

ADAPTATION SKILLS

- are self-reliant, not depending on the supports and resources they had at home to deal with personal problems and frustrations
 - can enjoy being alone at times without feeling lonely or depressed
- react to situations that are unfamiliar and stressful in a manner that does not undermine their capacity to function in their work or personal life. They:
- can articulate the key concept of culture shock and its typical symptoms
 - can identify the typical stages of adaptation and some methods for coping with culture shock
 - deal with stress in a positive manner, for example by talking over problems with foreign and local colleagues or by making a conscious effort to participate in the local culture
 - can describe the reactions people have to change and stress (for example through inappropriate ways, such as isolation, alcohol intake, becoming irritable or aggressive etc., and appropriate ways such as family outings, exercise etc.)
 - do not deal with stress in a dysfunctional manner (e.g. by giving up and returning home or isolating themselves from local contact)
 - recognize that their reaction to a new culture will change from day to day, but that most people do in time learn to tolerate, then accept and ultimately participate in the local culture
 - can pinpoint the positive and negative sides of their own style for coping with change and stress
 - can respond to stressful situations in a manner that is consistent with local customs (e.g. avoiding alcohol in some countries)
 - can position themselves within the stages of adaptation to another culture as described by academics and others

