

adjustments

independent

isolated

hostile

stimulated

Stage 1- People are generally excited and by the differences they see in a new culture.

Stage 2- People start to feel frustrated and from other people in the new culture.

Stage 3- People feel towards the new environment.

Stage 4- People start to feel more relaxed and make in their habits.

Stage 5- People become more and accept the differences between the old and new environment.