

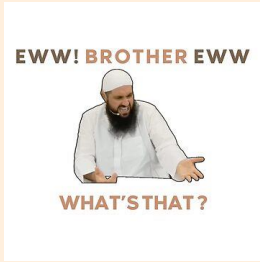
Cultural Things: Overcoming Culture Shock

“You can, I can, we can laah”





How we see other culture



What's that?

Asking a lot of questions on our mind



Feeling Uneasy

Starting to feel discomfort when surrounded by an unknown event



Get Amazed

"Wow, that thing is lit!"



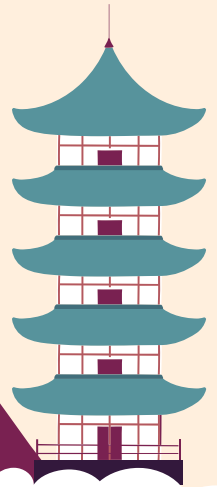
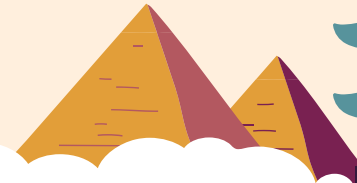
Understanding

Get accustomed to and familiar with different things



WHOA!

Not only could those 4 things happen but, **another**
will also come...



01

Culture Shock

Feelings of uncertainty, confusion, or anxiety that people may experience when being in a new country or surroundings





The concept of cultural shock

Culture shock or adjustment occurs when someone is cut off from familiar surroundings and culture after moving or traveling to a new environment. Culture shock can lead to a flurry of emotions, including excitement, anxiety, confusion, and uncertainty.

This cultural adjustment is basically normal and is the result of being in an unfamiliar environment.

Culture shock can occur when people move to another city or country, such as studying abroad or retiring after duty. It can also happen to people who go on vacation, business travel, and so on, e.g. international students who experiences a cultural adjustment due to an unfamiliarity with the weather, local customs, language, food and values.



Symptoms of Culture Shock

Culture shock can produce a range of symptoms, which can vary greatly from person to person in terms of scope and intensity. These may include:

- Being homesick
- Feeling helpless
- Feeling isolated
- Disorientation
- Lack of concentration
- Irritability
- Sadness
- Sleep or eating disturbances
- Paranoia



4 Stages of Culture Shock



The Honeymoon

When a person is still thrilled and excited with something new



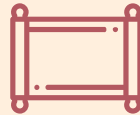
The Adaptation

Feeling accustomed and easy in new surroundings



The Frustration

Start feeling disorientation and fatigue of vast and obscure environments



The Acceptance

A journey to enjoy new and vast things just like when at home

How to Overcome Culture Shock



Good Understanding



Open-minded



Make Friends



Experience New Things

Thanks!

Do you have any questions?

Pristia Nadia Ningrum

A beautiful and charming wanderer

