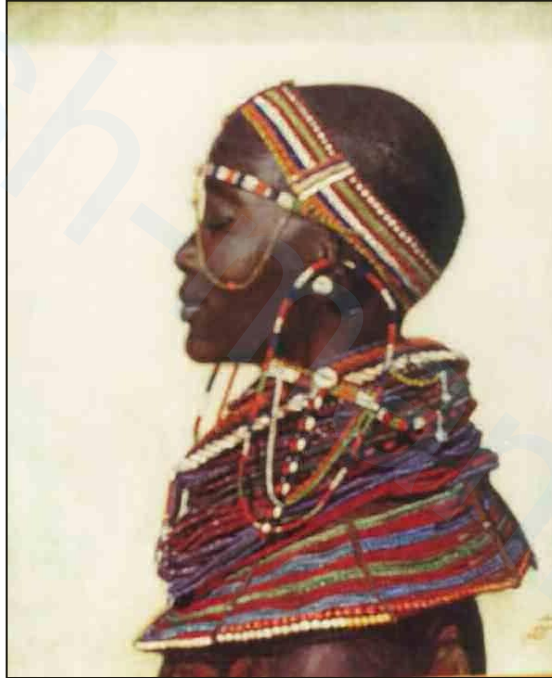


Course: Business English

Level 3

Day №5

What does this phrase mean?
“culture shock”



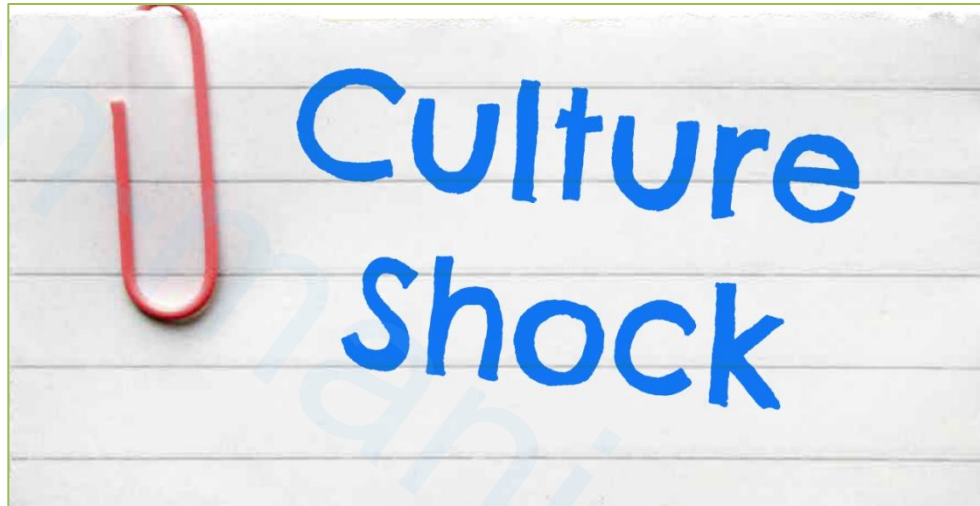
“culture shock”

- *the feeling of discomfort and disorientation you experience when you encounter new and difficult-to-understand ways of doing things*
- *an interesting culture*

Have you experienced this before?
Why do you think some people get culture shocked?

Unit 3 Crossing cultures

Day 1 : Culture Shock



CULTURE SHOCK

Adapting to a new culture requires to go through a difficult process of adjustments known as "culture shock."

Culture shock is the feeling of discomfort and disorientation you experience when you encounter new and difficult-to-understand ways of doing things.

<p>Stage 1</p> <p>Excitement, exhilaration, awe. You're likely to experience a wide range of positive emotions in your first few weeks abroad. If it's your first time in a foreign country, it will probably feel like the adventure of a lifetime. You can't wait to explore your new neighborhood, sample the local cuisine and master the language. Everyone is so welcoming and helpful. You can't believe your good fortune.</p> <p>(1).....</p>	<p>Stage 2</p> <p>Within a few weeks, those things that seemed so novel and charming, fresh, exciting, exotic and delectable, will turn ugly and unbearable. You'll be annoyed and frustrated with nonsensical and backward way everything gets done. People will seem cold and uncooperative, and they certainly won't understand your good intentions.</p> <p>(2).....</p>	<p>Stage 3</p> <p>And then one morning, you'll wake up and things won't seem that bad. You'll realize that most of those awkward mistakes that you've made over the last couple of weeks didn't actually add up to any major crises. In fact, they probably endeared quite a few people to you.</p> <p>(3).....</p>	<p>Stage 4</p> <p>Little by little, all those things that seemed so novel and charming, and then became unbearable, will become quite ordinary. The strange customs you've struggled with will begin to seem logical. You'll find yourself responding to social situations in a new manner, one that reflects your adopted rather than your native culture.</p> <p>(4).....</p>
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Sentences describing the four stages of culture shock are missing from the article.

Match sentences (a-d) to the gaps (1-4).

- a. Don't worry. You're just in the "**hostility**" stage.
- b. Congratulations. You've made it. You're in the "**home**" stage.
- c. Beware. You're simply in the "**honeymoon**" stage.
- d. Enjoy. You're in the "**humor**" stage.

2. Which stage of cultural adjustments do you think these people are in?

- a. I'm bored with living here. If there was something to do, I would be happier I think.
- b. I did so many things wrong recently. I thought I would never understand this place. But I decided to laugh at myself instead. I thought that if all these mistakes didn't hurt me then I'd make it.
- c. I made my first new friend yesterday in English class and in the evening we went out to this great restaurant and had the most fabulous food. If it's always like this, I could stay here forever.

"hostility" stage

"honeymoon" stage

"home" stage

"humor" stage

Let's talk!

If people were more open-minded, they probably wouldn't get culture shocked.

Agree? or Disagree?



I really miss home. I want to see my family. It's very difficult for me to live here because nobody understands me. It's not language that's a problem though. If people here weren't so rude, I wouldn't want to go home.



Why does Mayumi feel that way?

- a. She is suffering from culture shock.*
- a. She has a very negative attitude.*

If you were Mayumi, how would you deal with the situation?

Unit 3. Crossing cultures

Day 2 : Dealing with culture shock



**Culture
Shock**



Culture shock happens to the best of us. When culture shock does happen to you, do not wallow in it or feel ashamed. There are ways to minimize, adapt and deal with culture shock, and it is best to get moving in order to do so. Below are some suggestions for dealing with culture shock when it does occur.

1. _____ Explore your immediate neighborhood to become comfortable with your surroundings. Try to get to know a few of your neighbors. Find out if any speak English. Afterwards, explore the local shops, restaurants and means of transportation.
2. _____ Identifying similarities will be of comfort to you. Identifying will allow you to pinpoint what is causing the majority of your discomfort. Work out how you can best deal with it.
3. _____ This will help you with signs, menus, and some services, and will be appreciated by the locals.
4. _____ Be careful! Do not mix with a group that gets together only to complain. Find a group that is active in the community. Once you have become familiar with the neighborhood, gained understanding of the country and it's customs, learned a few phrases, and made a few friends, you are on your way to overcoming culture shock and becoming more self-assured about the place in which you live.

Write these headings in the correct place in the article.

- a. Learn a few local words or phrases
- b. Get out and about

- c. Join a club or social group
- d. Identify similarities and differences.

**List down other things that you can do
when dealing with culture shock.**



Let's talk!

Some people get culture shock when they start a new job.

How do you think they should deal with this?



***Thank you for
today!***

***I'm looking forward to
seeing you again!***