

COMMUNICATION

Discussing the stages of culture shock

LEVEL

Intermediate (B1)

NUMBER

EN_B1_2081X

LANGUAGE

English



Learning outcomes

- I can define what culture shock is and summarise its main stages.
- I can talk about an experience I've had in another country using a range of vocabulary.



Warm-up

Share your answers to the questions below with the rest of the class.

How would you define culture shock?

How long do you think culture shock generally lasts?



The stages of culture shock

Read about the stages of culture shock and see if you can put them in the right order.

1

2

3

4

A

Belonging

In this final stage, people are able to live comfortably in the host culture. They have adapted to their new way of life. Feelings of loneliness and isolation are gone and replaced with a sense of belonging.

B

Anxiety

Usually starts 3 months after living in a new culture. Differences between the old and new culture become more apparent, causing anxiety in some. Feelings of excitement and fascination might be replaced with frustration and anger. People often feel lonely and homesick.

C

Honeymoon

In the first few months, the differences between the old and new culture are viewed in a romantic light. Most people in this stage are fascinated by the new culture—they might like the food, the pace of life, the habits of the locals, etc.

D

Adjusting

People in this stage start getting used to the differences and develop routines. Most people in this stage know what to expect in different situations. Things start to feel 'normal' again and many people accept the culture's differences with a positive attitude.



Reaction

Read the **questions** below and **share your answers** with the rest of the class.

Were you surprised by anything in the text?



What's the longest time you've spent outside of your country?



Matching

1. **Match** the words on the left with their definition on the right.
2. Then **answer** the questions below.



1 **homesick**

2 **frustration**

3 **isolation**

4 **apparent**

5 **adapt to**

a obvious; clearly visible or understood

b the feeling of being alone and unhappy

c being unhappy because you are away from your home

d to adjust yourself in different situations

e being annoyed because you can't achieve something that you want

1. Have you ever been homesick? What happened?
2. Are you able to easily adapt to new situations? Can you give an example?



I feel **a sense of belonging** here.

I am **fascinated by** Icelandic culture.

Where do you feel **a sense of belonging**?

What are you **fascinated by**?



Categorise the phrases

Which phrases are most likely used to express **positive reactions**? Which phrases are most likely used to express **negative reactions**? Are there any phrases that could be used for **both**?

1

I was **surprised**
when...

2

It made me
unhappy that...

3

I was **frustrated**
when...

4

It **delighted** me
that...

5

I was **anxious**
when...

6

It made me
miserable that...

7

It made me
nervous that...

8

It **shocked** me
that...

9

It **satisfied** me
that...

10

It **annoyed** me
that...

Positive

Negative

Both

What were your initial impressions?

Think about a time you travelled to a place where you didn't speak the language. **What things did you notice? What were your initial impressions?** Use the phrases below and share your experience with the rest of the class.



I was surprised
when...

It delighted me
that...

It made me
nervous that...

It made me
unhappy that...

I was anxious
when...

It shocked me
that...

I was frustrated
when...

It made me
miserable that...

It annoyed me
that...



Discuss

Discuss the prompt below as a class or in breakout rooms.

Your company wants to send you overseas to an English-speaking city.

1. Which one of the cities below would you most like to move to?
2. Which city would you least like to move to?
3. What kind of difficulties do you think you would have in each of these places?



a.



b.



c.



d.




Time to talk!

Take turns choosing a question below and ask a **classmate** to find out more about them.



- What is something from another country you admire? Why?
- How would you adapt to another country? What are some things you would do?
- Where do you think you would experience the most culture shock? Why?
- What do you think would be the first difference you notice if you moved to another country?
- What are some challenges you have experienced while using technology in other countries?



End of the lesson

Idiom

When in Rome, do as the Romans do.

Meaning: Adapting yourself to the customs of a place you are not from.

Example: Do you think we should also bow when we meet someone?
It seems like the thing to do here. When in Rome, do as the Romans do!



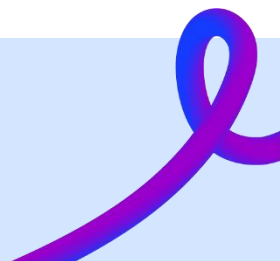
Additional practice



True or false

Fill in the gaps and answer **true or false** for each sentence.

		True	False
1	In the honeymoon phase, people are often _____ by the culture.	<input type="checkbox"/>	<input type="checkbox"/>
2	Adjusting is usually the final _____ of culture _____.	<input type="checkbox"/>	<input type="checkbox"/>
3	When you are getting used to the differences and developing a _____, you are _____ to the new culture.	<input type="checkbox"/>	<input type="checkbox"/>
4	People often feel _____ (the feeling of missing their home) after 3 months of living in a new culture.	<input type="checkbox"/>	<input type="checkbox"/>
5	Anxiety follows the honeymoon period. Feelings of frustration and anger replace the _____ and fascination.	<input type="checkbox"/>	<input type="checkbox"/>





Discuss

Where have you felt a sense of belonging?

Is this where you live now? Is this somewhere you lived in the past?

Use adjectives from the lesson to describe the positives. Why do you think you belonged/belong there?

Was/Is there anything negative about this place?





Build sentences

Make sentences using the **verbs and adjectives** from the lesson to describe somewhere with a **different culture** to yours. Use the **examples** to help you.

It surprises me that...
It doesn't shock me that...

...shops aren't open on Sunday.
...people drive on the left.



Verbs

- to surprise
- to delight
- to frustrate
- to annoy
- to adapt to

Adjectives

- miserable
- nervous
- anxious
- homesick
- lonely



Discuss

Do you **agree with one of these statements**? Discuss your answers with your teacher.

1



I prefer living somewhere with a different culture to mine because...

2



I prefer living somewhere with a similar culture to mine because...

What is important to you about where you live?

Can you live the life you want in the culture you are from? Did you have to leave to be happy?

Are you happy with where you live now? Why? Why not?





Answer key

P.4: 1. (c.) 2. (b.) 3. (d.) 4. (a.)

P.6: 1. (c.) 2. (e.) 3. (b.) 4. (a.) 5. (d.)

P.8: Positive (4, 9) Negative (2, 3, 5, 6, 7, 10) Both (1, 8)

P.15: 1. fascinated, True 2. stage, shock, False, 3. routine, adjusting, True 4. homesick, True
5. excitement, True



Summary

The stages of culture shock

- Honeymoon – positive, romantic, fascinating, exciting
- Anxiety – starts after about 3 months, differences become more apparent, frustration, anger
- Adjusting – getting used to the differences, develop routines, know what to expect
- Belonging – able to live comfortably, adapted to new way of life, loneliness and isolation has gone

Culture shock vocabulary

- homesick, frustration, isolation
- apparent, to adapt to
- sense of belonging, to be fascinated by something

Useful phrases

- It surprised me that people stay up so late.
- It made me miserable that I was so far from my family.
- It delighted me that people made me feel welcome.

First impressions

- Positive: satisfied, delighted
- Negative: annoyed, frustrated, miserable, unhappy, anxious
- Both: nervous, shocked



Vocabulary

culture shock

belonging

anxiety

honeymoon

homesick

frustration

isolation

to adapt to

apparent

a sense of belonging

to be fascinated by

