CULTURE SHOCK

Are you adaptable?

Adapt, modify, adjust

Explain how you understand the words:

- Adaptability
- Adaptation
- Adaptive
- Adaptor

Adaptable - able to change or to be changed to deal successfully with new situations

- If you are adaptable, what can you do?
- What kind of people are adaptable?
- People say cockroaches are very adaptable insects. Why is this?
- Are you an adaptable person?

HOW ADAPTABLE ARE YOU?

- You are going to do a questionnaire to find out how adaptable you are.
- Work in pairs. Ask and answer the questions below.

- Have you had to move house several times? How did you feel about this change?
- Have you had to change jobs or schools several times? Do you find it difficult to adapt to a new job or school?
- Have you travelled to different countries? Which ones? Did you enjoy the experience?
- What is the longest time you have lived outside of your country?
- Do you think you are open to different ideas and different cultures?
- Would you go and live in a different country if you spoke the language?
- Would you go and live in a different country if you didn't speak the language?
- Do you know what culture shock is?

Culture shock

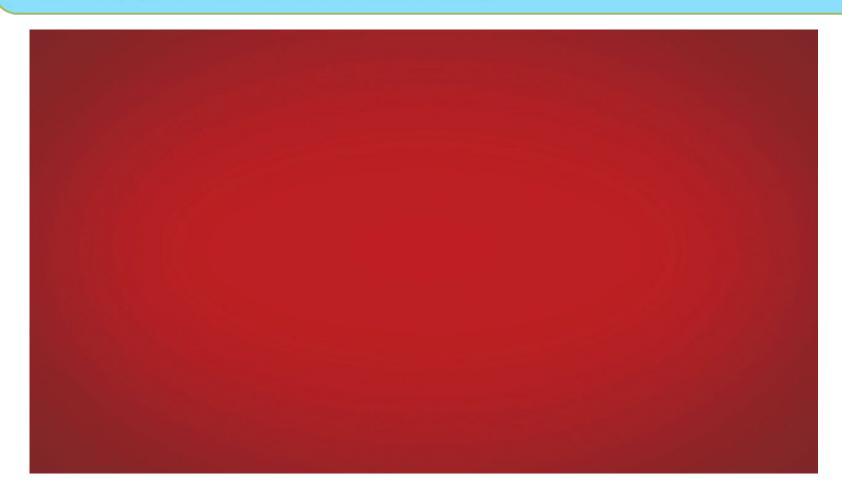
Culture -

- way of life the customs and beliefs, art, way of life and social organization of a particular country or group: European, Islamic, African,
- **Beliefs /attitudes** the beliefs and attitudes about smth that people in particular group share

Culture shock -

a feeling of confusion and anxiety that smb may feel when they live or visit another country or social group Watch video "Studying abroad – culture shock'

- · What feelings did people have at first when they arrive in the UK?
- · What did the feel after they had lived for a while?
- Did they get used to the new culture finally?



For the past thirty years psychologists and anthropologists have been researching culture shock.

- They have studied the reactions and experiences during the first few months in a new country of travellers and diplomats, business people and international students.
- Research has shown that what most of these people have in common is a series of reactions to the new culture.
- Culture shock can affect people to different degrees, but there is a predictable sequence of stages that people undergo.

Adaptation re-entry shock honeymoon shock acceptance

- Read and explain the stage to the others
 (Worksheet 1, cards for 5 groups)
- decide what is the order of the stages that someone goes through.

Check back the answers to the task. correct answer is:

- honeymoon,
- shock,
- adaptation,
- -acceptance,
- •re-entry shock

I shall overcome...

Do you think it is possible to avoid culture shock? Why? / Why not?

Is it possible to prepare for culture shock? If 'yes', what a person can do?

- Experts say that if you have the following characteristics, you will not suffer from culture shock so seriously: open-mindedness, curiosity, a sense of humour, tolerance, a strong sense of self, adaptability and flexibility.
- •Why do you think this is true?

Speak about culture shock

- Do you know anyone who has had culture shock?
- Have you ever had culture shock?
- People can have culture shock if they change place where they work, or their school, for example. Has this ever happened to you?
- Imagine you have a friend who is suffering from culture shock: what would you recommend them to do to suffer less?

Read the text about culture shock.

Choose the sentence which best summarizes it.

- 1. Everyone experiences culture shock and it is impossible to do anything about it.
- 2. Although it's impossible to avoid culture shock, you can prepare for it so not to suffer too much.
- 3. If you prepare properly, you will never experience any culture shock.

After reading the text and doing the exercises discuss the issues above

Additional reading and listening Different cultures

- Read the article Cultural differences and do True/ False (F2F p.64)
- Listen to a radio interview about giving and receiving presents (F2F p.65)
- Listen to an interview Cubans escape (New Op L. 34)

Listen to Culture Matters (New Op. L. 35)

Using materials from:

- Oxford Advanced Learner's Dictionary
- <u>www.onestopenglish.com</u> Culture shock , speaking lesson.
- Face2Face Pre-intermediate. C.Redston & G.Cunningham. Cambridge University Press
- New Opportunities Intermediate (Russian edition). M.Harris, D.Mower and others. Pearson Education ltd