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# Culture Shock





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# What is culture shock?

**an experience** a person may have **when one moves to a cultural environment which is different from one's own;**

**personal disorientation** a person may feel **when experiencing an unfamiliar way of life** due to immigration or a visit to a new country, a move between social environments, or simply transition to another type of life

Common problems include:

- ✓ information overload,
- ✓ language barrier,
- ✓ technology gap,
- ✓ skill interdependence,
- ✓ formulation dependency,
- ✓ [homesickness](#)
- ✓ boredom



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# See it from both sides

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## YOU

## OTHERS

What culture do you represent?

What is the hosting culture?

What are your expectations of others?

How do others view you?

What are your goals? What will help you to achieve you?

Could others help you? How?

What difficulties could you come across? How can you handle them?

What reasons could there be for these difficulties?

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# The 3 'U's of Culture Shock

1. UNKNOWN

2. UNPREDICTABLE

3. UNCOMFORTABLE



# Stages of culture shock



- **ARRIVAL / HONEYMOON STAGE:** everything is new and exciting
- **CULTURE SHOCK STAGE:** starting to experience difficulties with everyday things, as they are different from home
- **ADAPTING (ACCEPTING) STAGE:** slowly starting to understand the new culture and feel more in balance; feeling an urge to belong
- **RE-ENTRY (REVERSE) SHOCK STAGE:** takes place when you return to your home country

# Triggers of culture shock in Russia

CHANGE IN STATUS

UPSET EXPECTATIONS

LANGUAGE

BUREAUCRACY

BLUNTNESS

## EXPRESSING EMOTIONS

SHOPPING

MOSCOW

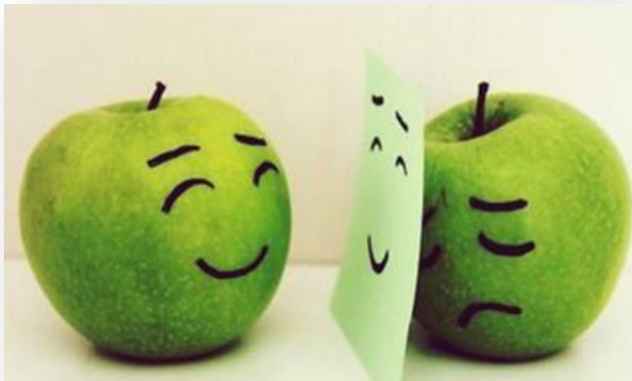
ISOLATION

MENTALITY

QUALITY OF LIFE

INSECURITY

LACK OF PERSONAL SPACE





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# Managing culture shock

- ✓ Accept that you can't know everything
- ✓ Accept that having culture shock is perfectly natural
- ✓ Keep an open mind
- ✓ Keep doing things you like doing
- ✓ Stay in touch with family and friends back home
- ✓ Get to know people from the host culture
- ✓ Talk to people
- ✓ Stay active – physical activity often helps!
- ✓ Learn from experience and be patient
- ✓ Don't forget about the 'big picture'
- ✓ Learn more about culture shock and experience of others







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**Do not fall victim to idle thinking.  
Learn, experience,  
and see for yourself.**

