture shock?

Does culture shock have only negative effects on people experiencing it?

Are these statements true or false (justify your answers):

1. Culture shock occurs only as a result of immigration.
2. The adaptation stage means that there is a complete change of personality.
3. Both homesickness and culture shock refer to the same thing.

Answer the following questions:

1. What is culture shock?
2. What are the different stages of culture shock?
3. How can one cope with culture shock?

Hometask:

Imagine you have a pen pal who is coming to your country. He or she is going to stay with you for a few days. What aspects of your local culture do you think will shock him/her the most? (e.g. greeting, eating habits,). Make a list of those cultural habits.