

Culture shock

文化冲击

Culture shock is a period of ups and downs a person may experience when moving into a new cultural environment. The process is different for each individual and can vary in onset, length, sequence and severity. It helps to be familiar with the stages of culture shock since knowing about it can ease the process.

Typical symptoms may include physical and emotional changes such as:

- Homesickness
- Feeling helpless like a child
- Disliking the new culture
- Stress
- Frequent crying, or feeling like crying
- Changes in appetite or energy levels
- Sleeplessness
- Lasting feeling of sadness
- Headaches or stomachaches

Phases you may go through when in a new culture usually include the following four:

❖ Honeymoon

"Oh, this is wonderful. Let's go there. Amaaazing!" You are obviously excited and have an idealized view of the new culture. During the first few weeks, the differences between the old and new culture are seen in a romantic light, and you are fascinated by new discoveries. But like most honeymoon periods, this stage eventually ends.

❖ Crisis/Negotiation

"I am tired. No one understands me. I want to go home!" This could be something you would say just before you kick the closet with your bare foot. Reality is back. Differences between the old and new culture become apparent and may create anxiety. Excitement may eventually give way to unpleasant feelings of frustration and loss as you continue to experience unfavorable events caused by the new environment.

❖ Adjustment

You are still here. Well done. Understanding, acceptance and adaptation is key now. In this phase you will start to face new challenges in a positive way. You become proactive in getting to know your new environment; you become willing to step outside of your comfort zone and try something new; you begin to keep an open mind and start to adapt your values, personality and behavior to the host culture.

❖ Resolution/Mastery

"This is home guys!" You have developed your routine and the efforts you put in place in the previous stage are now imperceptible. You are stable emotionally and you feel

文化冲击是指一个人从一种文化和物质环境转到另一种文化和物质环境产生的不适应现象。这种不适应可以是多方面的，从气候、饮食、语言、服饰，到行为举止、人口密度、政治经济环境——既有身体的因素，更多的是精神因素。文化冲击的表现是：沮丧，抑郁，困惑，焦虑，孤独，还可能引起身体上与生理上的症状反应，如疲倦、失眠、心悸、头痛、肚子痛、胃口不好等。

文化冲击一般有四个阶段：

❖ 蜜月期

在这个阶段，体验者通常有游客一样的心境——情绪激动兴奋，看到任何事物都很好奇，就算遇到文化差异也以积极的眼光看待。

❖ 矛盾/挣扎期

在这个阶段，体验者开始逐渐意识到生活在异国的不便——主要体现在对于语言，交通，购物，饮食等等日常生活的小细节上。因此在这个阶段，体验者会在心理上产生挫败感，容易抑郁。

❖ 调整期

随着语言的进步、人际关系的加强，体验者开始逐渐接受新环境和新的思维方式，自信心不断增强，偏见逐渐消除。

❖ 适应/融入期

最后，体验者能够为新家作贡献，也被新家的成员所接受。

尽管文化冲击确是新生活的不谐和之音，让人惶恐不安，但是只要你有一定的心理准备，保持积极主动的精神，冲击的威力就一定会慢慢减弱直至消失。

comfortable.

If you feel tired, if you are emotionally sensitive, if you are critical of the culture, if you want to go home then you will know these are normal reactions and you should not give up. Over time the feelings and symptoms will dissipate, but there are a number of tips and tricks for hastening the adjustment process.

- Admit frankly that these impacts exist. It is not a sign of weakness to admit that you feel uncomfortable, tense or confused.
- 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 language, even if it is just a few simple phrases, and it will make your daily life much easier.
- Make friends and develop relationships. Getting to know local people will help you overcome cultural differences and understand the country. It will also show you how to be more sensitive to cultural norms and expectations.
- 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. Limit your alcohol consumption to moderate amounts.
- Go traveling. Take the time to be a tourist and explore the city's sights.

- 不要给自己太大的压力，适应一种新文化新环境需要时间，要有耐心。
- 努力学习当地的语言。
- 主动结识新的朋友。
- 保持和远方的家人与朋友的联系。
- 善待自己，进行适当的运动和休闲，安排好饮食和起居。
- 去旅游，去发现。