Reading

A. Read the text and write T for True, F for False or NM for Not Mentioned.

Feeling at home when living abroad

When people decide to move abroad for work or study, they might experience culture shock at first. This is the phenomenon of disorientation people feel when they move to a country with a different lifestyle and culture. Studies have shown that there are four phases a person goes through when they have to adjust to an unfamiliar environment.

The 4 phases of culture shock

Honeymoon phase

(0 → 3 months): This phase occurs when you first move to a new culture. You observe your new environment and make new discoveries. You are fascinated by everything – the food, the lifestyle, the language and the cultural differences.

Negotiation phase

(3 → 6 months): The initial enthusiasm turns into anxiety. You become aware of the differences between the old and new culture, as well as the difficulties in the language, and you often get frustrated. Feelings of loneliness and homesickness are common.

Adjustment phase

(6 → 12 months): Things start to feel normal, and you start thinking positively. You get used to the new culture, which you can now understand and appreciate.

Mastery phase

(12 months+): This phase occurs when you start feeling like a 'local'. You finally feel comfortable and you no longer have communication problems. You can participate in more aspects of the new culture without forgetting your own.

HELPFUL TIPS

Keep in mind that there are many new and positive experiences waiting for you in the new culture. Culture shock can cause problems; however, remember that there are things you can do to get over these problems.

MAKE YOURSELF AT HOME: Decorate your new home with familiar things that remind you of your old culture. This can include furniture, paintings and photographs of friends and family.

KEEP IN TOUCH: It can sometimes be difficult to stay in touch with loved ones if you're in a different time zone. However, phone calls, email and Skype are all ways that can help you catch up on their news and make you feel like you are not missing out on important events in other people's lives.

EXPLORE NEW SURROUNDINGS: After finishing with the sightseeing, go out and explore your new neighbourhood. Walk around or ride a bike to discover every corner of it and get to know it better.

DEVELOP A NEW ROUTINE: This helps you get used to the new lifestyle in a shorter period of time. Go to a café that you like every morning for breakfast or visit the same bakery. Small things like this can make you feel less 'foreign'.

GET INVOLVED IN THE LOCAL COMMUNITY: Join the local library or book club. Find out about any interesting entertainment events. Sign up for classes or sports that will help you meet new people and discover new hobbies. Also, take classes to learn the language if it is different from your native one.

1. During the first phase of culture shock, people are disappointed by the new environment. ☐
2. After six months, people are able to recognise the positive qualities of a new culture. ☐
3. People sometimes have negative feelings even after a year in the new country. ☐
4. Bringing things from home will make you feel more homesick. ☐
5. It is not a good idea to learn about what's happening in people's lives back home. ☐
6. To feel less foreign, people should copy the lifestyle and routine of the locals. ☐
7. Getting involved in local events will help you adjust more easily. ☐

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LIVEWORKSHEETS

Listening

Listen to a radio interview and write T for True or F for False.

1. Conrad was rescued after ten days. ☐
2. Conrad was flying from the States to Peru. ☐
3. Conrad was in his seat when he fell into the jungle. ☐
4. Conrad was seriously injured. ☐
5. The other passengers were far from Conrad. ☐
6. The rescue helicopters found Conrad. ☐
7. In the end, Conrad was the only survivor. ☐
8. Conrad is going to return to the jungle for a documentary. ☐

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