

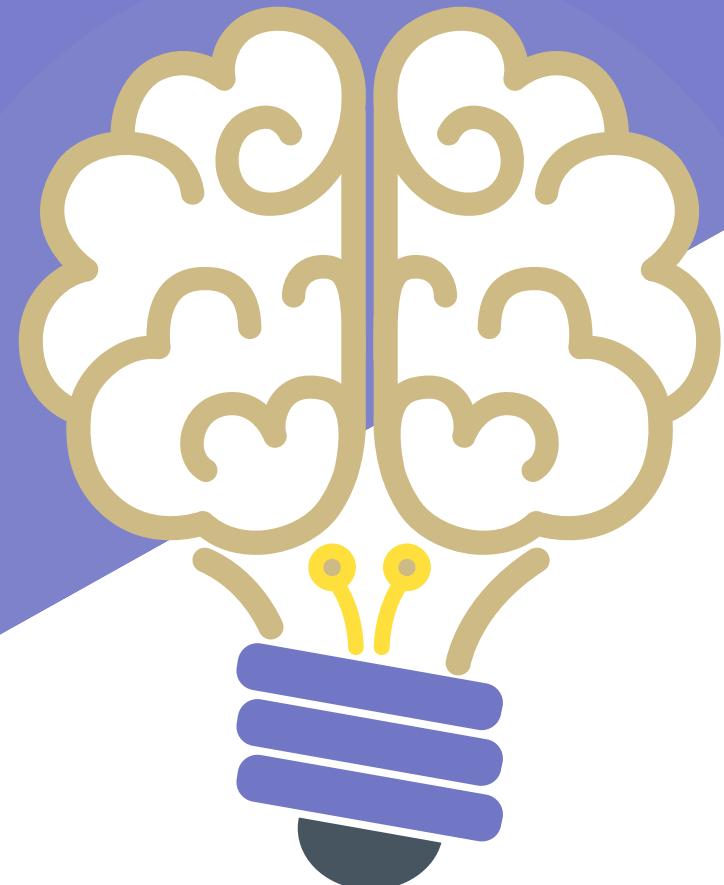
CULTURE SHOCK



罗介 1453611 Part 3+Part 4

吴一苇 1553917 Part 1+conclusion

羊山 1651413 Part 2+PPT

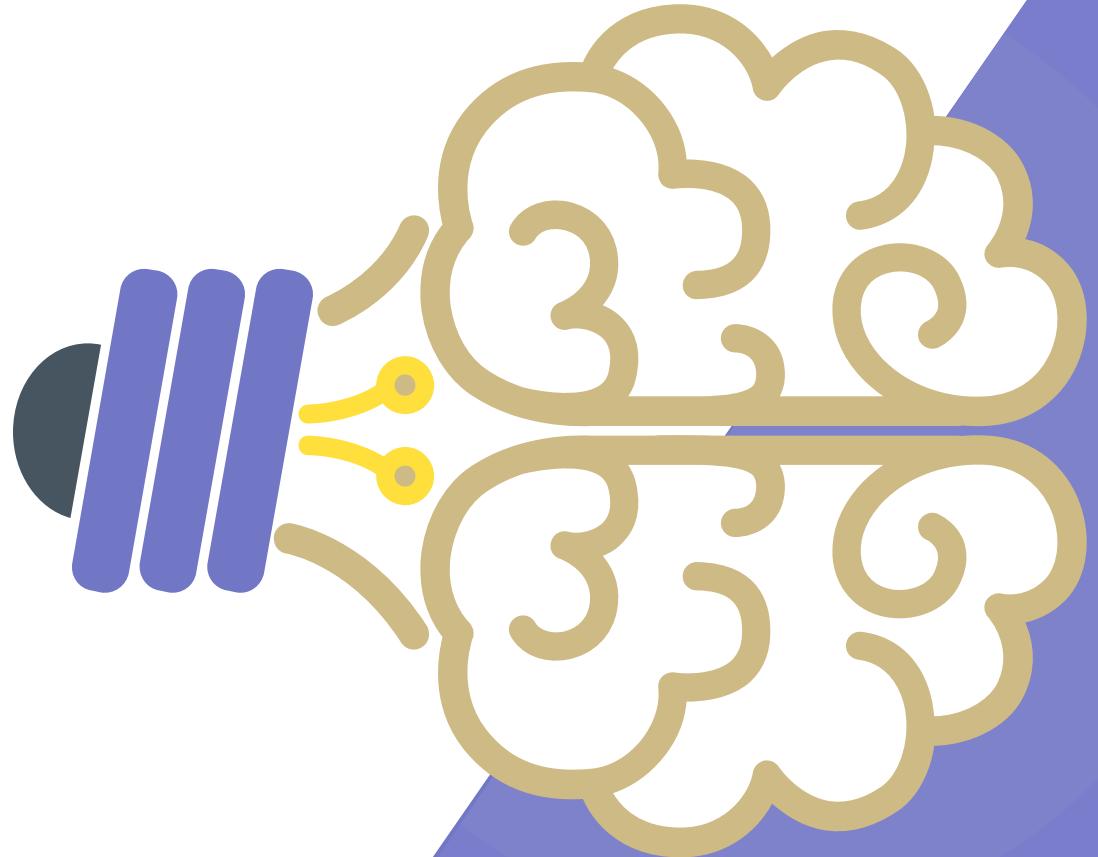


Culture shock
In international
communication

- 01 | Feelings of culture shock**
- 02 | Stages of culture shock**
- 03 | Symptoms of culture shock**
- 04 | Curing culture shock**

/01

Feelings of culture shock



Feeling of culture shock?

The feeling of culture shock generally sets in after the first few weeks of coming to a new place.

People suffer a lot at the very beginning, as they usually go through the following.

Familiar signs and symbols

“I can't see my familiar signs, I'm at a loss for what to do and how to do it.”



Chinese Culture sign/symbols



American hamburger

Familiar cues are removed

DISCOMFORT



FRUSTRATED



ANXIETY



“He is like a fish out of water”

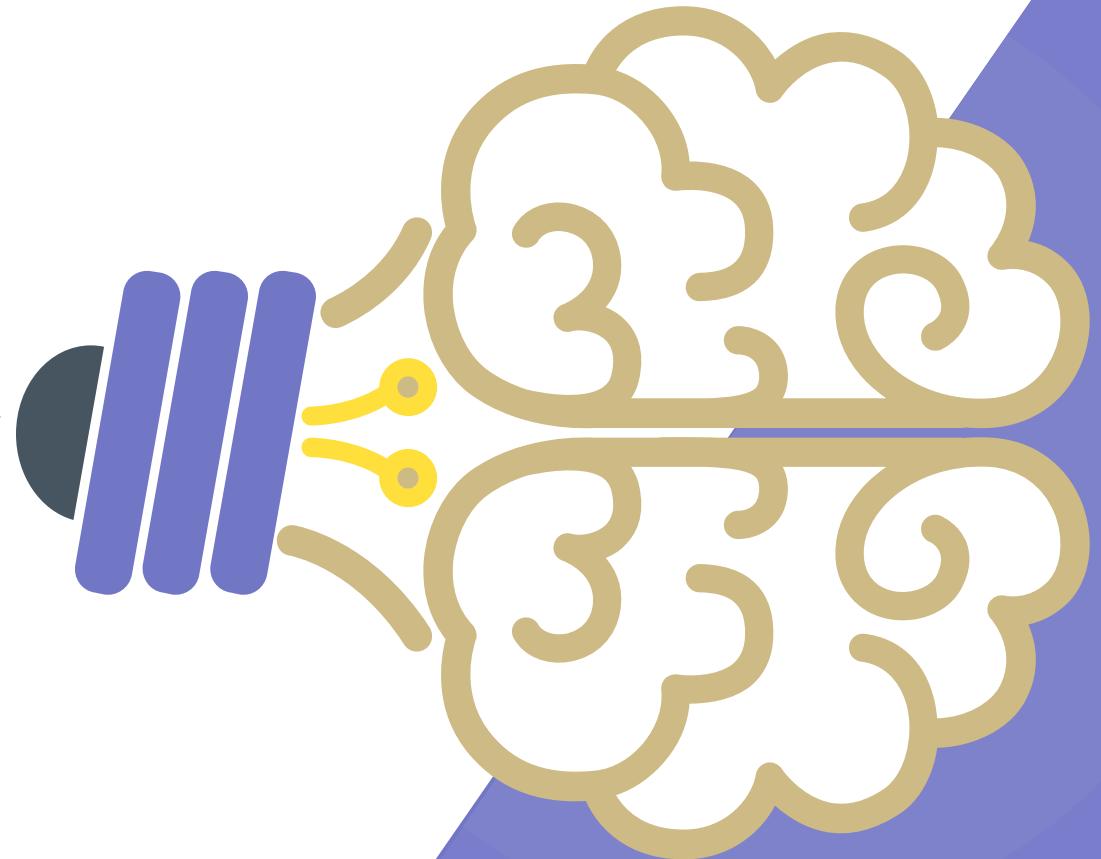
All cultures are not exactly the same

Don't take anythings for granted

There are different manners between different cultures

/02

Stage of Culture Shock



Different Stages of Culture Shock

1. The honeymoon Stage

Everything encountered is new and exciting.

2. The Hostility Stage

Some difficult times and crises

3. The Recovery Stage

A new feeling of pleasure and sense of home

4. The Adjustment Stage

A feeling of belonging

5. The Biculturality Stage

Comfortable in both the old and new cultures



The Honeymoon Stage



Fascinated with everything new



Embarking on a adventure



Endless excitement to new things

The Hostility Stage

COMMUNICATION



ACCUSTOMS

Frustration, anger, anxiety and sometime depression

Other Stages



1. The Recovery Stage

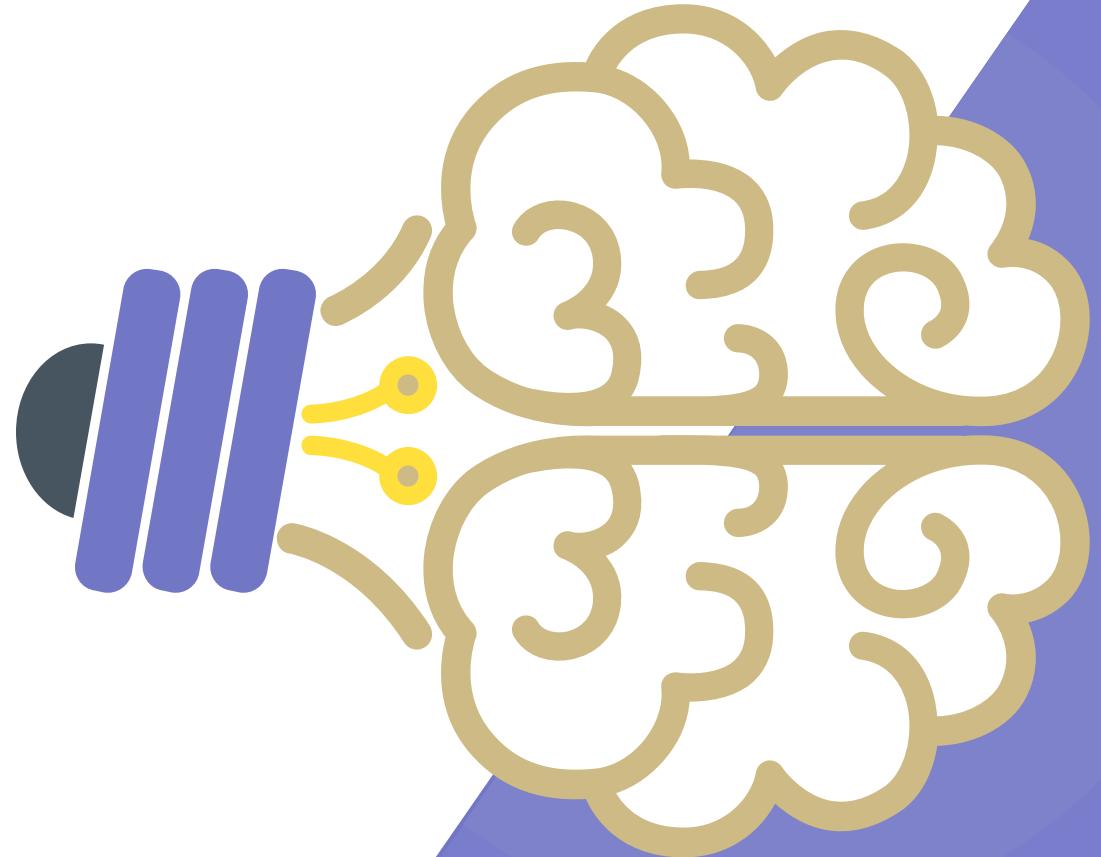
2. The Adjustment Stage

3. The Biculturality Stage

Spicy food is popular in some areas

/03

Symptoms of Culture Shock



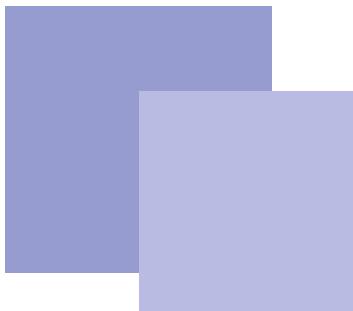
Two Aspects of Culture Shock

Physical symptoms of culture shock

Too much sleep or too little sleep.

Eating too much or having no appetite.

Frequent minor illnesses, upset stomachaches or headaches, and a general feeling of uneasiness.



Psychological symptoms of culture shock

Loneliness or boredom, homesickness, idealizing home, feeling helpless and dependent, irritability and even hostility, social withdrawal, excessive concern for health or security, rebellion against rules and so on.

Symptoms of Culture Shock in a New Place

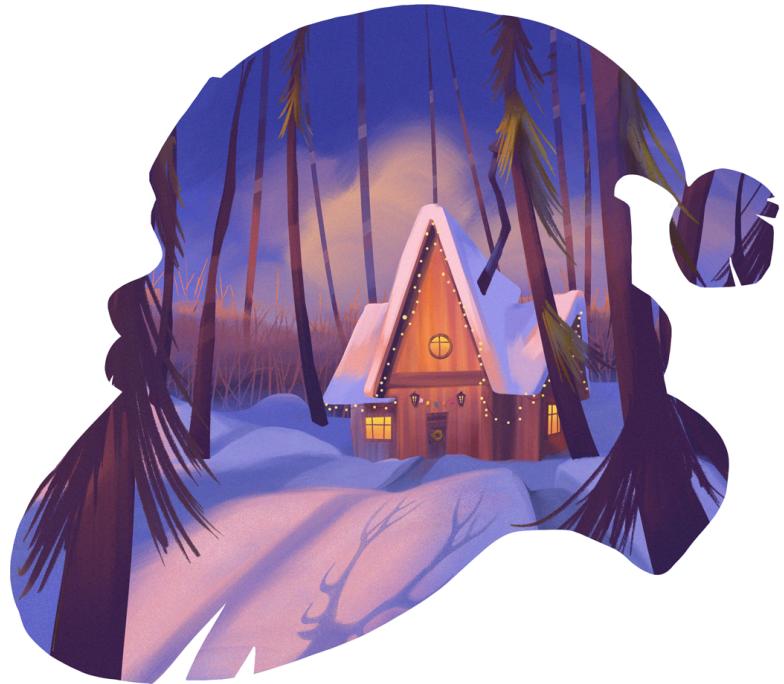
Minor misunderstandings and miscommunications.

Many of the symptoms are not unusual.

Example:

Misunderstanding simple English greetings and table conversation conventions.

Symptoms of reverse Culture Shock

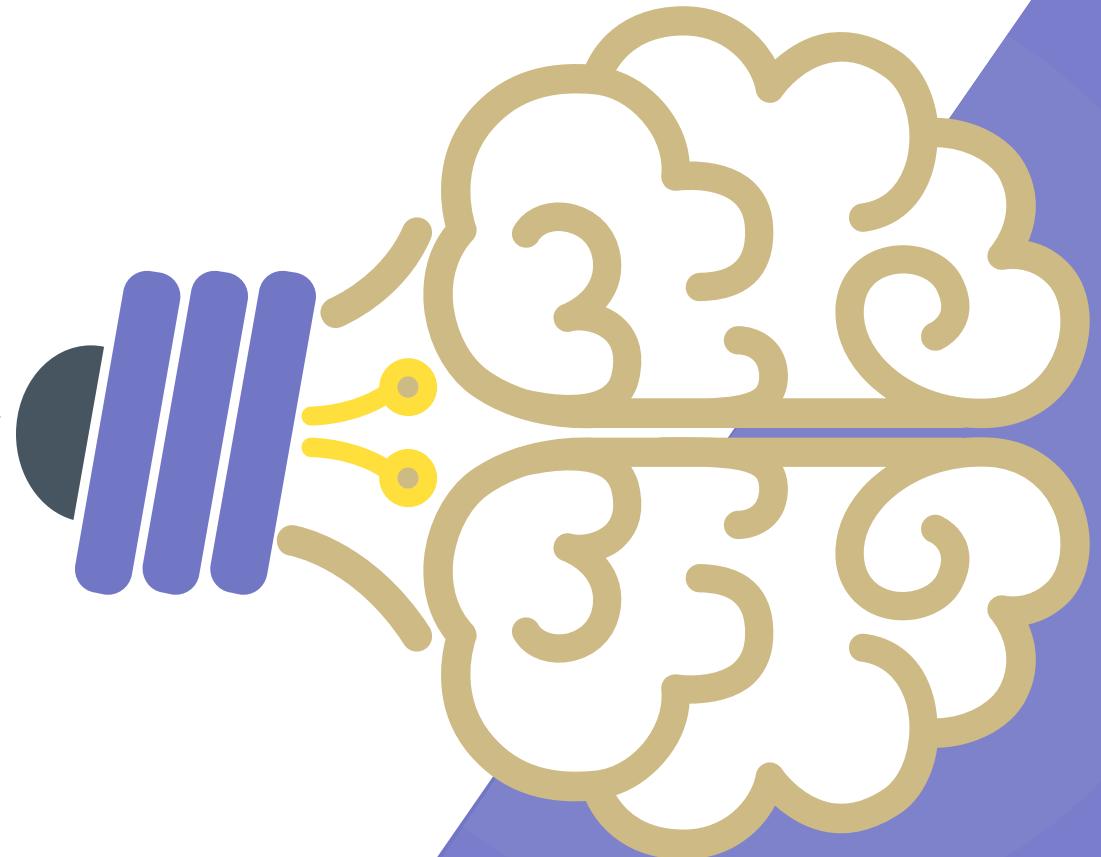


In one's own country. Coming home after spending some time abroad.

A similar adjustment period and its accompanying symptoms usually occur when a sojourner returns home.

/04

Curing Culture Shock

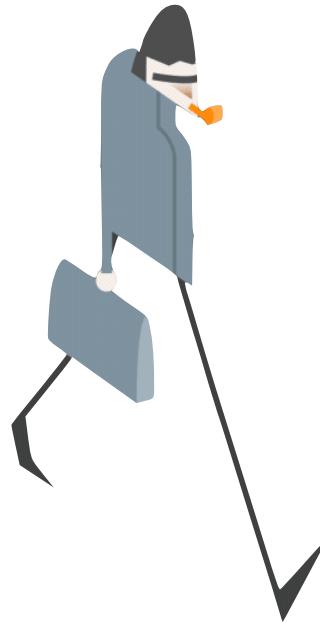


Defense Mechanisms Against Culture Shock

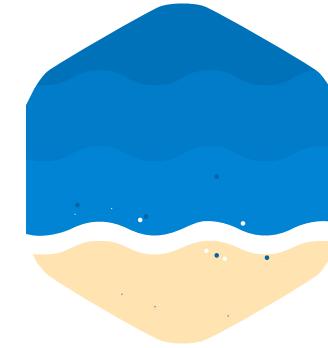
01.Repression



02.Regression



03.Isolation



04.Rejection



Defense Mechanisms Against Culture Shock

Learning throughout your stay

Try to understand

Learn to live with ambiguity

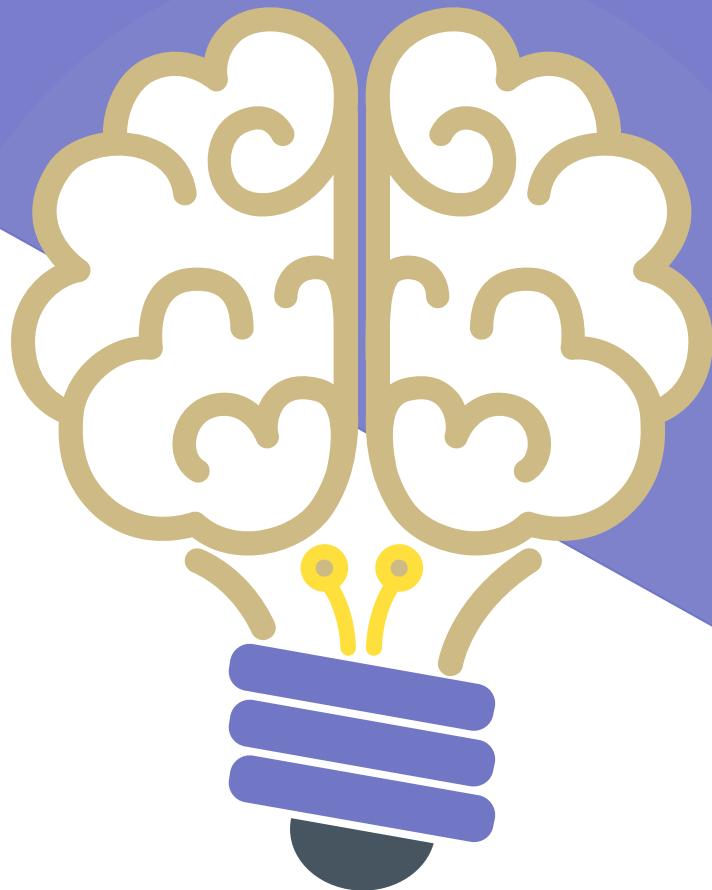
Be flexible and resourceful

Get involved

Master simple tasks

Be empathetic

Be humorous



THANKS FOR
WATCHING GUYS!

