





What opportunities do young people ye nowad:



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why up people travel more than they used to?





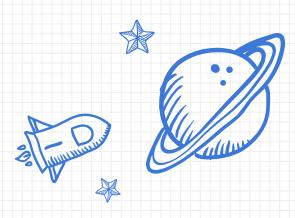
Breakthrough technologies made it possible to create efficient means of transport

- 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 accelarate 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





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Shock...

- A physical or emotional discomfort or anxiety that one suffers when coming to live in another country or a place that is different from the place of origin

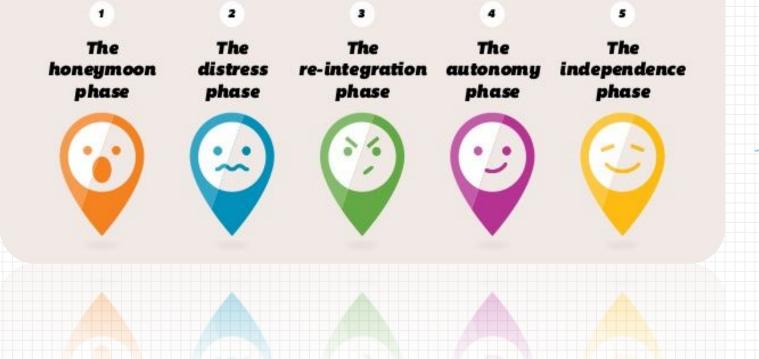


Symptoms of Culture Shock:

- 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



Stage

Honeymoon Stage

(Happiness and fascination)



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



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

Step 4: Autonomy Stage This is the first stage in acc



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



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.

