

## READING



## IDENTIFY MAIN IDEAS

To understand main ideas in a text, look at the first sentences of each of the paragraphs. From this, you can figure out what the text's topics and subtopics are and read any supporting information to understand the ideas better. This can also help you narrow down more specific information that you might need to answer questions.

**A** Read the article and choose the correct options to complete the sentences.

## The stages of “culture shock” and how to deal with them

I'll never forget leaving a restaurant on my first night in Buenos Aires, Argentina. The summer heat hit me, and it felt like an exotic paradise. I loved the heat and the way that downtown Buenos Aires was so busy and full of life. Fast forward about six months, and I started to feel very differently. I remember feeling frustrated by the crowds and exhausted by the heat. I started to feel homesick, especially at holiday time, and then relieved when I had booked my flight to visit my family in London.

Why was this happening to me? Culture shock. There are four stages of culture shock, and I've been through them all!

### 1 The Honeymoon Stage

This is when everything seems perfect: the food, the people, the colors, and the weather. You walk the streets and feel amazed at the laid-back lifestyle. You also have the contradictory response: you want to socialize with local people, but you actually socialize with other people who speak your language so that you can compare stories about how “great” everything is.

### 2 The Negotiation Stage

Suddenly, you start to feel irritated with the things that you thought were charming. You feel like the lifestyle is too fast or too slow, and you are annoyed by the way locals do everything. You try to get the

country to work your way, but it just doesn't happen. So you start feeling a bit lonely, especially because you're adjusting to the local language as well.

### 3 The Adjustment Stage

By now, you are no longer delighted with your host country, but you are definitely feeling more upbeat about life in it. You have worked out how to live there, and you are determined to make an effort to fit in. This is useful to stop you from feeling self-conscious.

### 4 The Mastery Stage

When any relationship evolves, you don't have those massive highs and lows anymore. And like everyone, you have good and bad days, but everything makes more sense now. You talk to locals easily, and you have a routine. So say goodbye to culture shock and hello to being bicultural!

And even though I no longer see Buenos Aires as an exotic paradise, I've made it my paradise, which is even better.



- 1 The author **loved** / **didn't love** living in Argentina for the first six months.
- 2 In the Honeymoon Stage, you spend most of your time talking to **locals** / **other foreigners**.
- 3 In the Negotiation Stage, you feel like everything is much **easier** / **more difficult**.
- 4 In the Adjustment Stage, you spend more time trying to understand the **culture** / **language**.
- 5 In the Mastery Stage, you no longer experience **problems or difficulties** / **extremes of emotion**.

**B** Read the article again and choose *True* or *False*.

- |                                                                             |              |
|-----------------------------------------------------------------------------|--------------|
| 1 The author felt frustrated trying to book a flight home.                  | True / False |
| 2 People behave in a slightly unnatural way in the Honeymoon Stage.         | True / False |
| 3 It's normal to feel very negatively toward the country you have moved to. | True / False |

## VOCABULARY

**A** Choose the correct options.

- 1** I really don't want to go out this evening. That was such a long flight, and I feel really ... .

**a** homesick.                      **b** frustrated.                      **c** exhausted.
- 2** Eliana was feeling a bit low, but she's feeling much more ... about life in Beijing since she started learning Mandarin and socializing with local people.

**a** determined                      **b** upbeat                      **c** relieved
- 3** Yes, you're going to love the way of life in Florence. It's much more ... than life here in New York. It's always so busy here!

**a** upbeat                      **b** homesick                      **c** laid-back
- 4** After about a month of living in Lima, Karen started feeling a bit ..., because she missed her family and friends back in Virginia.

**a** homesick                      **b** relieved                      **c** frustrated
- 5** I thought someone had stolen my backpack on my first night in Bangkok, but I felt so ... when I realized I'd left it in my hostel.

**a** exhausted                      **b** laid-back                      **c** relieved
- 6** During Anna's first month in Barcelona, she felt really ..., because she found Spanish very hard to learn.

**a** determined                      **b** frustrated                      **c** self-conscious
- 7** Let's get off this bus. Everyone's looking at us, and I feel really ...! I think we must be the only foreigners here.

**a** self-conscious                      **b** laid-back                      **c** upbeat

## GRAMMAR

**A** Choose the correct options.

- 1 Oh, sorry! I am **used to** / **getting used to** / **not used to** eating with chopsticks yet.
- 2 I thought she was shouting at me, but then I realized I just haven't **gotten used to** / **am used to** / **am not used to** the way people speak to each other here.
- 3 You know, I think Charlie should go to bed. It's 11 p.m., and he **got used to** / **is used to** / **is not used to** staying up so late.
- 4 After about six months here, I **used to** / **am not used to** / **got used to** the way people drive. But believe me, it's terrifying.
- 5 Sure, we can order a curry if you want, but to be honest, curry's a bit too spicy for me. I **am not used to** / **got used to** / **am used to** much milder food.
- 6 The line at immigration wasn't so long. I couldn't believe it. I **am used to** / **get used to** / **am not used to** much longer lines at airports!

**B** Complete the sentences with the correct form of *get used to*, *be used to*, or *be not used to* and the verbs in parentheses.

- 1 I had a tough first night in Norway! My boyfriend's family gave me salmon for dinner, but I \_\_\_\_\_ (eat) fish because I really don't like it.
- 2 I know it's going to be strange being in another country, because I \_\_\_\_\_ (be) away from my family.
- 3 I think I was quite spoiled as a child, because I \_\_\_\_\_ (get) whatever I wanted. That doesn't happen in the real world!
- 4 Cecilia is from Italy, so she \_\_\_\_\_ (give) people a kiss on the cheek to greet them.
- 5 At first, I really couldn't understand why people in the UK say "sorry" all the time, but after a few months, I \_\_\_\_\_ (do) it.

## LISTENING



## IDENTIFY THE SPEAKER

When we try to identify a speaker, we listen for information that can help us understand who is speaking. Can you hear key words which relate specifically to the speaker? Does the speaker use a formal or informal register? Considering these types of questions will help you to identify the speaker.



## A 3.1 Listen to the podcast and choose the correct options.

- 1 The woman talks about why **learning about festivals** / **understanding cultural diversity** is important.
- 2 The woman suggests that **the teacher** / **everyone in the classroom** is responsible for both teaching and learning.

## B 3.1 Listen again and choose the correct options.

- 1 How many students did the teacher have in her class?  
a 13                      b 23                      c 33
- 2 Why did the teacher ask her students about their backgrounds?  
a to make sure she understood their behavior  
b to make students learn each other's names  
c to make sure everyone was involved
- 3 What mistake did the teacher make?  
a She had some incorrect information about a student's name.  
b She didn't understand a student's name.  
c She mispronounced a student's name.
- 4 What happened with the teacher and Aliya?  
a Aliya taught the class about her background.  
b Aliya celebrated Eid in May.  
c The teacher told Aliya that she had to learn from the other students.

## VOCABULARY

## A Choose the correct options.

- 1 I'd like to go abroad this year, but the idea of going to the beach doesn't really appeal **to** / **with** / **for** me.
- 2 Eliza feels really bad about getting your name wrong, so don't be surprised if she apologizes **for** / **to** / **about** you at some point.
- 3 Sam lived in Tokyo for 10 years, so you can rely **on** / **with** / **to** him if you need any help with Japanese.
- 4 Fiona really wants to come to the party tonight, but she still has some homework to deal **for** / **on** / **with** before she comes.
- 5 Can you turn that music down? I really need to concentrate **on** / **about** / **for** this **assignment**.



**A Read the dialogue and choose *True* or *False*.**

**Cristina:** So, we're meeting the clients from Beijing at 3 p.m. to talk about the tour we want to take them on. I'm a little worried. I hope they like the idea of getting out of the city and seeing more of the rural areas.

**Diego:** I'm sure they will. I think it's a good idea. Last time they came to Houston, we didn't realize how tired they would be, and we definitely did too much the first week.

**Cristina:** You know, I get the idea that part of the problem last time was that we didn't really communicate properly. They all just talked to one another—which was totally fine and to be expected, I guess. This time we need to make sure we make small, mixed groups and check that we understand one another.

**Diego:** I know their English is good, but why don't we try to learn some phrases in Chinese? I mean, we don't need to be fluent, but we could at least say "hello," "goodbye," and "How are you?" I think they would appreciate that. We should also find out something about their culture.

**Cristina:** OK, yes, let's do that. And we must remember that they just arrived, and they might not want to do what we've suggested. It'll be obvious if they're tired, for example, and we'll need to plan based on what they want to do. We'll have to read their body language.

**Diego:** I'm looking forward to it. I think it's going to be fun.

- |                                                                                                       |              |
|-------------------------------------------------------------------------------------------------------|--------------|
| 1 Cristina and Diego both think that everything went very well last time the clients visited Houston. | True / False |
| 2 They both agree that they need to improve the way they communicate with the clients.                | True / False |
| 3 They both think that the clients will be enthusiastic about everything that they have planned.      | True / False |

**B Match the phrases from the dialogue (1-6) to the correct function (a-f). Write the letter next to the phrase.**

- |                                                                                                                                                         |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 1 "It'll be obvious if they're tired, for example, and we'll need to plan based on what they want to do. We'll have to read their body language." _____ |  |
| 2 "This time we need to make sure we make small, mixed groups and check that we understand one another." _____                                          |  |
| 3 "I'm looking forward to it. I think it's going to be fun." _____                                                                                      |  |
| 4 "I know their English is good, but why don't we try to learn some phrases in Chinese?" _____                                                          |  |
| 5 "We should also find out something about their culture." _____                                                                                        |  |
| 6 "They all just talked to one another—which was totally fine and to be expected, I guess." _____                                                       |  |
- 
- |                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------|
| a If possible, learn a little bit about the culture of the people you are going to meet.                                         |
| b Learn a few key phrases such as <i>hello</i> , <i>good morning</i> , and <i>thank you</i> in their language.                   |
| c Be accepting of other people's behavior. Don't expect them to change their behavior to suit you.                               |
| d Speak slowly and clearly. Clarify information as needed to make sure there is no misunderstanding.                             |
| e Don't forget to relax and enjoy yourself!                                                                                      |
| f Pay attention to nonverbal communication. Gestures, eye contact, and body language are all clues as to how someone is feeling. |



## LIFE SKILLS

**A** Read the case study and choose *True* or *False*.

### Case Study: The Study Abroad Program

#### Background:

Michael and Jamila are going on a study abroad program with their friends Lucia and Ashley. They are all from New York, and they have decided to go to Tokyo. None of them has ever traveled outside of the USA before, and they are nervous about their trip. They are going to be staying with two different host families in Tokyo. In pairs, they have decided to read the blogs of two students who lived in Japan.



### Jeremy's Journey

**Japanese** Pretty much everyone speaks a little bit of English, but people will look delighted if you speak a few words in Japanese when you are asking for directions, for example. You'll probably never "master" the language, but it doesn't matter.

**Eating and drinking** Unlike in the West, if you go out to a restaurant, people like it when you make a noise with your noodles. It shows you like the food. And whatever you do, if you don't know how to use chopsticks, learn before you go out for dinner by practicing at home!

**Tipping** You might have heard this before, but it's really not a good idea to tip in Japan. But do you know what's even worse? Counting your change. It's considered very rude because it looks like you don't trust the staff.

**Meeting people** When you're visiting someone's house, it's a good idea to give a gift, but in Japan it's common to bring food to someone's home. So don't bring flowers!

### Tim in Tokyo

**Tastes of Tokyo** Tokyo is such a multinational city, you can go to all the usual cafés and fast-food restaurants so you don't get homesick. While you're out sightseeing, you'll probably get hungry, but you mustn't walk around eating, especially not on the subway.

**Out and about** Be quiet on the trains. You might be used to people talking on trains in Europe or in the USA, but in Japan, people often use commuting time to sleep. They often work very long hours, after all.

**Saying "hi" Japanese style** Bowing is a very important part of Japanese culture. But you have to do it in the right way. You have to keep your back completely straight. And it's a good idea as it is a sign of respect for the person you are speaking to. If you're not sure, ask someone to show you how it's done.

**Fitting in** One way to fit in is to dress conservatively and fashionably, because the Japanese do.

- Both of the blogs talk about the Japanese language.
- It doesn't matter if you don't use chopsticks properly.
- It's considered impolite to check your change in a store or restaurant.
- You can eat fast food in Tokyo, but you should avoid eating it in public.
- It's not normal for people to sleep on trains in Tokyo.
- It's not a good idea to bow if you are not Japanese yourself.

True / False

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