

# UNDERSTANDING *RUSSIANS*

## OR CROSS CULTURAL AJUSTMENT



*"I HAVE NEVER MET  
ANYONE WHO UNDERSTOOD  
RUSSIANS"*

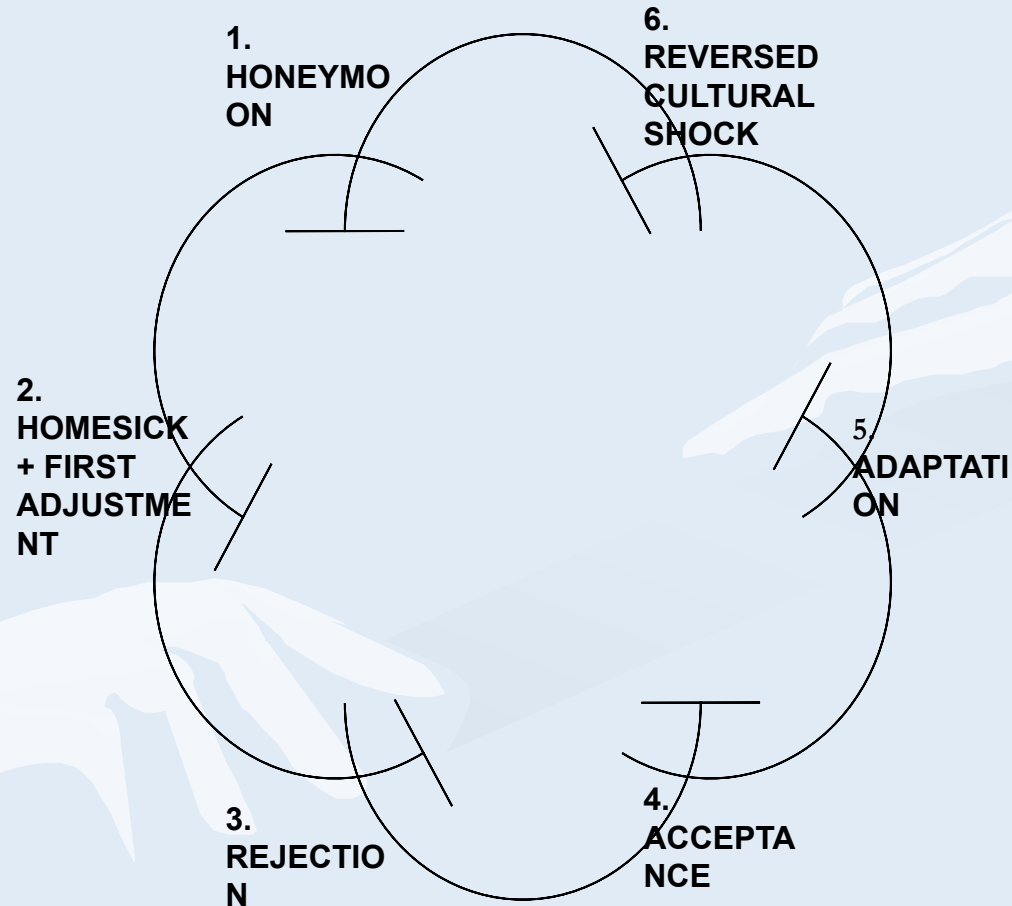
Grand Duke Alexandr Mihailovich



# CULTURE SHOCK



# Cultural Shock





# Honeymoon

- You like absolutely everything
- You are excited
- You feel special
- You are ready to explore and learn as much as possible
- It's great to be here!!!

*(to be continued...\*LOL\*)*



# HOMESICK



"THE ICE FLOES WERE GREAT, BUT WHAT I MISS MOST ARE THE SEALS."



"Hello, Dad? You were right about the world.  
I want to come home."

# Rejection



- They speak Russian here, EVERYWHERE!!!
- Food is not what I used to eat back home
- NO family, friends or even familiar faces
- I feel tired, ALWAYS.
- Inability to solve even little problems
- Avoiding others, unwilling to interact, being angry or irritable





You are able to cope with reality

You stay focused on the main goal of your trip

You realize life is different but not strange any more

# Adaptation

- You feel at home here
- Everything in this country makes sense now
- You realize you would like to spend here more time or to come back



# Reversed Cultural Shock

All of the above  
experienced  
upon coming  
back home



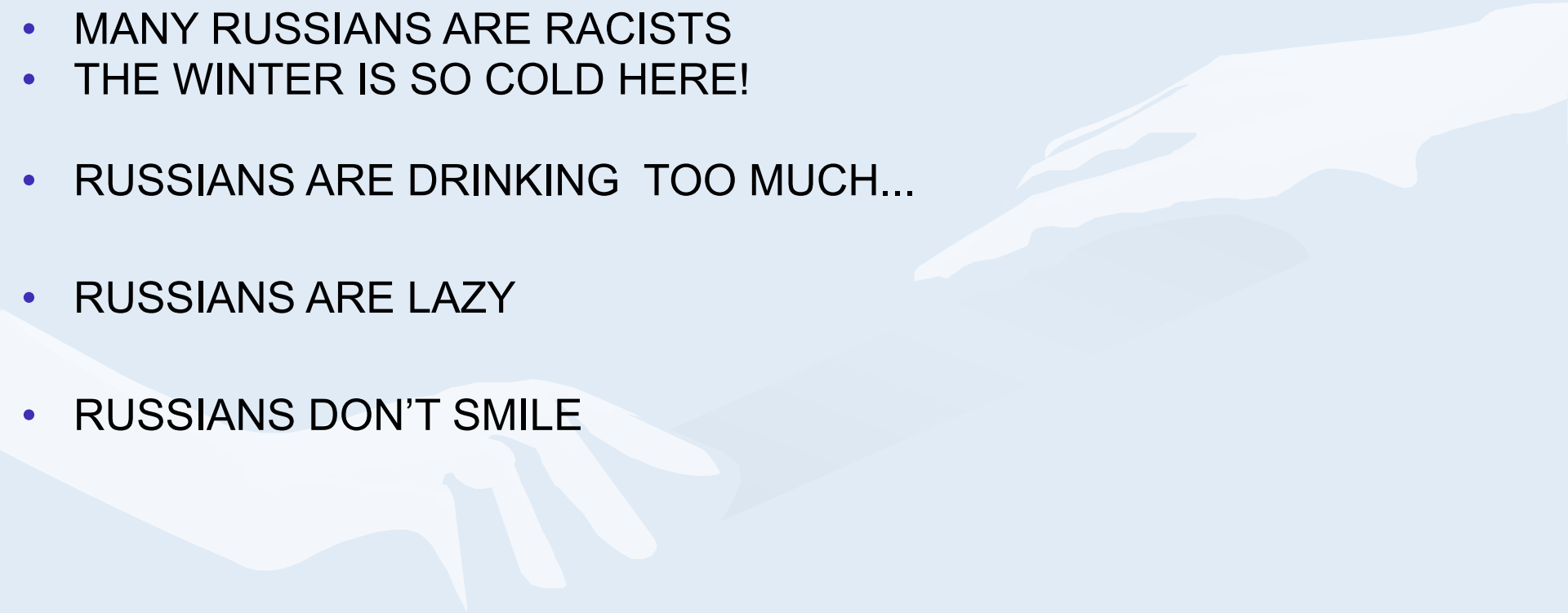
*There are two ways you can tell when a man is lying. One is when he says he can drink champagne all night and not get drunk. The other is when he says he understands Russians.*

Charles E. Bohlen, former U.S. ambassador to Moscow

# Stereotypes and Myths



- RUSSIA IS FULL OF MAFIA AND IT'S DANGEROUS HERE
- THERE ARE SO MANY CATASTROPHES AND BOMBINGS!
- THE ECONOMY IS DESTRUCTED AND RUSSIA IS A POOR COUNTRY WITH NO FUTURE
- MANY RUSSIANS ARE RACISTS
- THE WINTER IS SO COLD HERE!
- RUSSIANS ARE DRINKING TOO MUCH...
- RUSSIANS ARE LAZY
- RUSSIANS DON'T SMILE



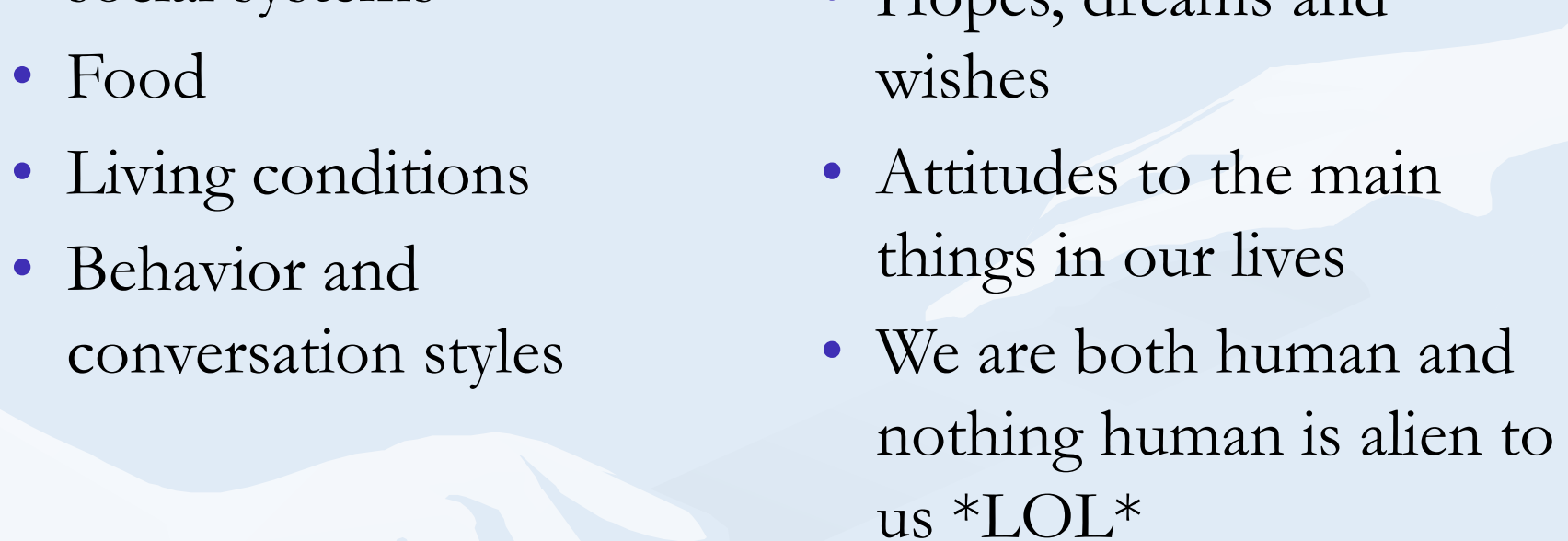


AMERICA



RUSSIA

# Different and Alike

- Political, educational, social systems
  - Food
  - Living conditions
  - Behavior and conversation styles
  - VALUES
  - Hopes, dreams and wishes
  - Attitudes to the main things in our lives
  - We are both human and nothing human is alien to us \*LOL\*
- 
- A stylized illustration of two hands, one from the left and one from the right, reaching towards each other. The hands are white with a soft shadow underneath, set against a light blue background. The hands are positioned as if they are about to shake or are in a gesture of agreement or connection.



# Russians and Americans

*You Russians and we Americans! Our countries so distant, so unlike at first glance – such a difference in social and political conditions, and our respective methods of moral and practical development the last hundred years; - and yet in certain features, and vastest ones, so resembling each other.*

Walt Whitman, *Letter to a Russian*

# ENJOY YOUR STAY!

- KEEP YOUR EYES AND MIND OPEN!
- FEEL FREE TO ASK IF YOU AREN'T SURE ABOUT SOMETHING
- EXPECT LIFE IN RUSSIA TO BE DIFFERENT, IT'S A DIFFERENT COUNTRY 😊





СПАСИБО  
ЗА  
ВНИМАНИЕ !

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