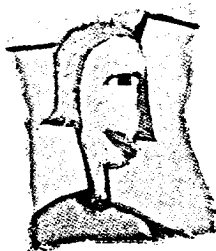


COPING WITH CULTURE SHOCK

Probably the best overall strategy for coping with the various manifestations of culture shock is to make a conscious effort to adjust to the new culture. Here are some suggestions on how to make yourself feel more at home in your new surroundings:

- ✓ **Get involved in some aspect of the new culture.** Whether you study art or music, or learn a new sport or martial art, being an interested student will make a world of difference.



- ✓ **Make friends and develop relationships.** Make an effort to meet people. This will help you overcome cultural differences and understand the country and its people. Interacting with locals

will also show you how to be more sensitive to cultural norms and expectations.

- ✓ **Take time to learn the language.** It always helps to understand as much as possible of what people are saying. They will appreciate your effort to communicate with them in their own language, even if it is just a few simple phrases, and it will make your daily life much easier, too. Carry a small notebook with you and jot down a couple of new phrases each day.

- ✓ **Maintain contact with friends and family back home.** Writing home about your experiences and problems can help you sort through them. It is also a good idea to keep a journal of your feelings and thoughts.

- ✓ **Take care of yourself.** Eat well, exercise and take the time to sleep. Be careful with alcohol.

- ✓ **Do something that reminds you of home.** This can really boost your spirits when you are feeling homesick. So make sure you have packed your favourite music or hobbies.

- ✓ **Travel.** Take the time to be a tourist and explore the country's sights.

- ✓ **Avoid idealizing life back home.** Try to make the most of your stay and consciously adopt an open mind.