

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 they 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**
- **www.onestopenglish.com – 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**