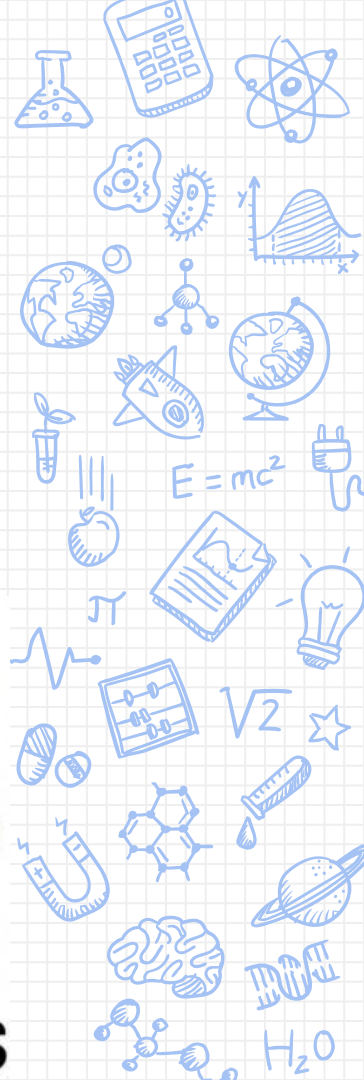
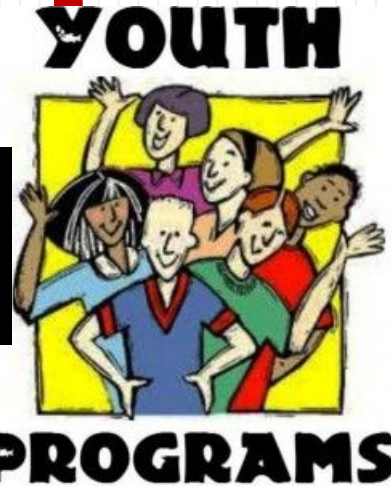


THE WORLD OF OPPORTUNITIES





What opportunities do young people have nowadays?



- ✓ **Take part in exchange programmes**
- ✓ **Travel around the world**
- ✓ **Study abroad**



Why do people travel more than they used to?



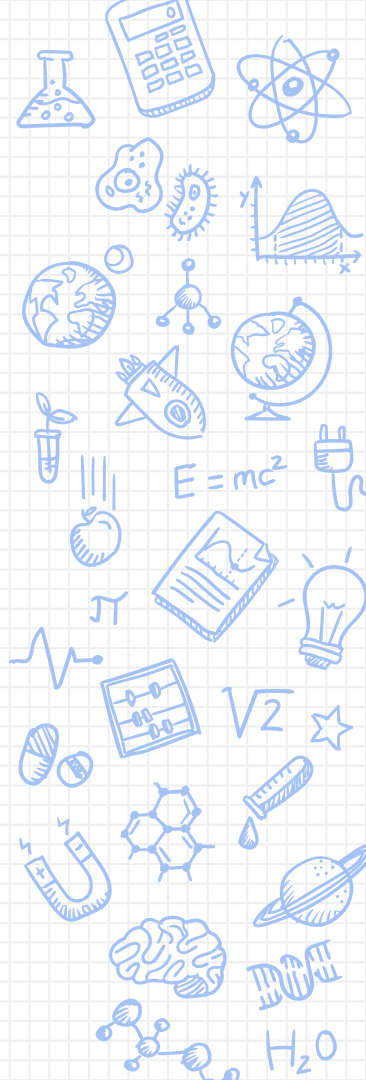
- **Breakthrough technologies made it possible to create efficient means of transport**
- **New technologies allow to produce more energy**
- **Means of transport have become more reliable**
- **People need to travel in order to survive**
- **People have become more curious about other places and other countries**
- **Governments sustain tourism and migration because it's good for the economies of their cultures**
- **Skills and knowledge exchange accelerate the development of all countries**

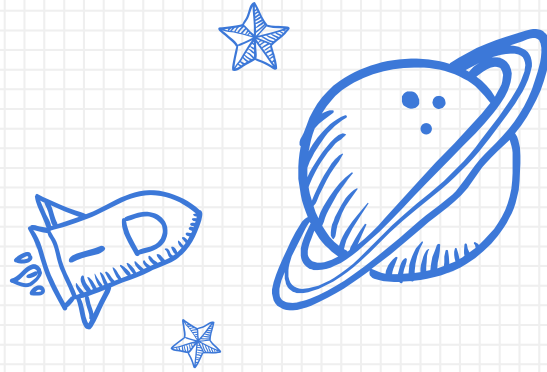
Why do people travel?

Purpose or pleasure?

to learn a foreign language
to relax on the beach
to gain some working experience overseas
to practise hobbies like scuba diving or mountain climbing
to visit business partners

to do some sightseeing
to take part in a research expedition
to participate in some international cultural events
to visit friends abroad
to escape daily routine for a while





Culture Shock

A cartoon illustration showing a woman on the left with dark skin, wearing a white tank top and blue jeans, pulling a red suitcase and carrying a brown bag. She is looking towards a group of seven diverse people on the right who are celebrating enthusiastically. The group includes a man with a red cup, a woman with a blue shirt, a man with a green shirt, a woman with a yellow shirt, a man with a blue shirt, a woman with a purple shirt, and a man with a brown shirt. They are all cheering, raising their fists, and holding red cups. A small brown suitcase lies on the ground near the woman on the left. The background is a simple light green wash.

- a feeling of sadness and loneliness
- headaches and pains
- insomnia or sleeping too much
- feeling of anger and depression
- idealizing your own culture
- becoming obsessed with new culture
- feeling lost or confused
- feeling shy and insecure
- overwhelming sense of homesickness

Culture shock is experienced in 5 different phases

1

**The
honeymoon
phase**



2

**The
distress
phase**



3

**The
re-integration
phase**



4

**The
autonomy
phase**

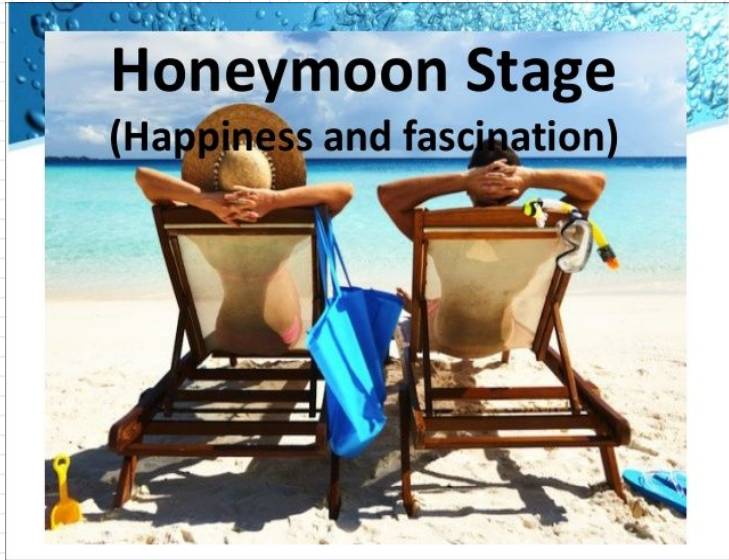


5

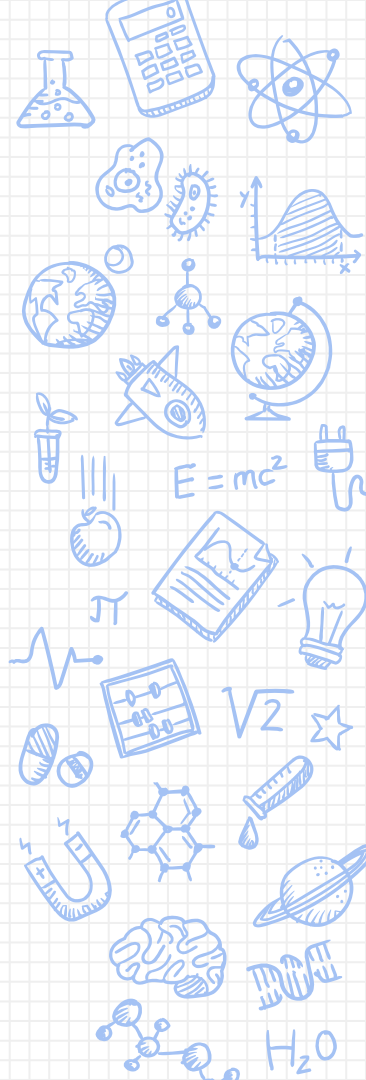
**The
independence
phase**



Step 1: Honeymoon Stage



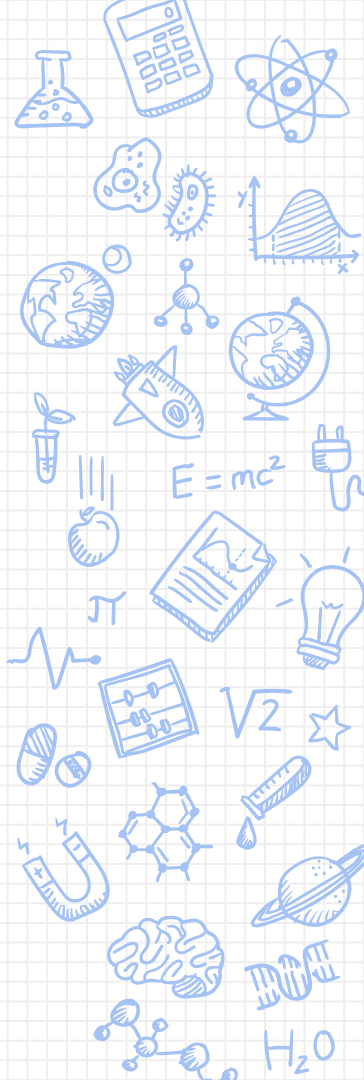
Person is excited and experience a new lifestyle. You are stimulated and enriched. During this stage, you still feel close to everything familiar back home.



Step 2: The Distress Stage

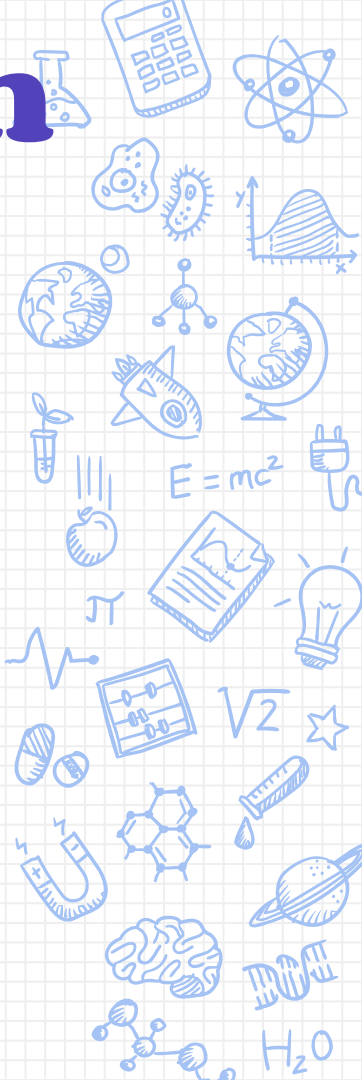


Everything you're experiencing no longer feels new; in fact, it's starting to feel like a thick wall that's preventing you from experiencing things. You feel confused, alone and realize that the familiar support systems are not easily accessible.



Step 3: Re-integration Stage

You're angry, frustrated and even feel hostile to those around you. You start to idealize life "back home" and compare your current culture to what is familiar. You dislike the culture, the language, the food. You reject it as inferior. Don't worry. This is absolutely normal.





This is the first stage in acceptance. It is the *emergence* stage when you start to rise above the clouds and finally begin to feel like yourself again. You start to accept the differences and feel more confident and better able to cope with any problems that may arise. You're able to look at the world around you and appreciate where you are.

Step 5: Independence Stage



You embrace the new culture and see everything in a new, yet realistic light. You feel comfortable, confident, able to make decisions based on your own preferences. You no longer feel alone and isolated. You appreciate both the differences and similarities of your new culture. You start to feel at home.

