

CULTURE SHOCK



CULTURE MEANS

**PEOPLE'S "WAY OF LIFE" OR THE
WAY THAT THEY DO THINGS.**



**DIFFERENT
COUNTRIES AND
DIFFERENT GROUPS
OF PEOPLE IN
THOSE COUNTRIES
HAVE DIFFERENT
CULTURES.**

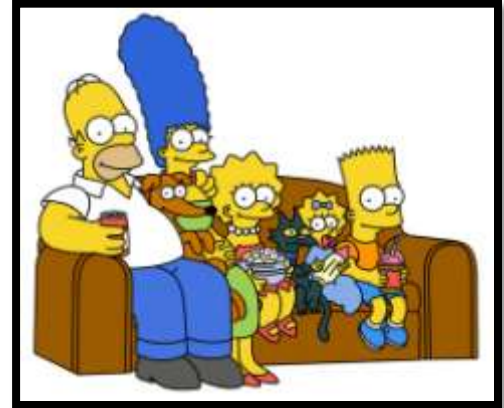
A CULTURE IS PASSED ONTO THE NEXT GENERATION BY LEARNING. CULTURE IS SEEN IN PEOPLE'S ART, RELIGION, FOOD, MUSIC, CLOTHES, AND MUCH MORE.



**CULTURE IS WHAT MAKES COUNTRIES UNIQUE.
EACH COUNTRY HAS DIFFERENT CULTURAL
RITUALS AND TRADITIONS.**

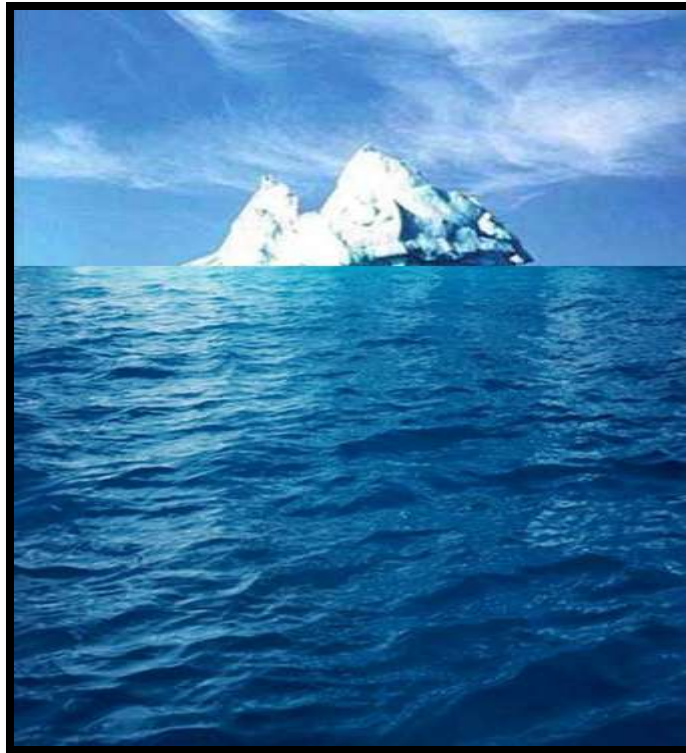


THESE ARE ALL EXAMPLES OF CULTURE...

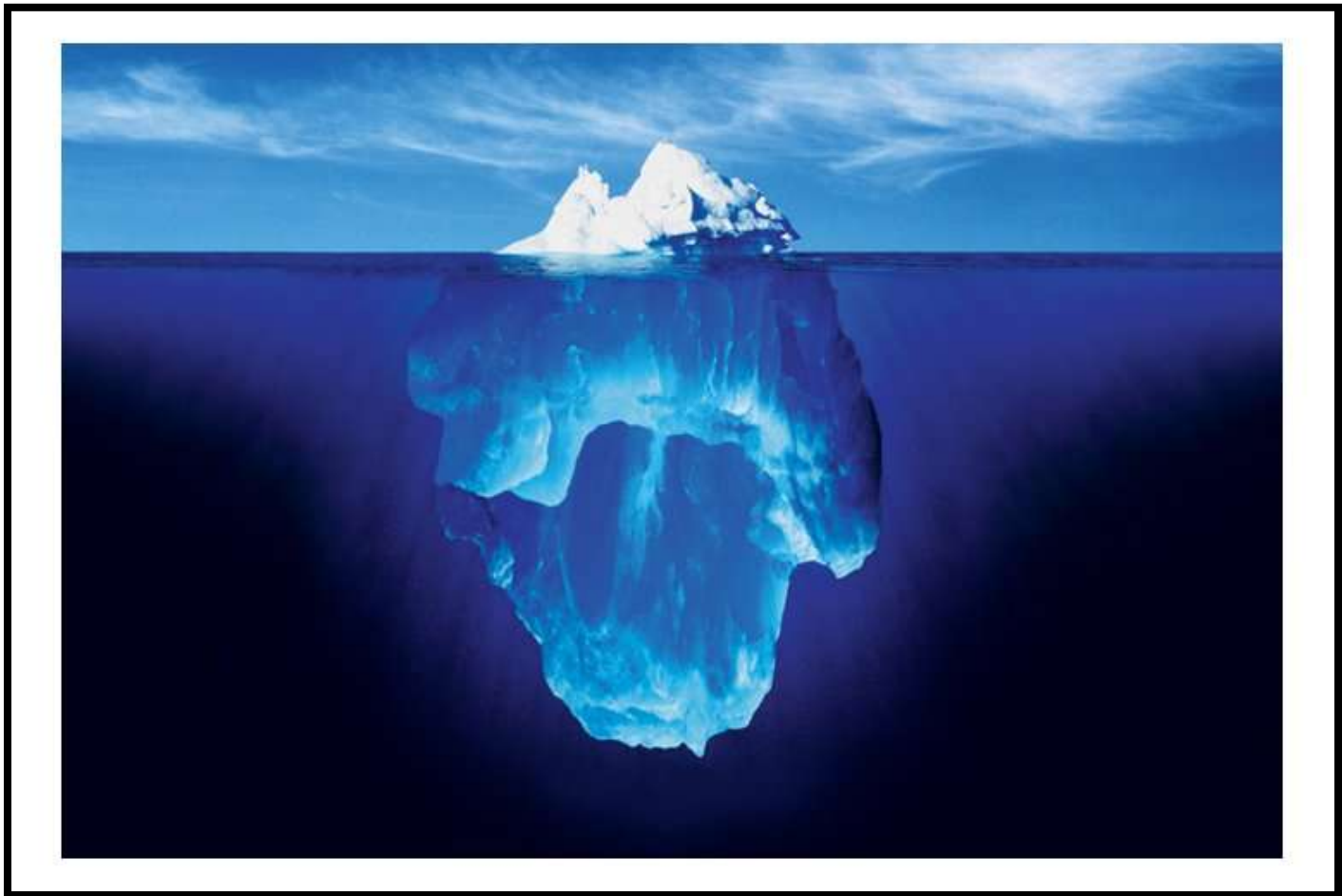


HOWEVER...

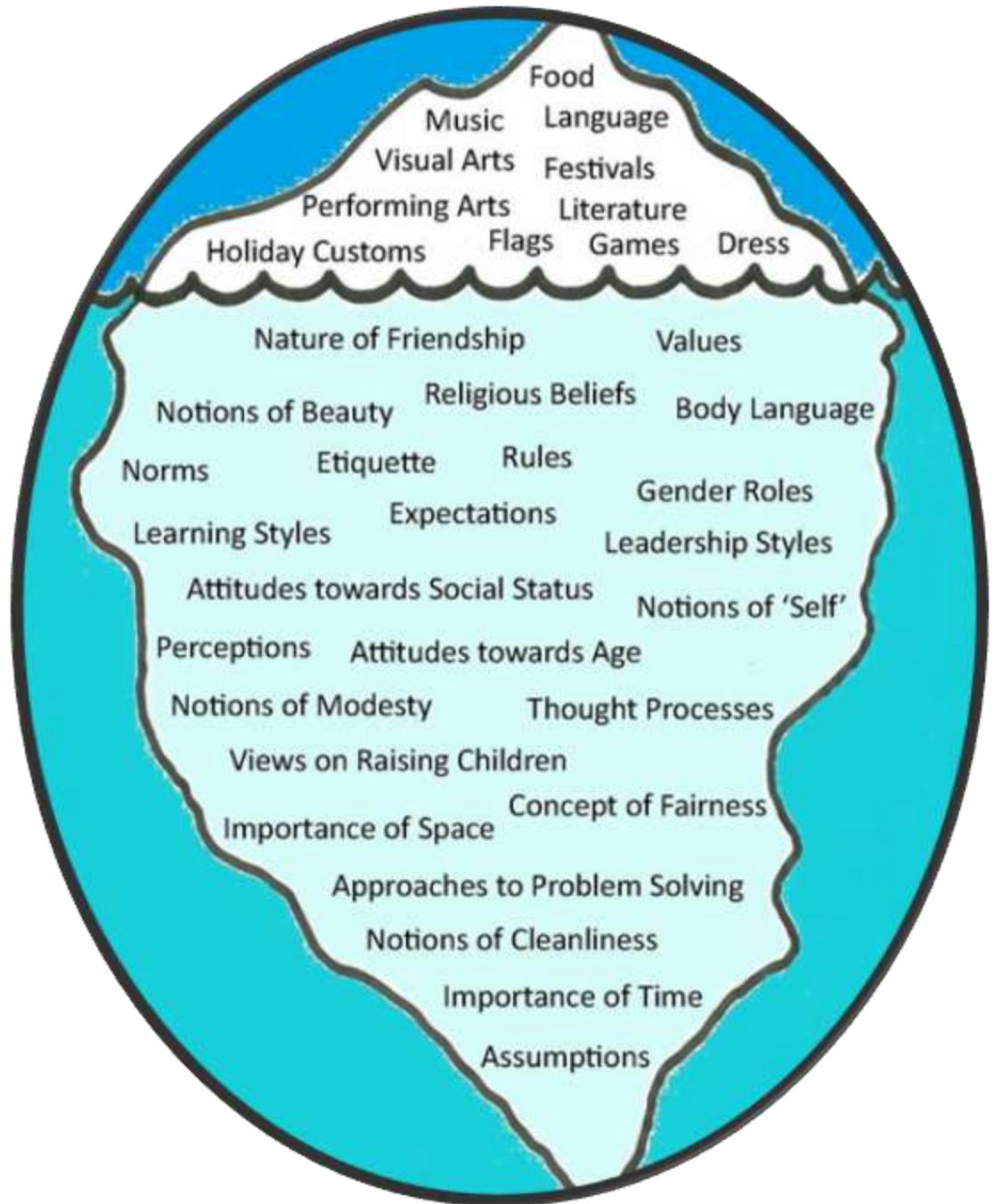
CULTURE IS NOT JUST WHAT WE CAN SEE!



CULTURE IS ALSO THE BELIEFS, VALUES, AND ATTITUDES OF THE PEOPLE IN THAT CULTURE. CULTURE ALSO INCLUDES THE WAY PEOPLE THINK ABOUT AND UNDERSTAND THE WORLD AND THEIR OWN LIVES.



**THERE ARE A
LOT OF
CULTURAL
ELEMENTS
THAT CAN
MAKE
COUNTRIES
AND GROUPS
OF PEOPLE
VERY
DIFFERENT!**



What is

SHOCK

?

THIS IS "SHOCK":





SHOCK. *Noun.* A sudden, surprising or upsetting event or experience. The state of being surprised or upset due to a sudden, drastic (extreme) change or event.



A world map is rendered in a dark brown, textured style on a light brown, fibrous paper background. The map shows the continents of North America, South America, Europe, Africa, and Australia. Overlaid on the map is the text "SO WHAT IS CULTURE SHOCK?" in a bold, white, sans-serif font with a slight drop shadow.

**SO WHAT IS
CULTURE SHOCK?**

CULTURE SHOCK IS THE TRAUMA, SADNESS, OR ANXIETY YOU EXPERIENCE WHEN YOU MOVE OR TRAVEL TO A NEW COUNTRY OR TO A CULTURE DIFFERENT FROM YOUR HOME CULTURE.



CULTURE SHOCK IS ALSO THE PROCESS OF ADAPTING TO THE NEW CULTURE /COUNTRY



CULTURE SHOCK CAN MAKE YOU FEEL "LIKE A FISH OUT OF WATER."

THIS FEELING CAN SOMETIMES MAKE LIFE IN A NEW COUNTRY VERY DIFFICULT!



YOU MAY FEEL LIKE THIS CHARACTER IN A NEW CULTURE





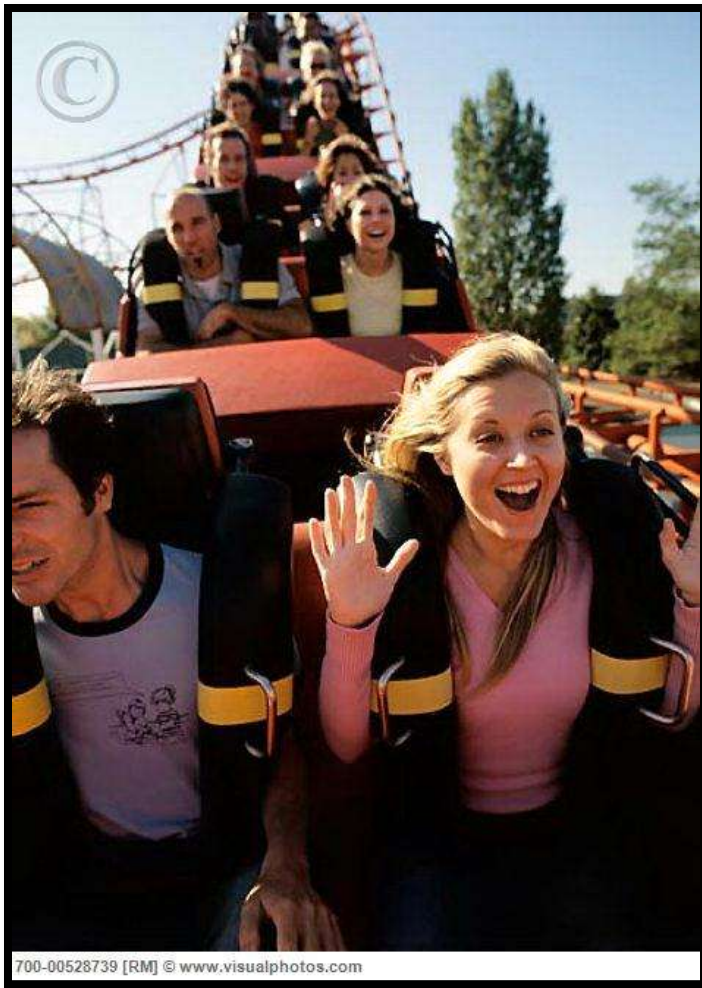
WHEN BORAT TRAVELS FROM HIS HOME COUNTRY OF KAZAKHSTAN TO THE UNITED STATES, HE HAS A VERY DIFFICULT TIME ADAPTING TO THE CHANGES IN THE CULTURE.



Many people describe culture shock as a “roller coaster of emotions” because of all of the “ups and downs” you experience when you move to a new country.



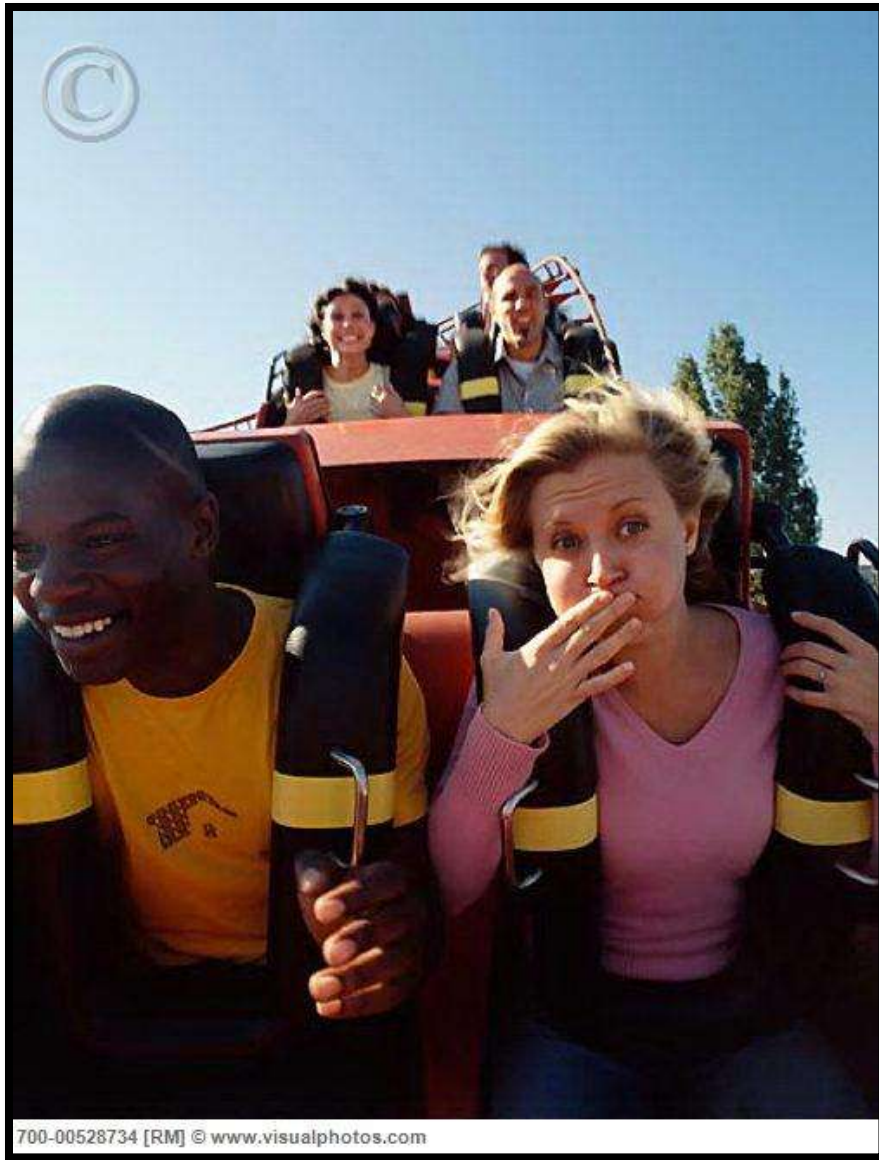
**FOR
EXAMPLE...**



Most of the time, you will probably be very happy in the country you are visiting or living in!



However, sometimes you might not like the new culture as much!

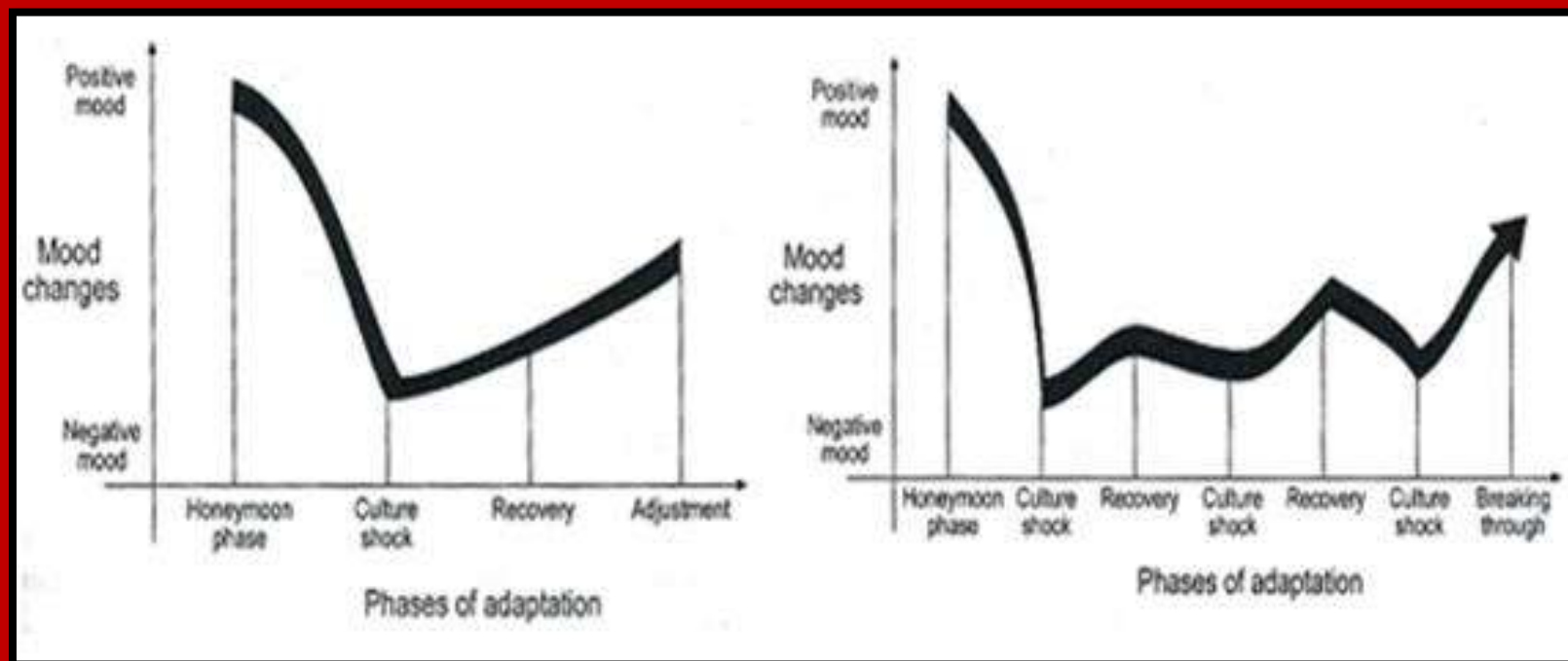
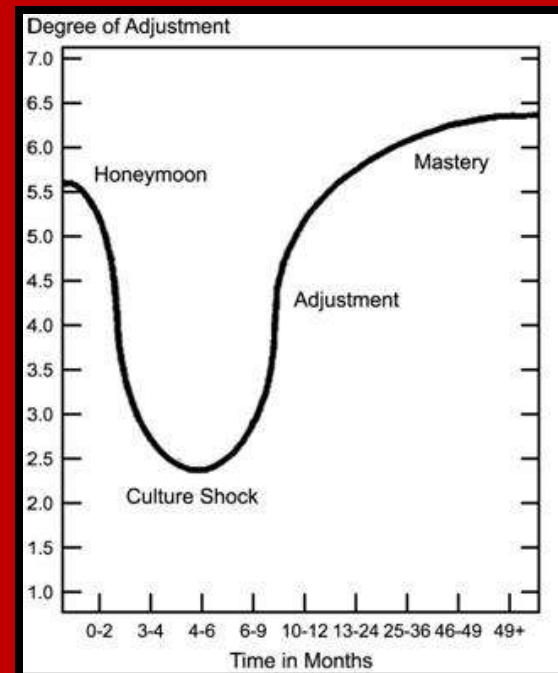


And just like on a roller coaster, you might even get sick as you adjust to the food, the weather, or even the altitude!

Experiencing a new country or a new culture can be very **fun**, like a roller coaster!

It is also **difficult** because culture is present in every part of our daily lives, from the food we eat to the way we talk to people!

These charts show the “ups and downs” of adjusting to the new culture.



1 The Honeymoon (Excitement)

2 The Crisis (Culture Shock/Frustration)

3 Adjustment (Recovery)

4 Biculturalism (Mastery)

5 Re-Entry Shock and Re-integration

**THE
STAGES
OF
CULTURE
SHOCK**

1st Stage: *The Honeymoon*



You arrive in the country and everything is new, exciting, and amazing!

You are in LOVE!



In this stage, you are **curious** about the new culture.

You may not have had time to notice anything negative or criticize the culture.

Things that are different are “cool” and you’re very **excited** to be there!

2nd Stage: The Crisis



This stage is where **CULTURE SHOCK** begins!



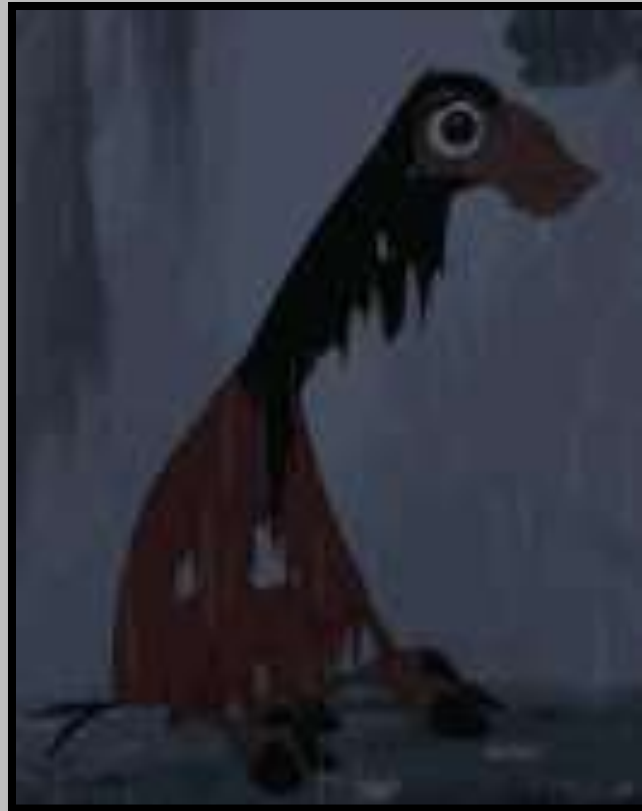
In this stage, you start to notice things that you **do not like** about the new culture.

You begin to judge the new culture and **criticize** it.

You may be **frustrated** because you do not know how things work in this culture.

You might feel **lonely, sad, or anxious** due to problems communicating.

**YOU MIGHT FEEL HOMESICK AND
JUST WANT TO GO BACK TO
YOUR OWN COUNTRY!**



3rd Stage: Adjustment (Recovery)



In this stage, you begin to **feel better!** The new culture's "not bad."

You find ways to **deal/cope** with the differences in the culture and begin to **understand** and **respect** people and their behavior.

You are more **confident** and things start to feel "**normal.**"

4th Stage: Biculturalism (Mastery)



In this stage, you now feel “at home” in the new culture.

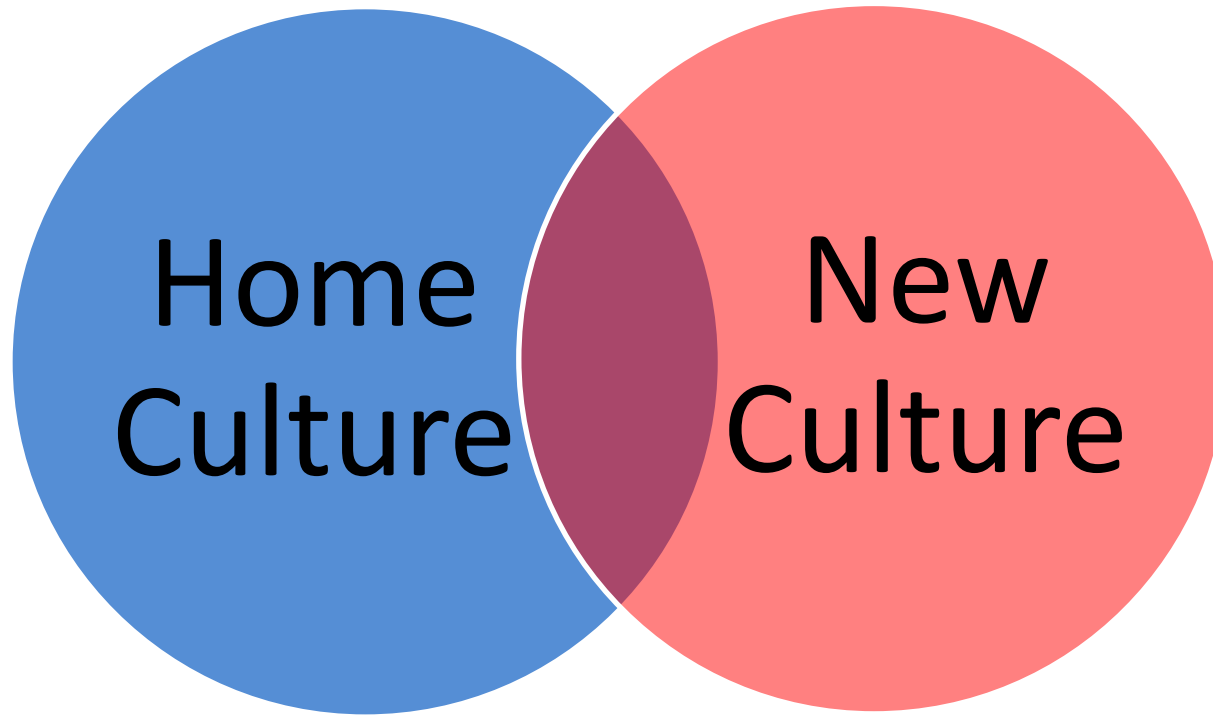
You may adopt certain characteristics of the culture as your own.

You can navigate, or **function well** within your culture **AND** the new culture.



You feel **comfortable** in the new culture and feel like you are a part of it.

You **do not struggle** as much and daily life is not difficult!



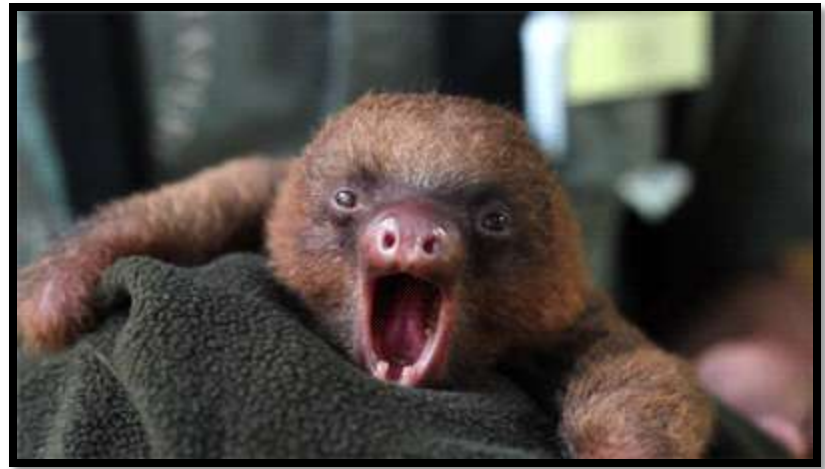
Your perspective from your home culture – the way you think – and the perspective from the new culture combine to help you create a **new way** of seeing, experiencing, and interpreting the world!

5th Stage: Re-Entry Shock/Re-Integration

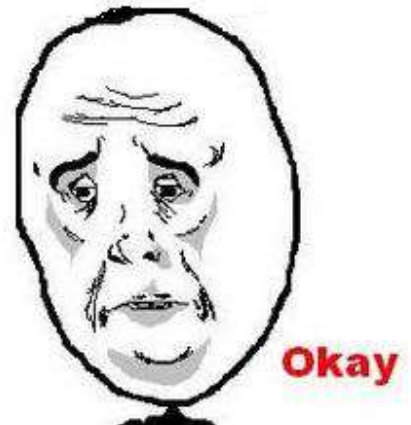


You return to your home country, but it's not the same!

**AFTER A GREAT
EXPERIENCE, YOU
WANT TO TELL ALL
OF YOUR FRIENDS
AT HOME!**



**HOWEVER, DON'T BE SURPRISED IF
NOT EVERYONE IS AS EXCITED AS
YOU ARE!**



What Causes Culture Shock?



SHORT ANSWER: DIFFERENCES!

LONG ANSWER:

**CLIMATE/WEATHER
MORE!**

AND MUCH

FOOD

CLOTHES

SOCIAL RULES

RULES OF BEHAVIOR

VALUES/ATTITUDES



CAUSES: Examples from Experiences in Ecuador!

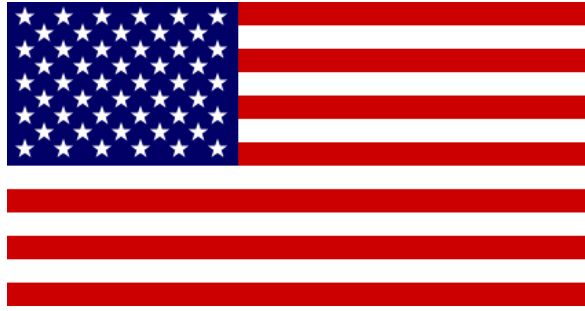


CULTURE



Versus





“LOW- CONTEXT”

- Logical, linear, **individualistic**, action-oriented
- Value logic**, facts, directness
- Decisions are based on facts instead of intuition
- Discussions end with **actions**
- Communicators are expected to be **direct**, concise, and efficient





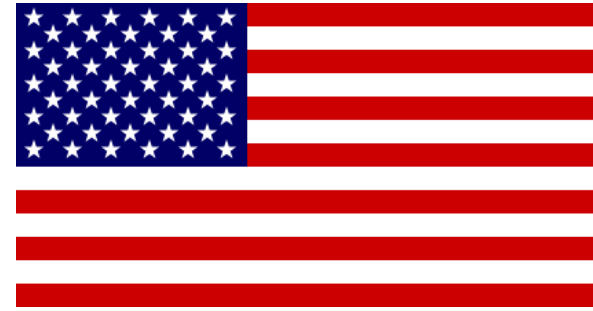
“High-Context”

-Focus on interpersonal **relationships**

-**Collectivist** (prefer group harmony and agreement instead of individual achievement), intuitive, contemplative

-**Value intuition** and feelings

-Words are not as important as **context in communication**: tone of voice, facial expression, gestures, posture, family history, status.



COMMUNICATION



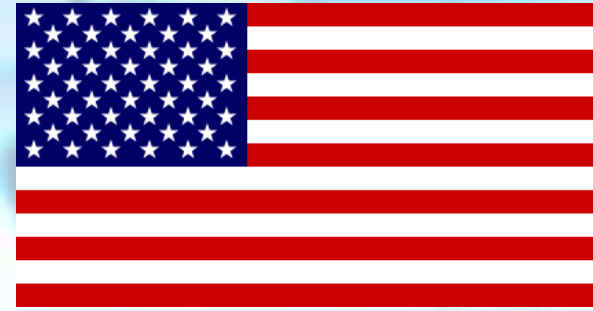
DIRECT

AMERICANS GENERALLY DO NOT HAVE A PROBLEM TELLING YOU WHAT THEY ARE THINKING, EVEN IF IT MIGHT NOT BE "NICE."



INDIRECT

ECUADORIANS DO NOT USUALLY LIKE TO PUT RELATIONSHIPS AT RISK, AND OFTEN AVOID DISCUSSING PROBLEMS DIRECTLY. THEY ALSO DO NOT SEEM TO LIKE TO SAY



TIME



MONOCHRONIC

- TIME IS NOT CONTINUOUS
- TIME IS DIVIDED INTO FIXED ELEMENTS: MINUTES, HOURS, DAYS, ETC. , WHICH CAN BE SCHEDULED
- PREFER TO WORK ON ONE THING AT A TIME
- VALUE PUNCTUALITY AND RESPECT THE TIME OF OTHERS

POLYCHRONIC

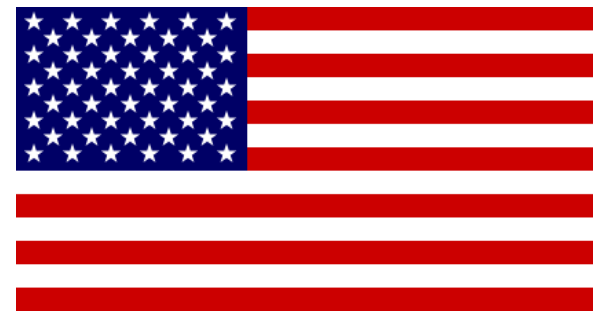
- TIME IS LIKE A NEVER-ENDING RIVER
- PREFER UNSTRUCTURED TIME WITHOUT SCHEDULES
- EXACT TIMES ARE APPROXIMATIONS/SUGGESTIONS
- IT IS ACCEPTABLE TO INTERRUPT SOMEONE WHO IS BUSY
- MORE RELAXED

Examples in Ecuador

A party starts at 9 pm, Ecuadorians say:

“Un ratito”





FOOD



- TO SAVE TIME, A LOT OF FOOD IS PRE-COOKED OR PACKAGED AND PROCESSED

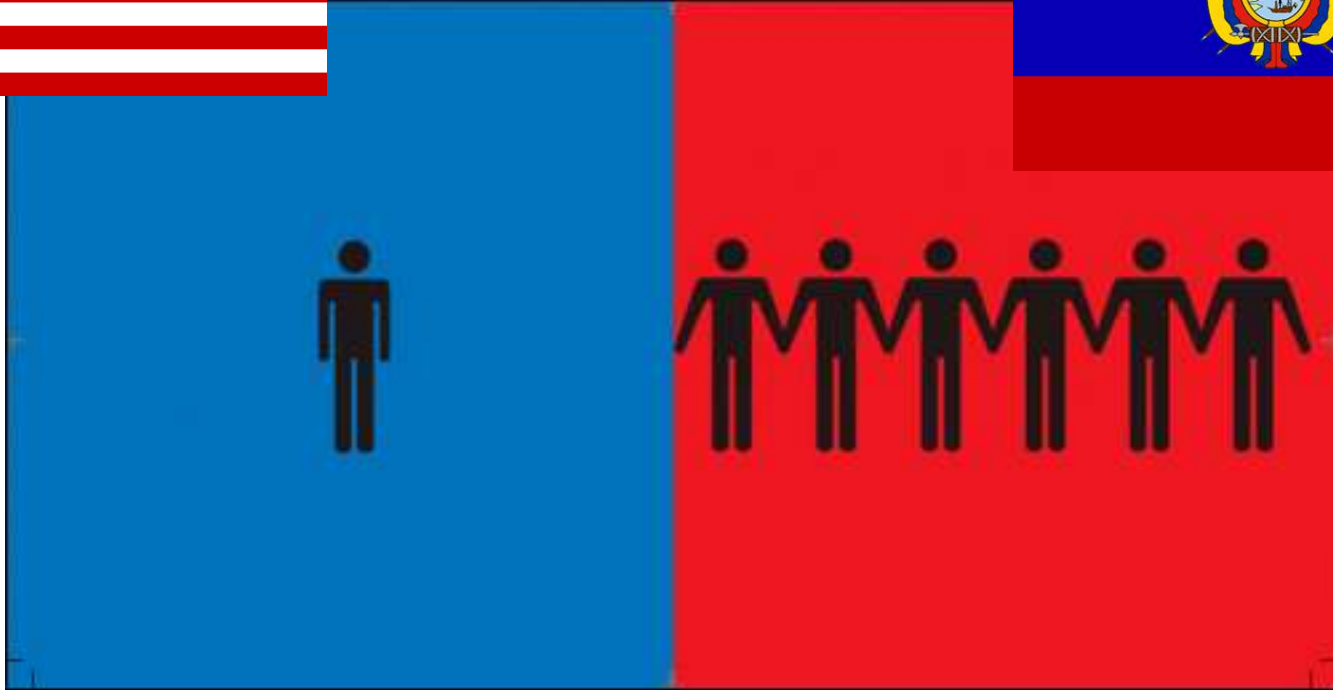
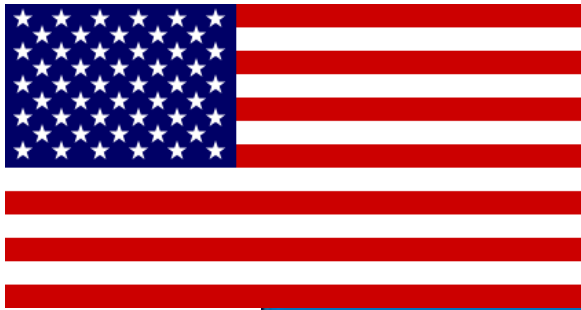


**-FRESH!
-ECUADORIANS DO NOT SEEM TO MIND SEEING THE ANIMAL THAT IT CAME FROM**





SOMETIMES, FOOD IN ONE COUNTRY MIGHT BE A PET IN ANOTHER! THESE ARE CULTURAL DIFFERENCES THAT MIGHT BE HARD TO ADAPT TO!



**-INDIVIDUALISTIC - VALUE
INDEPENDENCE, PERSONAL
SPACE AND INDIVIDUAL
ACHIEVEMENT
-"EVERY MAN FOR HIMSELF!"**

**-COLLECTIVISTIC - VALUE
RELATIONSHIPS, "TOUCHY"
-"ONE FOR ALL AND ALL
FOR ONE!"**



**IN THE U.S., GREETING
AND SAYING GOODBYE
ARE VERY INFORMAL
WITH MINIMAL TO NO
TOUCHING.**





**IN
ECUADOR, RELAT
IONSHIPS, EVEN
AMONG
STRANGERS, TEN
D TO BE CLOSE.**



**GREETING AND SAYING GOODBYE
ARE MUCH MORE FORMAL. IF
YOU
MIGHT
TRAVEL TO THE
U.S., YOU
THINK
AMERICANS ARE
COLD AND
UNFRIENDLY.**

Why is Language Important?

-If you do not speak the language, even simple tasks become very difficult

-Language helps you make friendships. Living in a new country can be lonely without someone to talk to!

-Language *transmits* and *reflects* culture.

-It's hard to feel smart or funny when you don't speak the language well. You may not feel like YOU in a new culture around speakers of another language.



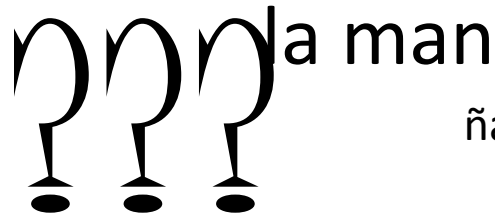
Chevere

bacán

achachay

araray

pana



la man

de ley

de uvas

broder

ñaño

chulla vida

chuchaqui

chumarse

viela

vielar

mushpa

shunsho

¿me cachas?

chiro

chuta

chuso

nomás

farra

una mucha

pelado/a

ruquear

changar

cucho/a

simón

fresco

guagua

guambra **llucho/a**

pega full

ni fregando

estar fregado

suco/a

ñeque

foco gerlas



Translate

From: Spanish ▾



To: English ▾

Translate

English **Spanish** French

llucho



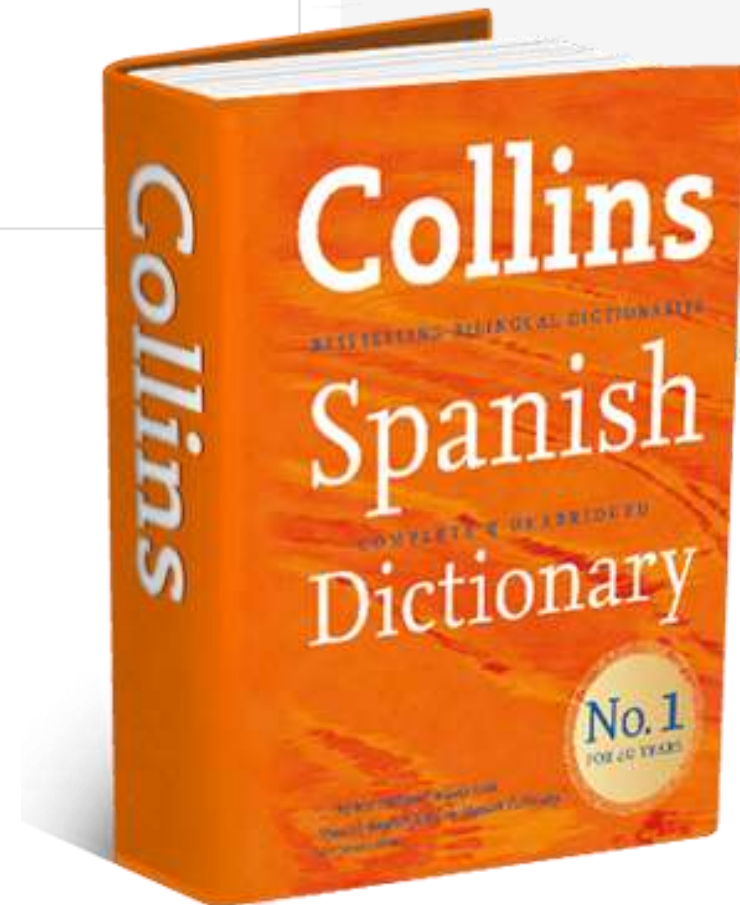
Did you mean: [lucho](#)



Spanish **English** Arabic

llucho

You may find that the language you studied in school is **different** from what is spoken in the country (and that dictionaries don't help) - **SLANG IS PART OF CULTURE!**



SYMPTOMS
OF
CULTURE
SHOCK



"IT'S NOT LUPUS!"

Embarrassment

Frustration

Sickness

Depression

Anxiety

Lack of patience

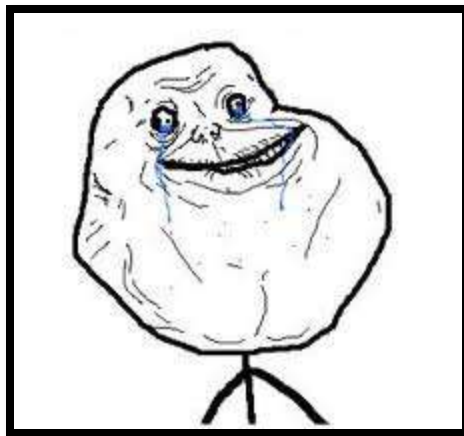
Boredom

Overeating/weight gain

Nostalgia

Headaches

Obsession with new culture



Confusion

Homesickness

Fatigue

Loneliness

Intolerance

Obsession with health and cleanliness

Anger

Weight loss

Cravings for food from home

Shyness/insecurity

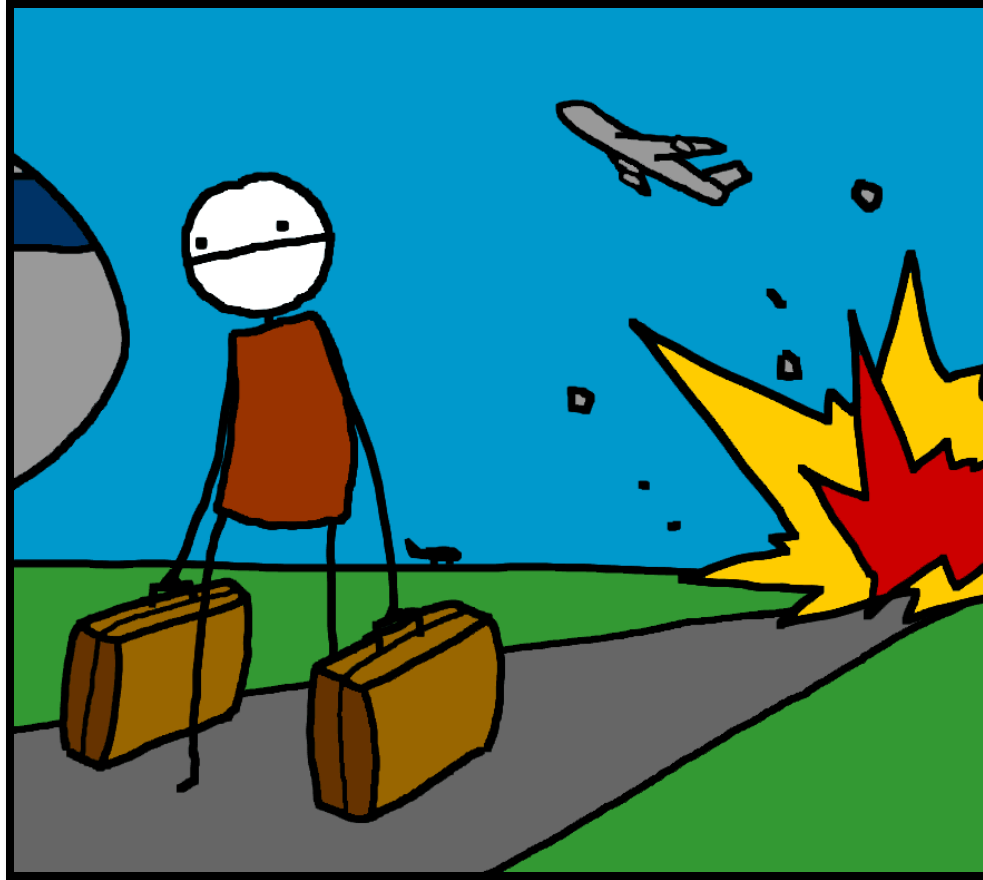
Feeling lost





Culture shock doesn't sound like fun!

SO WHAT CAN YOU DO?



...Besides giving up and going home!

Understand that
culture shock is
completely normal

Be patient and “go
with the flow”

Be open-minded

Be respectful and
don't judge



Have a sense of **humor**

Learn the **language**

Keep in touch with home
but also explore and
appreciate your host
country

Decorate your living space
with **personal things** such as
photos or other things that
remind you of home



Find somewhere where you can eat or find **familiar foods** if you want to

Eat healthy, maintain a balanced diet, and **exercise**

Make friends with other **foreigners**, because they know what you are going through, but also with **locals**, because they can help you understand and navigate the culture

Continue pursuing your **hobbies** from home or **find something new** to do in your new country

Explore and **have fun!**

