
CHAPTER 3 – CULTURE SHOCK

PART A: Vocabulary

For each item below, circle the answer that best completes each statement.

Example: After a long day at work, I ____ taking a bath and relaxing at home.

- a. feel the tension **b. feel like** c. feel guilty

1. After lying to my mother, I always ____.

- a. feel guilty b. feel the tension c. feel the difference.

2. Dave and Monica had a terrible fight last night, and you can still ____ in the air.

- a. feel the pressure b. feel the tension c. feel guilty

3. Sorry, I don't ____ going to the movies tonight. I'm too tired.

- a. feel guilty b. feel like c. feel the pressure

4. When Sally moved from a small town to New York City, she could ____ between country and city life.

- a. feel the pressure b. feel guilty c. feel the difference

5. At top universities, students ____ to work hard and get good grades.

- a. feel the tension b. feel like c. feel the pressure

PART B: Language Focus

Complete the sentences below with the correct form of **used to**, **get used to**, or **be used to**.

Example: After he moved to Japan, it took Mario two years to ____ **get used to** ____ living there.

1. When Joe was young, he _____ play baseball every day after school.

2. When Americans move to Asia, they must _____ eating with chopsticks.

3. Since Ellen has lived in Singapore for five years, she _____ the hot weather there.

4. When I was in college, I _____ studying very hard before each exam.

5. Ann is married to an excellent cook, so she _____ eating delicious meals every day.

PART C: Comprehension

1. What is culture shock?

- A. It is culture trauma.
- B. It is a popular term used to talk about how people react when they're in foreign place.
- C. It is like tasting a lifestyle.

2. What are three differences Tamara sees between university life in Australia and the U.S.?

- A. traffic congestion, steering wheel, speed
- B. appearance, food & drink, learning environment
- C. relationship between students and teachers, learning environment, time-oriented

PART D: Reading comprehension

Home Sweet Home?

by Uhlrike Henning

Everybody knows about experiencing culture shock when you visit a place with different customs, food, and language. However, as a student going to the U.S. for several years of study, nobody warned me of the shock I would feel upon returning home. *Reverse culture shock* is the name given to the feeling of not fitting in when you return home after an extended period of time abroad.

Believe me, as I discovered firsthand, reverse culture shock can be worse than the culture shock experienced when traveling to a foreign country. I felt lost and depressed. It took me a long time to get back into the swing of things. And the main reason was because I wasn't prepared. I never expected it. The best way to beat reverse culture shock is to know how it might strike. Here are a few things I wish I had known before returning home:

Nobody cares about your travels. It's a fact. While those years abroad may be the most life-changing years of your life, they don't mean anything to the people who did not experience them. So, if you are lucky enough to have a friend or a relative who does take interest, appreciate them. But, basically, keep your experiences to yourself unless someone asks. And don't get upset if the questions never come.

Be prepared for boredom. While you were abroad, everything was new. Performing mundane tasks or simply listening to everyday conversations in a country where you cannot speak the language well can seem exotic or even exciting. It may take a while to get used to how boring the 'normal' things can be when you return home.

People might not understand the 'new' you. It's not uncommon for people who live abroad for many years to adopt some new ideas or ways of thinking. More often than not, they become more open-minded and understanding of the world around them. Just remember, though, that people who have not left their homeland and who have not had the experiences you have had will probably look at you like you have arrived from another planet.

The worst feeling of all, however, might be that of being trapped. After returning to Germany from the United States, I suddenly felt like I might never be able to leave Germany again. Obviously, that was not true, but the feeling at the time was intense.

Just like culture shock, you can survive reverse culture shock. Just be prepared and do your best to get on with your life once you return home.

1. What is the topic of the reading?
 - A. Culture shock
 - B. Reverse culture shock
 - C. Studying abroad
 - D. Going home
2. What is the main idea of paragraph 2?
 - A. When you go to another country to live, you feel depressed.
 - B. Going abroad to live requires a lot of preparation.
 - C. Most people don't expect to experience culture shock.
 - D. Reverse culture shock can be much worse than culture shock.
3. What can you infer about the writer's feelings in paragraph 3?
 - A. She was angry because no one worried about her while she was away.
 - B. She felt lost because no one spoke her language.
 - C. She was upset because no one really wanted to hear about her time abroad.
 - D. She was anxious because her life changed so much while abroad.
4. According to the passage, if a person asks you about your travels, you should _____.
 - A. take an interest
 - B. expect them to
 - C. ask them
 - D. appreciate them
5. In paragraph 4, "mundane" is closest in meaning to _____.
 - A. extraordinary
 - B. routine
 - C. formal
 - D. odd