

# Cultural Roundabout: How to feel & live your experience



in Russia

# Cross-cultural interaction

Contact with  
culturally  
unfamiliar,  
unknown  
people and  
places



Culture Shock\*

\*a mental, physical  
and emotional  
**adjustment** to the  
new environment

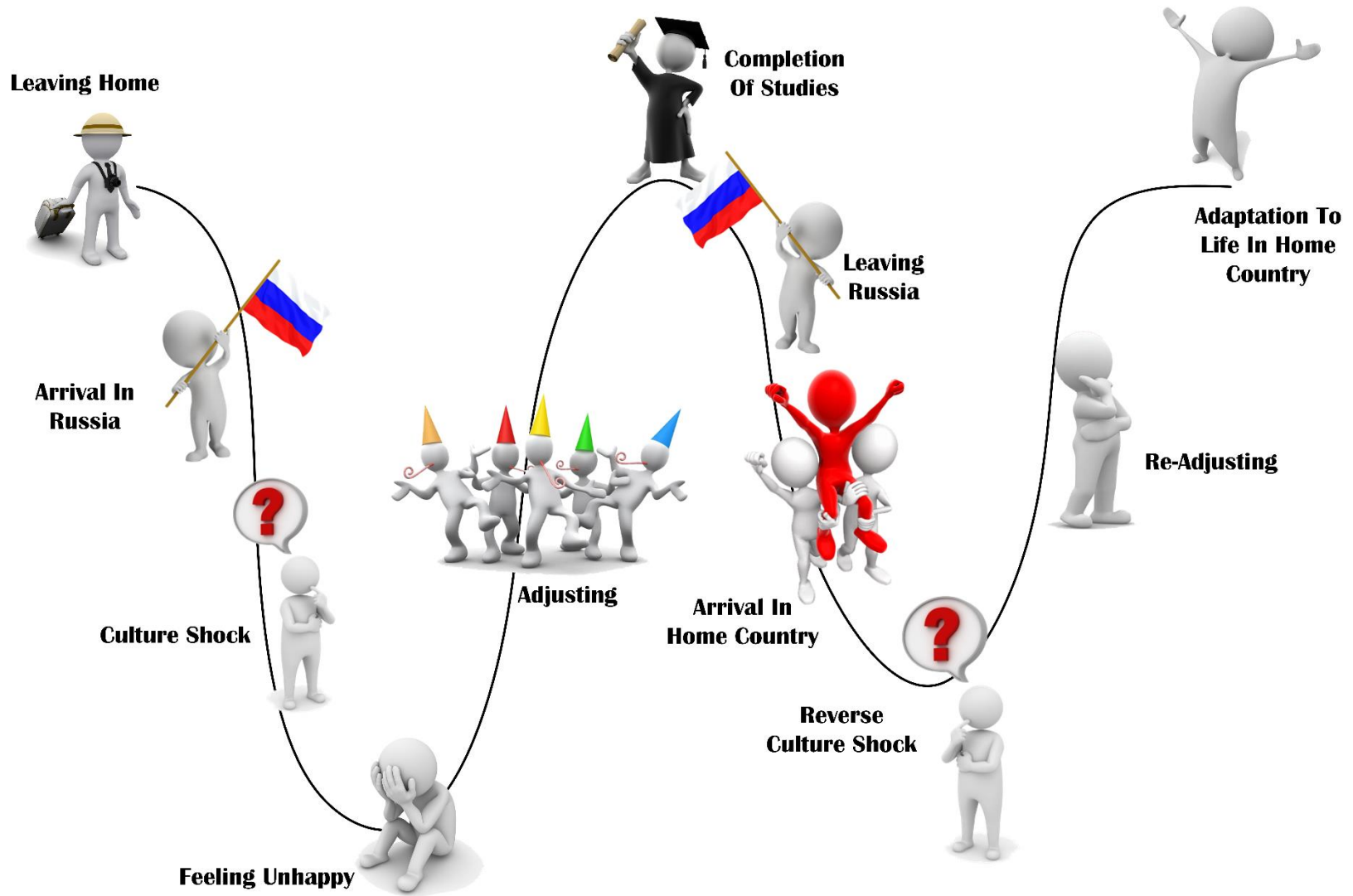


- personal **growth**
- **broadening** of horizons
- **raising** of Cultural Intelligence (CQ)\*\*

\*\*a person's capability to act appropriately across a wide range of cultures



# Cultural Adaptation Curve



# Symptoms of Culture Shock

- Homesickness
- Boredom
- Stereotyping host nationals
- Inability to concentrate
- Excessive sleep or insomnia
- Compulsive eating/drinking/weight gain
- Lack of appetite and weight loss
- Irritability
- Crying uncontrollably and outburst of anger
- Physical ailments, e.g. frequent head-and stomachaches
- Fatalistic thoughts

# Causes of Culture Shock

The new culture perceived as:

- Different
- Unknown
- Unpredictable
- Uncomfortable



**Stress\***

\***NB!** Remember it's a perfectly **normal and healthy reaction** to unfamiliar cultural settings!

It's ok to not  
be ok. Some  
days are  
just  
harder  
than  
others.



# Triggers of culture shock in Russia

CHANGE IN STATUS

LANGUAGE

BUREAUCRACY

Climate

**NEGATIVE EMOTIONS**

SHOPPING

MOSCOW

ISOLATION



QUALITY OF LIFE

INSECURITY

LACK OF PERSONAL SPACE

# Managing culture shock

- Expect things to be different: no “good-s” and “bad-s”
- Remain flexible and open-minded to new things
- Be aware of your own cultural biases
- Remember that you’re not alone
- Make local friends - they will be your informal culture-skills mentors
- Maintain a sense of humor
- Keep doing things you like doing
- Stay in touch with family and friends back home
- Stay active - physical activity often helps



KEEP  
CALM  
AND  
BE  
POSITIVE

## Useful links:

[HSE Centre for Psychological Counselling](#)

[Erasmus Student Network HSE Moscow](#)

[Student Initiative Support Centre](#)

[Sports in Moscow](#)