

**CULTURE SHOCK - STAGES AND SYMPTOMS**

<b>GENERAL ATTITUDES</b>	<b>PRE-DEPARTURE</b>	<b>1ST MONTH</b>	<b>2ND MONTH</b>	<b>3RD MONTH</b>	<b>5TH MONTH</b>	<b>6TH MONTH</b>	<b>24TH MONTH</b>
	<i>ANTICIPATION</i>	<i>EXHILARATION</i>	<i>RESTLESSNESS IMPATIENCE</i>	<i>DISCOURAGEMENT IRRITABILITY</i>	<i>GRADUAL RECOVERY</i>	<i>NORMAL</i>	<i>SLACK-OFF</i>
<b>SIGNIFICANT EVENTS</b>	Planning Packing processing Partying  <i>PARTING</i>	Red carpet welcome New office New colleagues Temporary or permanent quarters Exploration of sights  <i>FAMILIARIZATION</i>	Language study Housekeeping, servants Unfamiliar sounds, smells, food, manners, language, cost of living  <i>COMPLICATIONS FULL-DUTY RESPONSIBILITY</i>	Cut down or stop language study. Drift to recreational centres.  <i>UNEVEN JOB PERFORMANCE</i>	Resume languages study.  <i>ACCEPTABLE DUTY PERFORMANCE</i>	<i>NORMAL DUTY PERFORMANCE</i>	Planning for travel, new location, schools  <i>JOB DECREASE PRODUCTION</i>
<b>EMOTIONAL RESPONSE TO EVENTS</b>	Concerns about leaving, family friends lovers familiar environment  <i>EXCITEMENT ENTHUSIASM</i>	Tourists enthusiasm  <i>SENSE OF MISSION</i>	Search for security in family activities church, clubs Occasional inclination to relax morals increase alcohol consumption  <i>QUALMS UNCERTAINTY IRRITABLE RESTLESS</i>	Concerns for sanitation, water, food, air.  <i>HOME SICKNESS DISCOURAGEMENT BEWILDERMENT</i>	Resignation or  <i>INTEREST</i>	<i>EQUILIBRIUM</i>	Desinterest with local affairs.  <i>ANTICIPATION or NEXT ACTIONS</i>