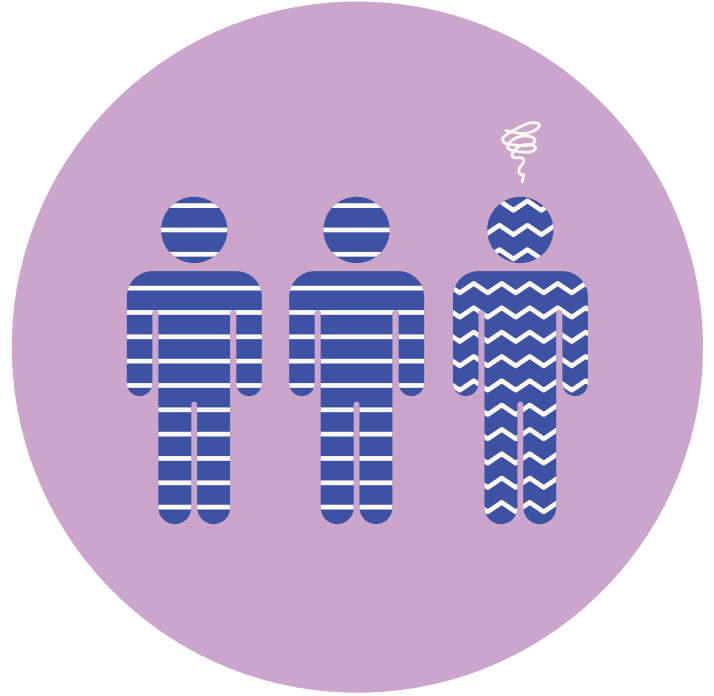


Culture Shock

Pre-Reading

A. Warm-Up

1. Have you ever lived in another country? If so, what was it like? If not, would you like to?
2. What are some problems people have when they first move to another country?
3. Do you think these problems get better or worse over time? Why?



B. Vocabulary Preview

Match up as many words and meanings as you can.
Check this exercise again after seeing the words in context on page 2.

- | | | |
|-----|-------------------------------|--|
| ___ | 1. culture | a) to feel an emotion or live through an event |
| ___ | 2. experience (<i>verb</i>) | b) to take action in order to address an issue or problem |
| ___ | 3. confusion | c) a person who has special knowledge |
| ___ | 4. custom | d) a feeling of sadness when one is away from home for a period of time |
| ___ | 5. deal with | e) something that is usually done, a tradition |
| ___ | 6. expert | f) a feeling of not understanding |
| ___ | 7. annoying | g) in a relaxed and stress-free way |
| ___ | 8. homesick | h) shared customs, beliefs, and lifestyles of a particular group of people |
| ___ | 9. comfortably | i) an emotion toward something, an outlook |
| ___ | 10. attitude | j) bothersome |

Reading

CULTURE SHOCK

1. The term “**culture** shock” describes the feelings that some people **experience** when they move to a different country. These feelings include stress, worry, anger, and **confusion**.
2. When we move to a new country, the culture and **customs** in that country might be very different from what we know. People might speak a different language, eat different foods, do business in different ways, and so on. These differences can be difficult to **deal with**.
3. **Experts** believe that culture shock happens in four stages. First, there’s a “honeymoon stage.” This stage starts when we first arrive in a new place. We often feel excited about and interested in the new culture, and everything seems great.
4. Then we enter a “crisis stage.” We start to feel negatively about the new culture. Differences that seemed interesting at first now seem **annoying**. We may even begin to think that our own culture is better. As a result, we may begin to feel **homesick**.
5. After a while, we reach the “adjustment stage,” and we start accepting the differences between the two cultures. We find ways to deal with the differences rather than feeling upset or angry about them.
6. Finally, we reach the “adaptation stage,” and we begin to live **comfortably** in the new country. We might not like everything about the new culture, but we are able to manage day-to-day life with a positive **attitude** and with less stress.
7. Have you ever experienced culture shock? If so, how much did it affect you? How did you deal with it?

Comprehension

Read the statements below. Write T if the statement is true.
Write F if the statement is false and correct the information
in your notebook.

- _____ 1. All people who move to another country experience culture shock.
- _____ 2. There are four stages of culture shock.
- _____ 3. The first stage of culture shock involves having positive feelings about a new place.
- _____ 4. Some people miss home during the first stage of culture shock.
- _____ 5. The second stage of culture shock usually involves having negative feelings about your new location.

Vocabulary Review

Complete the sentences using vocabulary from page 1.
You may need to change the form of the word.

1. In some countries in Southeast Asia, you can live _____ on about \$1,000 a month.
2. Religion is an important part of Indian _____.
3. When I start to feel _____, I usually eat some pizza or pasta. It reminds me of home.
4. Nobody understood what he said. He tried to explain it again, but it just led to more _____.
5. I'm not good with money, I spend too much. My partner _____ our finances.
6. Many _____ on diseases believe there will be another pandemic, even worse than COVID.
7. Aaaaargh! These mosquitoes are so _____!
8. To be honest, I don't like his _____. He's so negative all the time.
9. The _____ are very different here when it comes to eating. Here, they use a knife and fork, and they pray before they eat. In my country, we use chopsticks, and we never pray before we eat.
10. I _____ homesickness when I first moved here. I missed my family so much!

Grammar Review

MODALS OF POSSIBILITY: MAY & MIGHT

A. Reference

May and *might* are words that come before a main verb. They show that something is possible now or in the future, but it is not certain. The base form of the verb always follows *may* and *might*. Base verbs have no endings (no *-ing*, *-ed*, *-s*, etc.).

The following sentences are from the reading, but they have been shortened.

- The culture and customs in that country **might** be very different.
- We **may** begin to feel homesick.

B. Practice

Unscramble the words to make sentences.

Ex. class / she / might / sick / Maria / be / in / because / isn't

Maria might be sick because she isn't in class.

1. study / Lily / next / may / abroad / semester

2. a / passport / you / car / your / might / to / rent / need

3. fluent / might / studies / if / English / Mei / in / hard / become / she

4. country / moves / Hiro / homesick / if / get / another / may / to / he

5. shock / Eliza / with / might / to / culture / have / deal

Sorting

Work with a partner or in small groups to categorize the situations in the Word List below into the 4 stages of culture shock.

Honeymoon Stage	Crisis Stage	Adjustment Stage	Adaptation Stage

Word List:

- may become homesick
- able to manage day-to-day life with a positive attitude
- start accepting the differences between the two cultures
- start to feel negative about a new place
- starts when we first arrive in a new place
- differences now seem annoying
- begin to think your own culture is better
- begin to live comfortably in the new country
- find ways to deal with the differences
- feel excited about and interested in a new culture

Discussion

1. Which parts of your culture sometimes lead to confusion for tourists or immigrants?
2. Which customs from your culture do you think it's important for visitors to know?
3. Have you ever felt homesick? If so, when?
4. What aspects of your own culture do you find annoying?
5. What are some things you could do before you go to a different country to prepare for culture shock?

Listening

Fill in the blanks as you listen to the recording.

CULTURE SHOCK

1. The term “_____ shock” describes the feelings that some people experience when they move to a different country. These feelings include stress, worry, anger, and _____.
2. When we move to a new country, the culture and _____ in that country might be very different from what we know. People might speak a different language, eat different foods, do business in different ways, and so on. These differences can be difficult to _____.
3. _____ believe that culture shock happens in four stages. First, there’s a “honeymoon stage.” This stage starts when we first arrive in a new place. We often feel excited about and interested in the new culture, and everything seems great.
4. Then we enter a “crisis stage.” We start to feel negatively about the new culture. Differences that seemed interesting at first now seem annoying. We may even begin to think that our own culture is better. As a result, we may begin to feel _____.
5. After a while, we reach the “adjustment stage,” and we start accepting the differences between the two cultures. We find ways to deal with the differences rather than feeling upset or angry about them.
6. Finally, we reach the “adaptation stage,” and we begin to live comfortably in the new country. We might not like everything about the new culture, but we are able to manage day-to-day life with a positive _____ and with less stress.
7. Have you ever experienced culture _____? If so, how much did it affect you? How did you deal with it?

Answer Key

LESSON DESCRIPTION:

In this lesson, students read about the four stages of culture shock. They also discuss what makes their own culture unique and use a graphic organizer to sort statements into categories.

LEVEL: Low Int – Int

TIME: 1.5–2 hours

TAGS: discussion, culture, culture shock, stress, anxiety, sorting, graphic organizer

Pre-Reading

A. WARM-UP QUESTIONS

Answers will vary. Have students work in small groups or as a class.

B. VOCABULARY PREVIEW

- | | | | | |
|------|------|------|------|-------|
| 1. h | 3. f | 5. b | 7. j | 9. g |
| 2. a | 4. e | 6. c | 8. d | 10. i |

Reading (and/or Listening)

Read individually, in small groups, or as a class. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 7. Help your students with vocabulary and expressions that they are unfamiliar with.

Comprehension

1. F – The reading says “some people” experience culture shock.
2. T
3. T
4. F – Homesickness occurs during the second stage.
5. T

Vocabulary Review

- | | |
|----------------|-----------------|
| 1. comfortably | 6. experts |
| 2. culture | 7. annoying |
| 3. homesick | 8. attitude |
| 4. confusion | 9. customs |
| 5. deals with | 10. experienced |

Grammar Review

B. PRACTICE

1. Lily may study abroad next semester.
2. You might need your passport to rent a car.
3. If Mei studies hard, she might become fluent in English. / Mei might become fluent in English if she studies hard.
4. If Hiro moves to another country, he may get homesick. / Hiro may get homesick if he moves to another country.
5. Eliza might have to deal with culture shock.

Sorting

Honeymoon Stage: starts when we first arrive in a new place / feel excited about and interested in a new culture

Crisis Stage: may become homesick / start to feel negative about a new place / differences now seem annoying / begin to think your own culture is better

Adjustment Stage: start accepting the differences between the two cultures / find ways to deal with the differences

Adaptation Stage: able to manage day-to-day life with a positive attitude / begin to live comfortably in the new country

(continued on the next page...)

Answer Key cont.

Discussion

Answers will vary.

Can be done individually or in small groups or pairs.

Listening

1. culture, confusion
2. customs, deal with
3. Experts
4. homesick
6. attitude
7. shock