Match the two parts of the sentences.

Essentially,	another way, we need to start again.
So, what it boils	words, it's a disaster.
Let me	down to is that it's a personal choice.
In other	get this straight – Grandma wants to travel the world?!
To put it	nutshell, it's not advisable.
Simply	put, I would avoid it at all costs.
If I'm hearing you	that there's a chance.
In a	correctly, you decided to drop out of school?
So you're saying	they are amateurs.



LIVEWORKSHEETS

THE SHOCK OF A DIFFERENT CULTURE?

01

A I was well-brought-up, and frankly, I always assumed I had good table manners until I went to live in Brazil. Food is almost always eaten there with cutlery – and that includes chips, sandwiches and cake. If you absolutely have to use your hands, you hold the food in a napkin at all times. It's charming, and probably a lot more hygienic, but it's certainly very different, if not a little intimidating. It also took me a remarkably long time to fully comprehend that when a Brazilian invites you to their house for eight o'clock, it is considered impolite to turn up until at least thirty minutes later. These are just a couple of classic examples of the kinds of (often quite subtle) differences that can lead to a feeling of disorientation and culture shock when we travel abroad to work, live or study.

B At first, it can be hard to recognise what is going on, not least because the immediate impact of arriving in an alien culture may be overwhelmingly positive. Known as the 'honeymoon stage', everything is new and exciting. We may become infatuated with the food, the language, the people, the surroundings. On a short trip, we may never leave the honeymoon stage, and look back fondly on our time there.

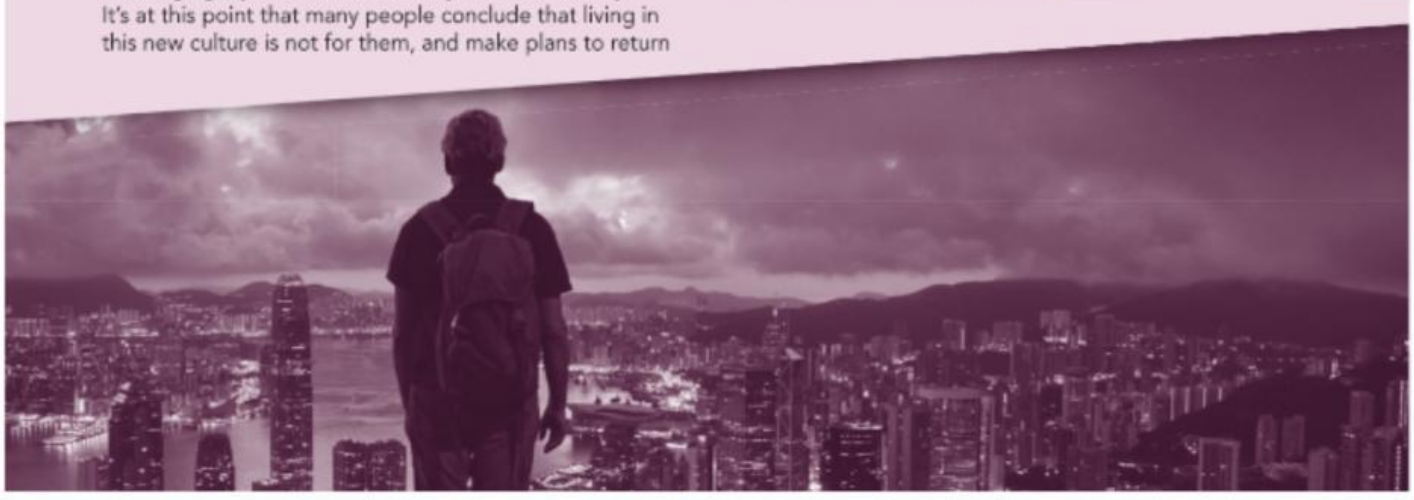
C If we stay longer, however, small frustrations may start to creep in. Nothing is ever as easy as it was back home. You can't grasp the nuances of getting things done, and you are increasingly irritated by the way everyone pushes into the queue ahead of you. Everything seems to take longer and it requires strenuous effort to deduce all the unspoken rules. Excitement may give way to pent-up feelings of homesickness.

D This stage, often referred to as the 'negotiation stage', can kick in around the three-month mark within the host culture. You may find that your sleep is negatively impacted, and you may even develop physical symptoms such as headaches or stomach aches. Lapses in concentration are also common, which is particularly challenging if you are in the country to work or study. It's at this point that many people conclude that living in this new culture is not for them, and make plans to return home. Alternatively, they may decide to bury themselves as much as possible within the expat community, and venture out as rarely as they can. Tempting as this approach may seem, it is likely to leave you in a permanent state of culture shock as you never give yourself the opportunity to fully acclimatise or adapt to the new culture.

E For those who pass through the negotiation stage successfully, after six to twelve months they may expect to adjust to the new culture. It is likely that this will still be relatively superficial, and they may continue to come up against deeper cultural differences in the longer term. Gradually however, they will assimilate themselves into the culture, in some cases coming to see themselves as bicultural, particularly if they create family ties within the new culture.

F Strangely enough, it has been found that reverse culture shock, when the person returns to their home culture, can be even more challenging to deal with than the original culture shock. Perhaps even more surprisingly, it seems that those who found the most difficulty in assimilating are often those who suffer the most from reverse culture shock. It may be that they have created an idealised version of their home culture, in which none of the problems of the alien culture exist. Equally, if they have been away from home for some years, they may find that things have moved on at home, and that the culture there is no longer just as they remember it.

G I adjusted relatively quickly to life in Brazil, but did indeed struggle to a degree with reverse culture shock. Back home, people felt somewhat cold and unfriendly, and I found myself perceived as overly 'touchy-feely'. The experience of living in another culture profoundly changed me, and while I have probably reverted somewhat to my 'Britishness' since, I'm sure that much of that change was permanent. I have no regrets whatsoever, and believe that the experience was nothing if not enriching.



LIVEWORKSHEETS

QUIZLET



- ○ speaking a different language
- ○ different kinds of foods
- ○ the way people dress
- ○ what is considered good manners

In which paragraph does the author ...

1 reflect on the long-term impact of her travels? ☐

2 indicate a possible explanation for reverse culture shock? ☐

3 highlight a disadvantage of limiting contact with the host culture? ☐

4 point out the potentially serious consequences of culture shock? ☐

5 emphasise that cultural acclimatisation is likely to be an ongoing process? ☐

6 mention a possible reason why culture shock may not be immediately apparent? ☐

7 list some social norms that resulted in her being initially confused? ☐

LIVEWORKSHEETS

Move

intimidating | lapses | touchy-feely | assimilate | venture | infatuated | enriching | acclimatise | superficial | pent-up | disorientation | nuances

1 She's very touchy-feely , always hugging everyone.

2 It's hard to DRAG ITEM HERE so much information so quickly.

3 The accident looked bad at first, but in fact the damage was only DRAG ITEM HERE .

4 I used to live in the countryside, so found it difficult to DRAG ITEM HERE myself to big city life.

5 She's physically quite small and slight, but rather DRAG ITEM HERE when she's angry.

6 She screamed at the top of her voice, as a way of releasing all the DRAG ITEM HERE frustration.

7 In the fog, I felt a strange sense of DRAG ITEM HERE , with no idea which way was which.

8 When you are exhausted, DRAG ITEM HERE in judgement are only to be expected.

9 The trip to the Uffizi Art Gallery in Florence was a culturally DRAG ITEM HERE experience.

10 Even after twenty years of marriage, he was still completely DRAG ITEM HERE with her.

11 He is a better film actor than on stage, where the DRAG ITEM HERE of his facial expressions may be missed.

12 Having forgotten his torch, he didn't DRAG ITEM HERE into the dark cellar.

LIVEWORKSHEETS