

CULTURE SHOCK

- The urgency of the problem: nowadays, many people have the opportunity to go abroad. Many of them continue to live there for a long time, and someone does not stand up and returned from whence came. All of them are experiencing a cultural shock when faced with nepisinymi rules and other people different from him, that he sign.



- About the work: to work the concept of culture shock, are examples of symptoms that occur in humans. To help people experiencing culture shock, we describe how to fight it and come to a good result.
- In the work danny survey was conducted among students in the school, which revealed that the majority percent of respondents go abroad to rest. Also, 72 percent of respondents said that interest in overseas architecture of cities, rather than the traditions of the population.





Definition

- Culture shock exactly means the impact you may feel when you enter a culture very different from one to which you are accustomed.
- Culture shock is common among immigrants and foreign students. No matter how well you are prepared; there are many things in a culture that you cannot find in books.

Symptoms:

- · Sadness, loneliness, melancholy
 - · Preoccupation with health
 - · Insomnia
- · Lack of confidence
- · Longing for family



- Culture shock has several stages. The **1st stage** is the incubation stage. During the first few weeks most individuals are fascinated by the new. This time is called the "honeymoon" stage.





- Afterwards, the **2nd stage** presents itself. It is characterized by a hostile and aggressive attitude towards the host country. This happens due to the difficulties a person faces in daily life, such as communication or transportation problems.



- The 3rd stage is characterized by gaining some understanding of the new culture. A new feeling of pleasure may be experienced and sense of humor begins to exert itself. Again, after some time (usually 6 – 12 months), one grows accustomed to the new culture and develops routines.

- In the 4th stage, the adjustment is complete. The visitor now accepts the customs of the country as just another way of living. They realize that the new culture has good and bad things to offer.

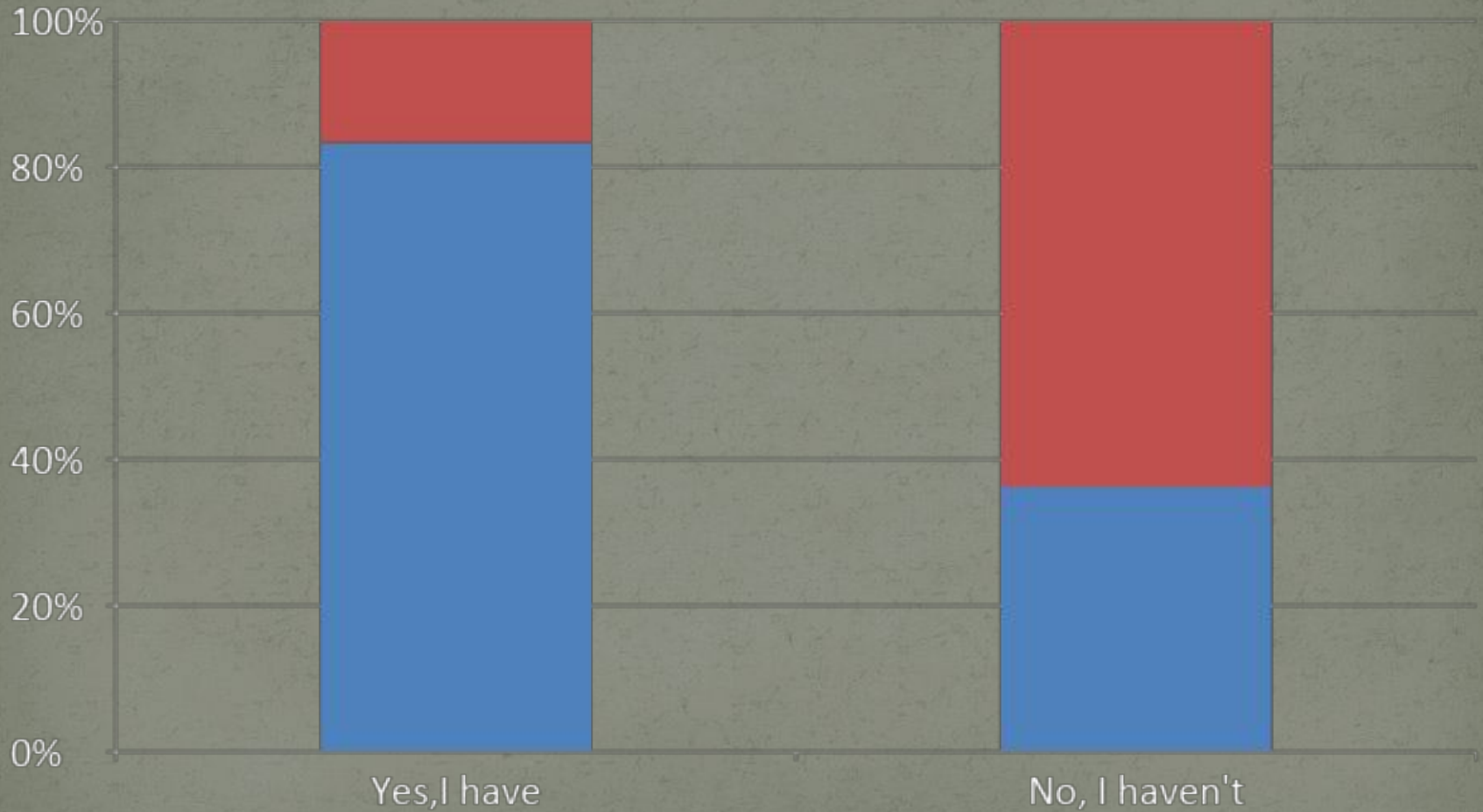


Some ways to combat stress produced by culture shock:

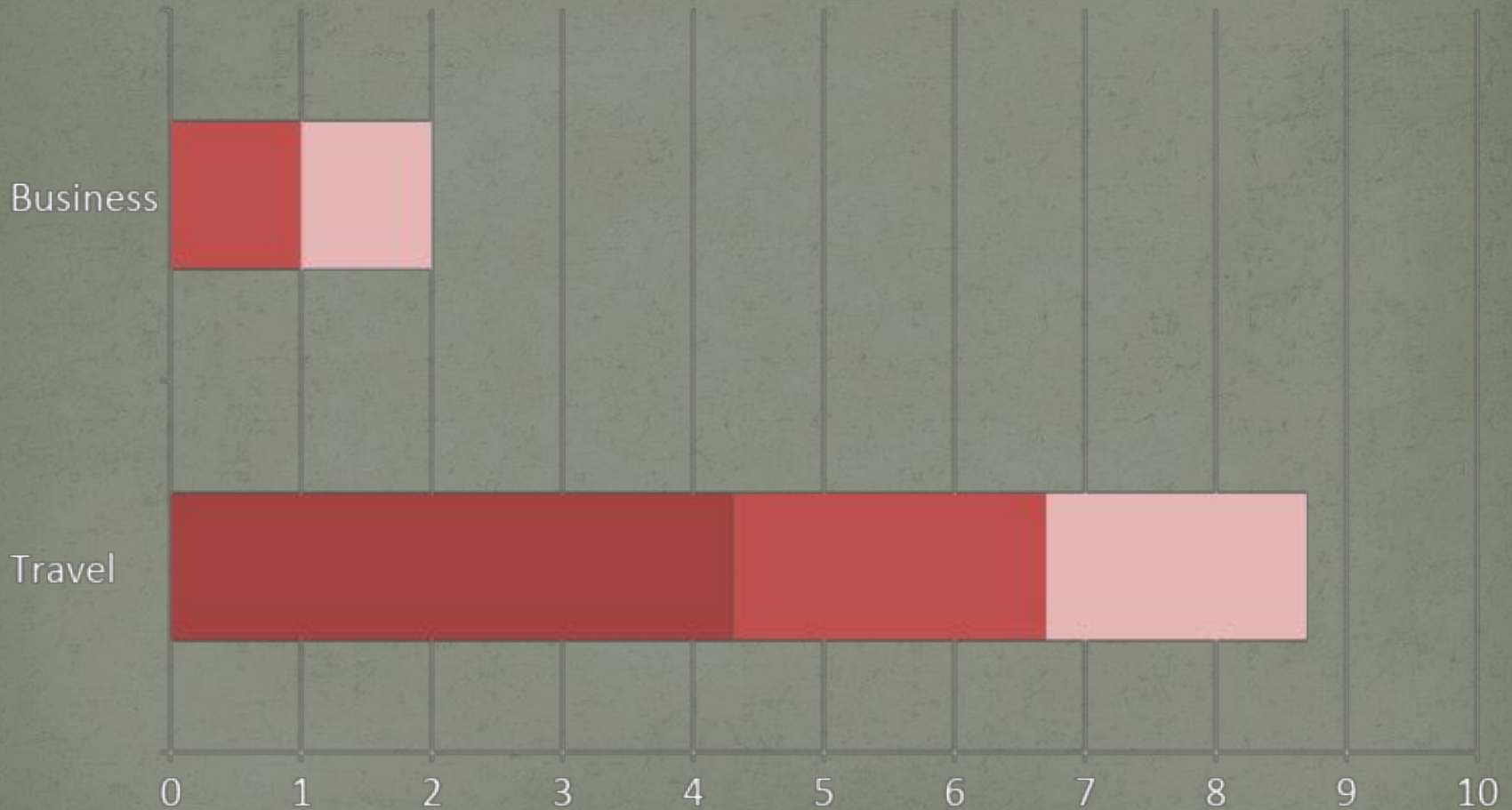
- - Learn the language of the host country
- - Develop a hobby
- - Be positive
- - Don't forget the good things you already have!



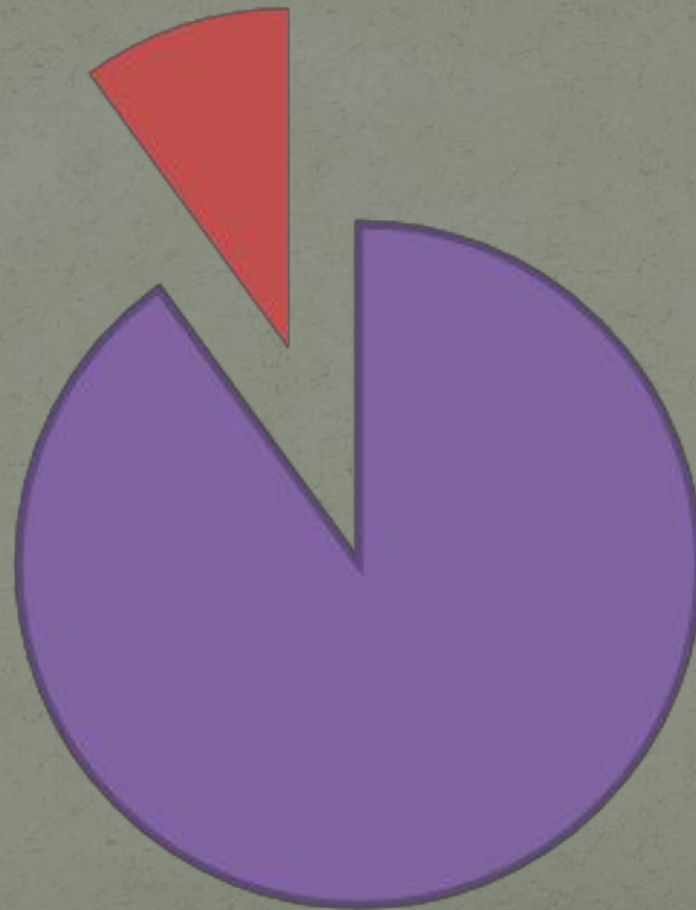
Have you ever been abroad?



Why did you go there to travel or on business?

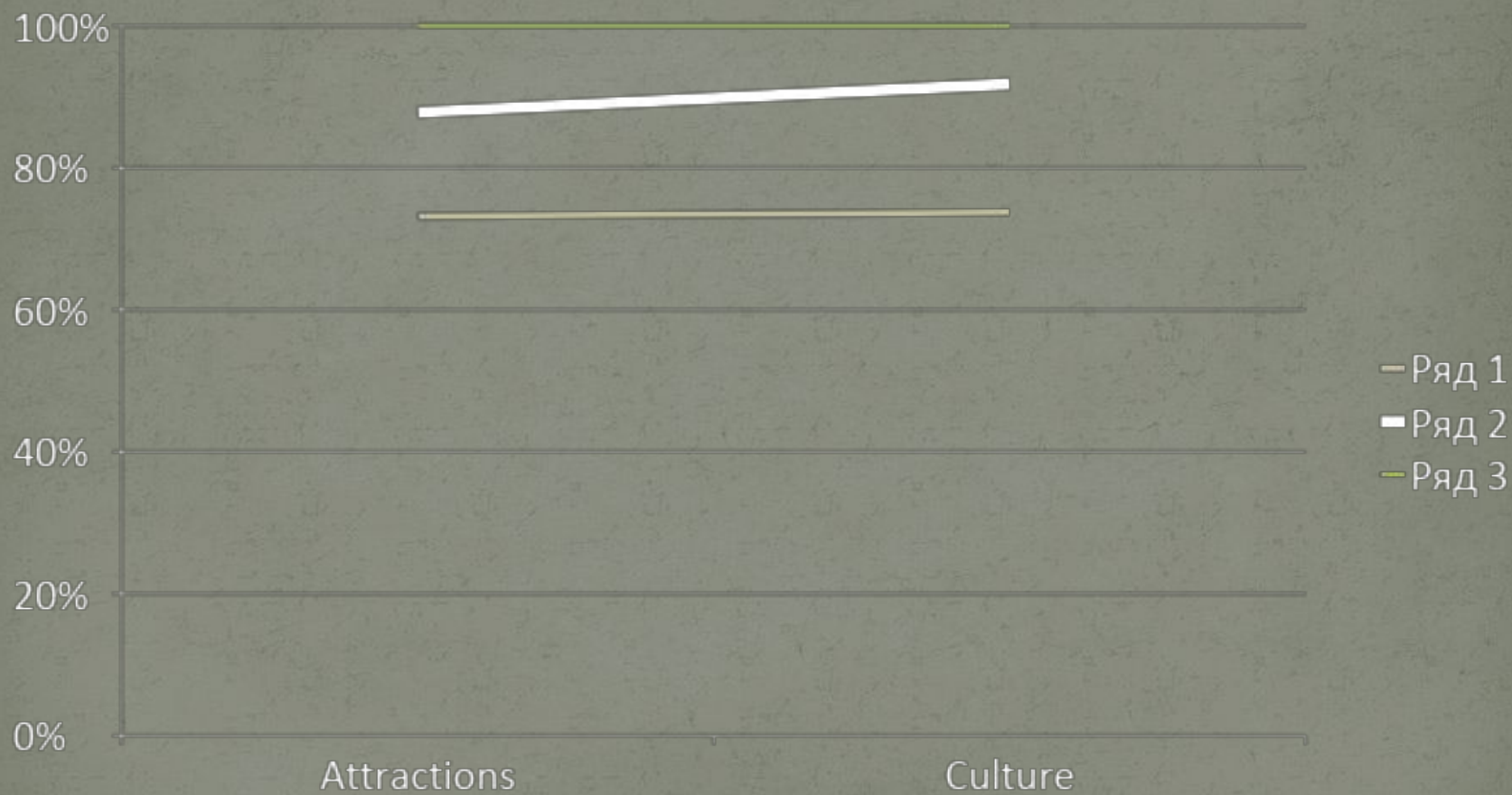


Did you like it there?



■ yes
■ no

Why?



- Conclusion, this work will help decide problem with the definition of culture shock and suggest how to deal with it.

References

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