

## Lesson plan

### CULTURE SHOCK

- Objective: The students will understand the term “culture shock”, they will be able to identify its stages and suggest coping strategies. They will be to recognize what impact can culture shock have on people’s lives and their well-being.
- Vocabulary: disorientation, discomfort, honeymoon, uncertainty, anxiety, doubt, adjustment, coping strategies, observe, support
- Level: B1
- Materials: handout, video
- Time: 45 minutes
- Potential problems: lack of experience – difficulties to empathize; insufficient language knowledge; shyness to express opinions among other students

#### Lead-in discussion (5 minutes)

1. What do you imagine when you hear the term “culture shock”?
2. Have you ever experienced anything that could be a culture shock?

#### Presentation – part I. (10 minutes)

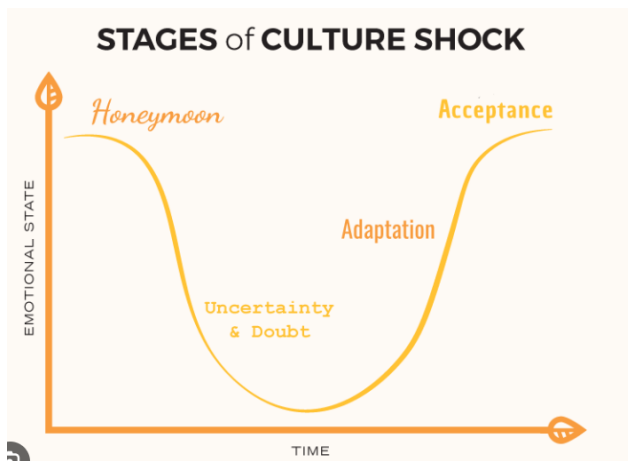
1. Introduction of new vocabulary.
2. Definition of culture shock – explaining the feelings of disorientation and discomfort.
3. Culture shock doesn’t have to be exclusively about travelling only – e.g. moving to a new place (city life x country side); a new job; new relationship – new family (*this might be easier to imagine for the students who have not travelled much*)

#### Practice – part I. (5 minutes)

1. Students get into 3 groups – each group receives contrasting images (Handout 1) of new situations  
→ task: describe the picture, what might be the reason for the shock; what might the involved people think and feel

#### Presentation- part II. (10 minutes)

1. Definition of stages of culture shock – diagram



## 2. Possible coping strategies



### Practice – part II. (5 minutes)

1. Students work in the same 3 group → task: suggest a few coping strategies for the culture shock situation in your picture (the students may and should come up with their own ideas – not only repeat the diagram)

### Case study (10 minutes)

1. Video: Experiencing Culture Shock in the Czech Republic as a British Native

<https://www.youtube.com/watch?v=e4jsFWbljXE&t=2s>

2. Students 'reflections - open discussion

### Homework assignment

Prepare a "warning list" for Andrew based on the points which he mentioned in the video. Prepare him for what he may come across in the Czech Republic. Give him some pieces of advice how to "survive" the problematic situations.

## HANDOUT

### Group A



### Group B



### Group C

