

Lesson plan: Culture shock

The following lesson plan is intended for intermediate students (e. g. for students of secondary schools to make their English classes more varied).

Activity	Time	Description	Aids
1. Introduction	10 minutes	<ul style="list-style-type: none"> - Have you ever heard about this phenomenon? - How would you describe culture shock in few words? 	
2. Short explanation of culture shock	5 minutes	Power point presentation with basic information	Computer, projector
3. Discussion in class	5 minutes	<ul style="list-style-type: none"> - Can you brainstorm more words describing our feelings when experiencing cultural shock? <p>Group work</p> <p>Students brainstorm adjectives describing how people usually feel.</p>	
4. Youtube video	4 minutes	<p>Students are watching a short video dealing with culture shock of students studying abroad. Before watching this video, students are given two tasks -</p> <ol style="list-style-type: none"> 1. What difficulties the students faced? 2. What helped them to cope with the culture shock? <p>Students can take notes while watching the video.</p> <p>https://www.youtube.com/watch?v=z5EEz_R_RiE</p>	Computer, projector

5. Discussion	6 minutes	<p>A short discussion follows after watching the video,</p> <ol style="list-style-type: none"> 1. What difficulties the students faced? e.g. They were homesick. They felt overwhelmed with everything. It was quite hard to get around at first. The food was different - they missed mom's food... 2. What helped them to cope with the culture shock? e.g. To speak to the welfares advisors, to decorate their room to make it feel little bit more homely, to start to go out (to join badminton societies), ... 	
6. Pair work - matching quiz	5 minutes	Students are given a worksheet with a matching quiz. They work in pairs and guess in which countries we can experience particular culture shocks.	Worksheets with quizzes
7. Evaluation and discussion	10 minutes	<ul style="list-style-type: none"> - How were you successful with the quiz? - Have you ever visited these countries? If so, did you experience these culture shocks? - Do you agree with these states? - Can you add more typical cultural shocks with the countries from the quiz? 	

ACTIVITY 2. Culture shock - presentation

Slide 1 - Definition of culture shock

- Introduce several definitions of cultural shock
- conclude main points and characteristics features of this phenomenon

Culture shock is ...

... a feeling of confusion felt by someone visiting a country or place that they do not know (Cambridge Dictionary)

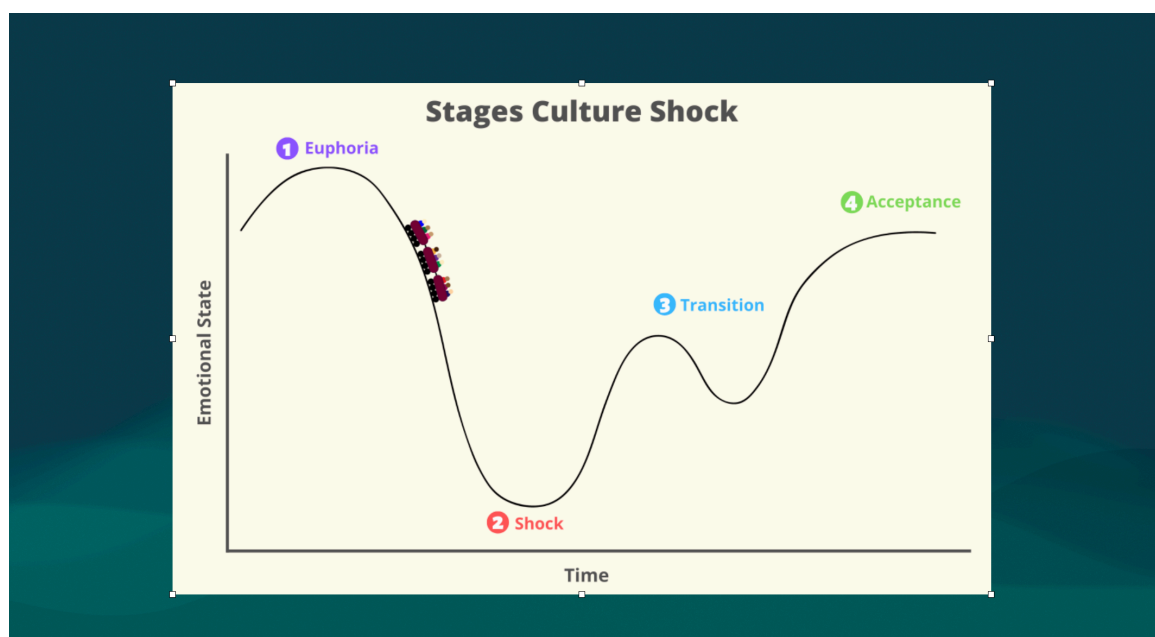
... a feeling of confusion that results from suddenly experiencing a culture with customs that are not familiar to you (Cambridge Academic Content Dictionary)

... a sense of confusion and uncertainty sometimes with feelings of anxiety that may affect people exposed to an alien culture or environment without adequate preparation (Merriam-Webster Dictionary)

... a feeling of confusion, doubt, or nervousness caused by being in a place (such as a foreign country) that is very different from what you are used to (The Britannica Dictionary)

Slide 2 - Stages

- Present stages of the culture shock - euphoria (honeymoon), shock, transition, acceptance



ACTIVITY 6. Matching quiz

_____ has this crazy concept of actually paying their workers decent, livable wages. Isn't that nuts? Anyways, no one depends on tips to make ends meet. In fact, tipping is seen as offensive and degrading. This is slowly changing due to the amount of Western influence, but overall it is better not to tip to avoid offending someone. It makes budgeting clear and simple.

This can be a shock to the system if you're from a hectic city or a quiet town, but politeness is at the forefront of everything _____ people do. From rushing past someone on the stairs to walking into a lamppost, _____ people just love to apologise. It's an unspoken rule that both parties should apologise over the most insignificant of things, regardless of who, or if anyone, is at fault. It can be hard to determine what the apology actually means in these situations ... is the person aware they've caused you inconvenience? Have you caused them inconvenience, and they're drawing your attention to it?

Be prepared that a lot of people don't speak English, sometimes not even the authorities. On the other hand, younger people usually do speak at least some English and will be nice and willing to help, so don't worry.

Teenagers from around the world are astounded by the size of things in _____. "I would say that one of the biggest shocks for (exchange students) was that everything is bigger," says Marta, an Italian student. Everything is big: Costco, BestBuy, Walmart... even the seats in the cinemas, the products in the stores and the portions at restaurants.

Eating in _____ is serious business (more on that below). Dinner, for example, is considered "early" if it is served at 7pm. 8pm is the norm for dinner time. Suggest 5pm or 6pm for supper and no one will show up! And equally, don't head out for a restaurant dinner that early, they won't be open!

Coffee is an essential part of life in _____. The Cafe Culture in _____ is similar to what is usually associated with a Bar Culture. Instead of taking your coffee and taking a seat, the _____ stand by the counter and exchange pleasantries with the Baristas. There are sitting arrangements that are charged and many _____ prefer to communicate with their local barista instead. This is a good opportunity for you to communicate.

The Czech Republic

France

Japan

Italy

The USA

The UK

Works cited:

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