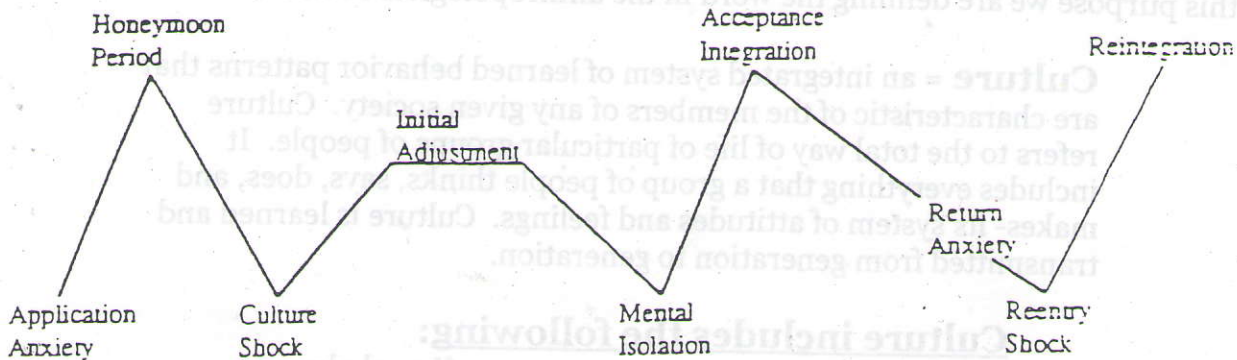


# Culture Shock

## The Adjustment Process in a New Culture



### Cross Cultural Adjustment Cycle

Each state in this process is characterized by "symptoms" or outwards and inward signs representing certain kinds of behavior.

#### Honeymoon Period

Initially, you will probably be fascinated and excited by everything new. Visitors are at first elated to be in a new culture.

#### Culture Shock

The visitor is immersed in new problems: housing, transportation, food, language and new friends. Fatigue may result from continuously trying to comprehend and use the second language. You may wonder, "Why did I come here?"

#### Initial Adjustment

Everyday activities such as housing and going to school are no longer major problems. Although the visitor may not yet be perfectly fluent in the language spoken, basic ideas and feelings in the second language can be expressed.

#### Mental Isolation

Individuals have been away from their families and good friends for a long period of time and may feel lonely. Many still feel they cannot express themselves as well as they can in their native language. Frustrations and sometimes a loss of self-confidence result. Some individuals remain at this stage.

#### Acceptance and Integration

A routine has been established with school, work, or social life. The visitor has accepted the habits, customs, food and characteristics of the friends, associates, and the language of the country.

#### Return Anxiety, Reentry Shock, Reintegration

These stages should be mentioned, even at orientation, because of the very important part they play in a visitor's stay in the new culture. It is interesting to note that reentry shock can be more difficult than the initial Culture Shock.