
CROSS culture

“Adapting to and learning to live in the culture around you.”

Culture Shock

a sense of confusion and uncertainty sometimes with feelings of anxiety that may affect people exposed to an alien culture or environment without adequate preparation.

Culture Shock

You don't have to leave the United States to experience culture shock. Some symptoms to be aware of:

- Homesickness
- Boredom
- Withdrawal
- Frustration and anxiety
- Irritability
- Stereotyping of host nationals
- Hostility toward host nationals

Culture Shock

Can be unhealthy and contagious.

THINGS ARE GOING TO BE DIFFERENT
food-language-personal space-cleanliness-wealth-dress

What are the Symptoms?

A wide open mouth, blank stare, raised eyebrows, nervous glance at partners, inappropriate laughter, shortness of breath, negative attitude.

What are the effects?

- Hindrance from being an effective witness
- Being offensive to the people of that culture
- Takes the focus off your purpose and onto yourself
- Keeps you from enjoying and learning from surroundings
- Identifies you as selfish, narrow-minded and immature

Stereotypes of Americans

Boastful and Arrogant. Disrespectful of authority. Drunkard. Extravagant and Wasteful. Generous. Ignorant of other countries and cultures. Informal. Insensitive. Lazy. Loud and Obnoxious. Promiscuous. Racist. Rich and Wealthy. Rude and Immature. Snobbish. Stingy. Think they know everything. Thinks every country should imitate US. Uniformed about Politics. No family values. No morals. Hypocritical.

(found on advice for students wishing to study in the US)



How Can We Make An Effort to Prevent This Difficult State of Mind

If you recognize any of these symptoms in yourself or someone else, some things to remember are:

- You aren't alone
 - Learn from it
 - Dig deeper
 - Look for the silver lining
 - Avoid bad influences
 - Laugh at yourself
 - Be a friend
 - Stay busy
 - Seek the Lord first!
- Pray and ask God to enable you to adapt to, learn from, and enjoy this culture...and Love the people of this culture. Ask His help to get control of your feeling.
 - Keep your eyes open and listen. Watch those around you. Ask God to help you see things and people from His perspective.
 - Remember you are a guest. Whatever they offer you is probably their best. Remember "the last shall be first."
 - Don't be intimidated or withdraw because of cultural mishaps; apologize and learn from mistakes.
 - Humility is the spirit you should constantly possess.
 - Be Yourself; the good part away!
 - Focus on the similarities, rather than the differences.
 - Communicate with your group and your leaders. They are there to help.

