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|  | Culture shock |  |
| Time | Activity | Materials |
| 5 minutes | Introduction  Warm-up questions  (What do you think is the culture shock?  Have you ever experienced culture shock?) |  |
| 5 minutes | Please, divide into pairs and discuss together the most important things according to you that you need to know when travelling abroad.  You should write down 7 of them on a paper and then we are going to have a discussion about it and share each other’s ideas. | Piece of paper |
| 5 minutes | Discussion about the most important things you need to know when travelling abroad.  (Why do you think your ideas are the best?  Did you forget to write down anything?) | Student’s own ideas (written during the activity before) |
| 10 minutes | Working with worksheet 1  Read the worksheet 1, answer the questions | Worksheet 1 |
| 5 minutes | We are going to discuss the worksheet 1  (What customs shocked you the most?  Did you know these information before or is it new for you?) | Worksheet 1 |
| 15 minutes | We are going to see an interesting youtube video about culture shocks around the world, including the culture shock she has had in the Czech Republic | Youtube video  Projector  Computer |

## “**What Is Culture Shock?**

Culture shock refers to feelings of uncertainty, confusion, or anxiety that people may experience when moving to a new country or experiencing a new culture or surroundings. This cultural adjustment is normal and is the result of being in an unfamiliar environment.

Culture shock can occur when people move to another city or country, such as when [retiring abroad](https://www.investopedia.com/articles/personal-finance/100214/retirement-us-vs-abroad.asp). Culture shock can also occur when people go on vacation, [travel in retirement](https://www.investopedia.com/retirement/how-plan-travel-retirement/) or for business, or study abroad for school. For example, international students [studying abroad for a semester](https://www.investopedia.com/articles/personal-finance/083115/does-it-make-sense-go-college-europe.asp) in another country may experience a cultural adjustment due to an unfamiliarity with the weather, local customs, language, food, and values.

**Symptoms of Culture Shock**

Culture shock can produce a range of symptoms, which can vary greatly from person to person in terms of scope and intensity. These may include

* Being homesick
* Feeling helpless
* Feeling isolated
* Disorientation
* Lack of concentration
* Irritability
* Sadness
* Sleep or eating disturbances
* Paranoia

**The 4 Stages of Culture Shock**

People who experience culture shock may go through four phases that are explained below.

The Honeymoon Stage

The first stage is commonly referred to as the honeymoon phase. That's because people are thrilled to be in their new environment. They often see it as an adventure. If someone is on a short stay, this initial excitement may define the entire experience. However, the honeymoon phase for those on a longer-term move eventually ends, even though people expect it to last.1

The Frustration Stage

People may become increasingly irritated and disoriented as the initial glee of being in a new environment wears off. Fatigue may gradually set in, which can result from misunderstanding other people's actions, conversations, and ways of doing things.

As a result, people can feel overwhelmed by a new culture at this stage, particularly if there is a language barrier. Local habits can also become increasingly challenging, and previously easy tasks can take longer to accomplish, leading to exhaustion.

Some of the symptoms of culture shock can include:

* Frustration
* Irritability
* Homesickness
* Depression
* Feeling lost and out of place
* Fatigue

The inability to effectively communicate—interpreting what others mean and making oneself understood—is usually the prime source of frustration. This stage can be the most difficult period of cultural adjustment as some people may feel the urge to withdraw.

For example, international students adjusting to life in the United States during study abroad programs can feel angry and anxious, leading to withdrawal from new friends. Some experience eating and sleeping disorders during this stage and may contemplate going home early.

The Adaptation Stage

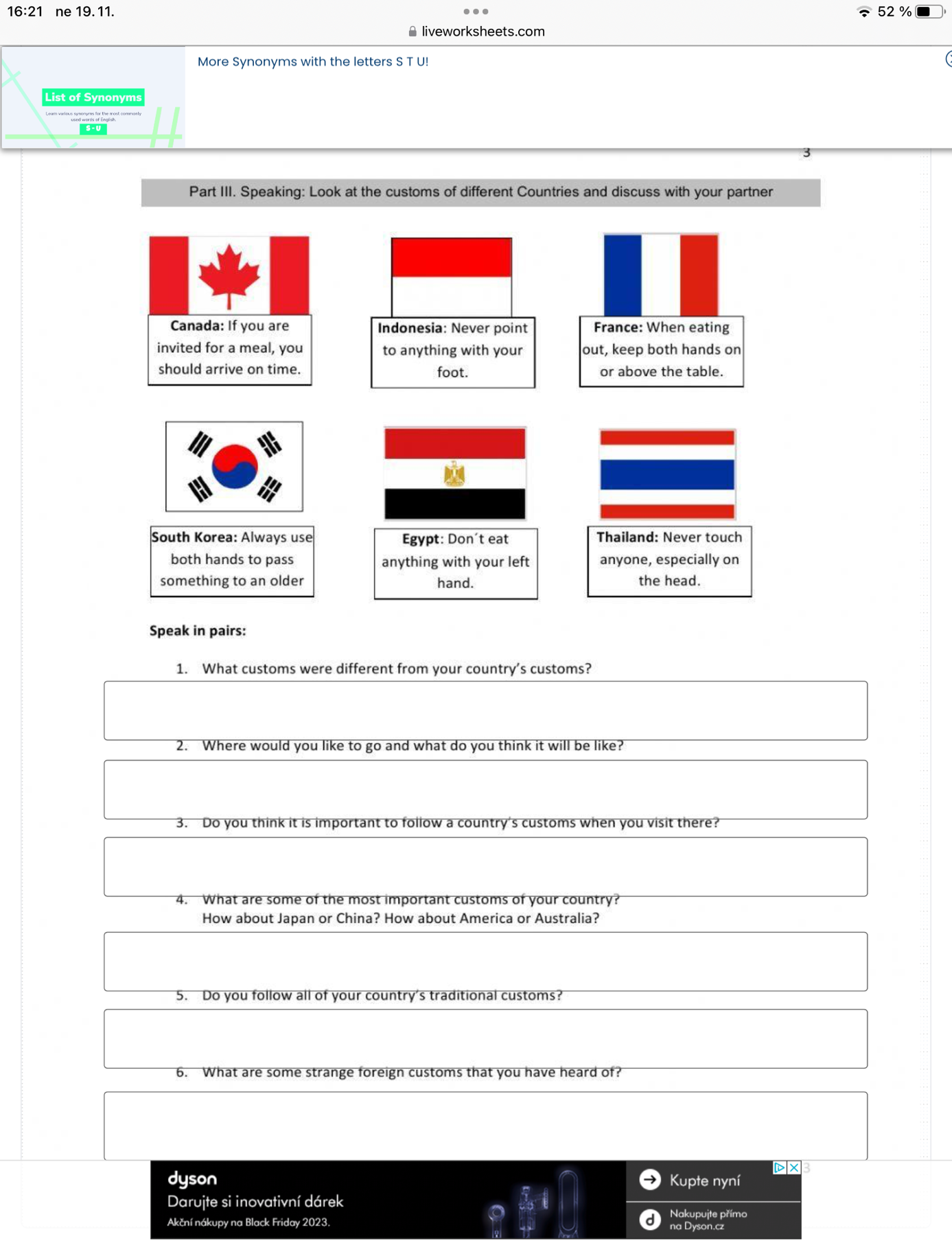
The adaptation stage is often gradual as people feel more at home in their new surroundings. The feelings from the frustration stage begin to subside as people adjust to their new environment. Although they may still not understand certain cultural cues, people will become more familiar—at least to the point that interpreting them becomes much easier.

The Acceptance Stage

During the acceptance or recovery stage, people are better able to experience and enjoy their new home. Typically, beliefs and attitudes toward their new surroundings improve, leading to increased self-confidence and a return of their sense of humor.

The obstacles and misunderstandings from the frustration stage have usually been resolved, allowing people to become more relaxed and happier. At this stage, most people experience growth and may change their old behaviors and adopt manners from their new culture.

During this stage, the new culture, beliefs, and attitudes may not be completely understood. Still, the realization may set in that complete understanding isn’t necessary to function and thrive in the new surroundings.”

**Worksheet 1**

**Sources**

Worksheet 1 <https://www.liveworksheets.com/w/en/english-second-language-esl/470929>

Youtube video <https://youtu.be/wo_9GcHzUis?si=aPwZv9KJOzG197Qz>

What is culture shock <https://www.investopedia.com/terms/c/culture-shock.asp>

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