

# Dealing with Culture Shock

1. Keep in touch with friends and family at home.
2. Try to look for logical reasons why things happen. This may help you view your host culture in a more positive light.
3. Try not to dwell on the negative things about your host culture and don't hang around with people who do.
4. Make an effort to restore communication by making friends in your host culture.
5. Keep your sense of humor!
6. Set small goals for yourself as high expectations may be difficult to meet.
7. Speak the language of the country you are in and don't worry if you sometimes make a fool of yourself doing it!
8. Take care of yourself by exercising, getting enough sleep, eating properly and doing things you enjoy.
9. Try to fit into the rhythm of life in your host culture. Adjust to their time schedule for meals and work.
10. Find out where people meet and socialize. Make an effort to go to those places and observe.
11. Draw on your own personal resources for handling stress. You've done it many times before and you can do it again!