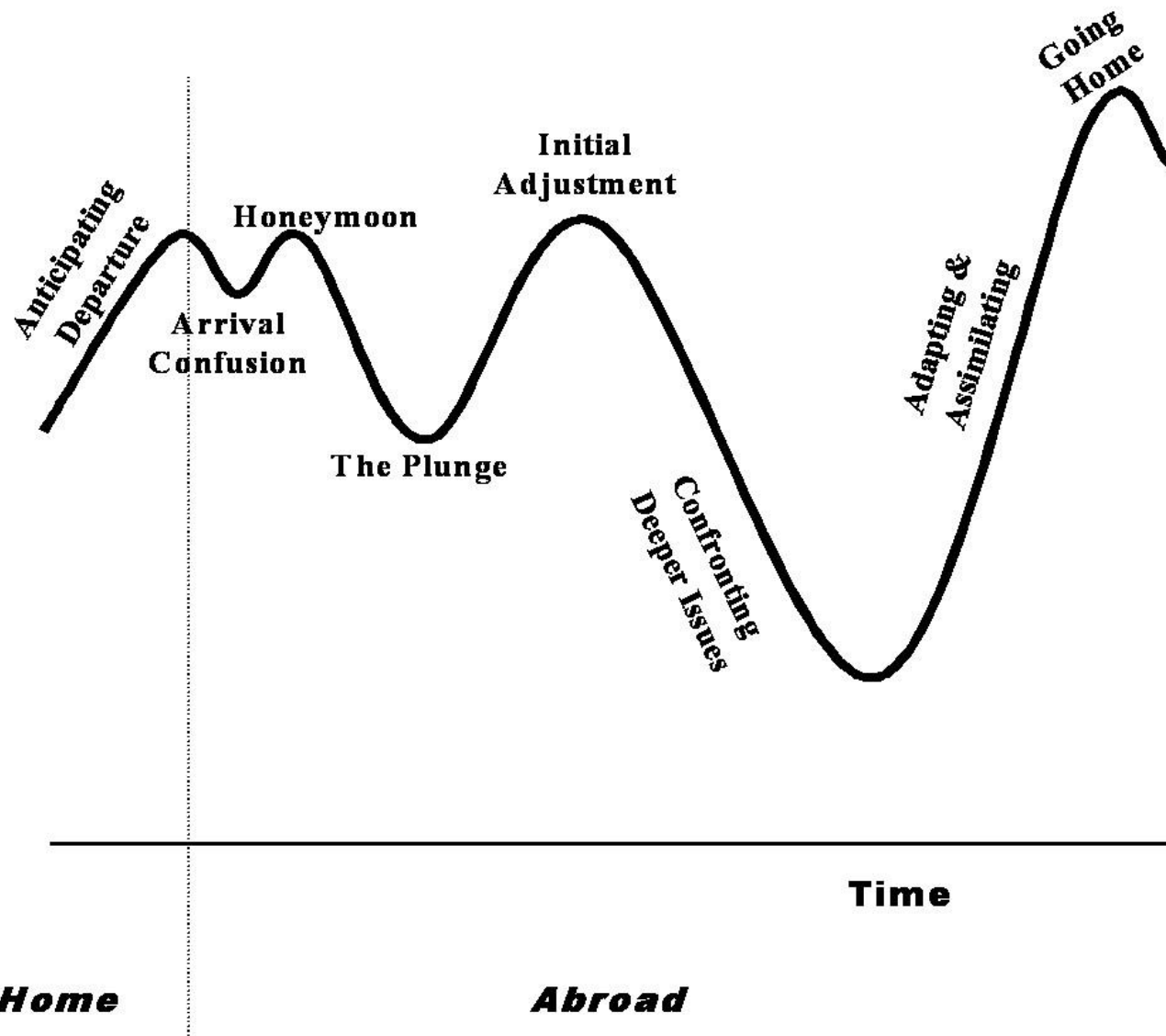


Culture Shock

three things about
CULTURE SHOCK PREPARATION
that we MISUNDERSTAND!

**CULTURE = Everything that tells
you what is normal.**



WHAT TO DO ABOUT CULTURE FATIGUE

1. Give yourself a break: Sleep, take walks, keep a journal.
2. Talk to others: You'll find out you're not alone.
3. Find a balance: Like training for a marathon, push yourself while respecting your limits.
4. Ask for help: You don't need to do it alone.

But of
COURSE,
my good sir!

CULTURE SHOCK CLUB

So we CAN talk
about this?!



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