

KNOW THE STAGES OF CULTURAL TRANSITION

FUN: You feel happy—your plans have been achieved, you have finally arrived, everything is new and exciting!☺

FLIGHT: As you settle into a daily routine there is so much that is different—the language, the weather, the food! There are customs and attitudes you don't understand. You feel tired and maybe you or your children get sick. You miss home, you miss family and friends. You want to withdraw from people.☹

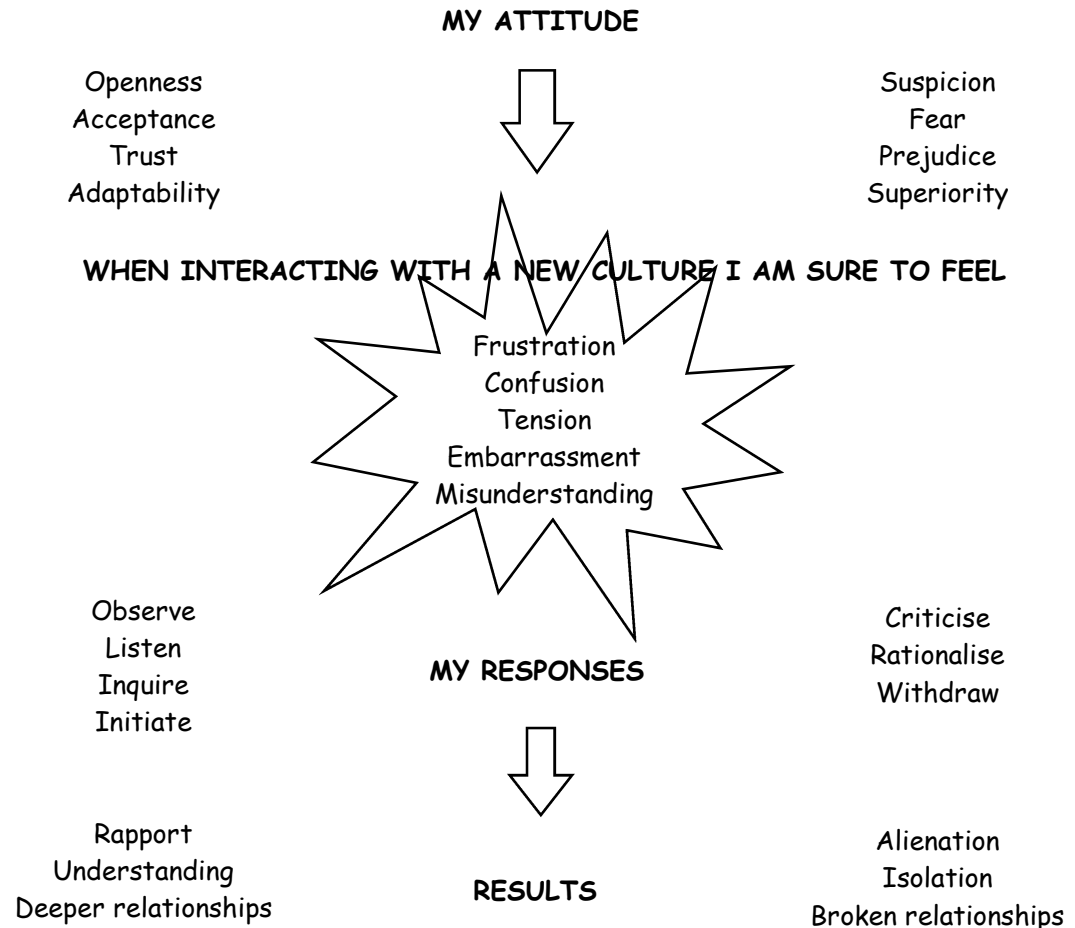
FIGHT: You feel anger and frustration towards your new culture. You are tempted to criticise and mock. Things are done so much better at home! You distance yourself from the culture.☹

FIT: You begin to understand your host culture better and start to feel more comfortable. You are more at ease with the language and customs and you are making friends. You start to appreciate the differences and learn to value the positive things about your host culture. You finally feel at home in your new country!☺

Remember, everyone goes through these stages to some extent. In fact you will experience a similar process when you eventually return home. It's also likely that you will go through the cycle more than once. If you experience any of the feelings mentioned, you are normal!

MOVING FROM 'FLIGHT' OR 'FIGHT' TO 'FIT'

Although we all go through these stages we can determine how severe they are by our attitudes and reactions.



MAKING LOCAL FRIENDS

Experience shows that making local friends gives the best help in understanding and adjusting to a new culture.

ADJUSTING TO A NEW CULTURE

A summary:

- Recognise that 'culture shock' is normal
- Maintain your health—diet and exercise
- Keep in touch with home
- Seek out those who understand your experience
- Make friends and make time for recreation
- Be quick to observe and slow to judge
- Recognise there are some things you cannot change
- Be willing to learn and be adaptable
- Enjoy yourself!

These guidelines have been compiled from a number of sources by:

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WELCOME!

Some guidelines for adjusting to a new culture

Living in a new country can be a life changing experience. We hope that your time in the UK is personally enriching. However, adjusting to a new culture takes some hard work. Here we offer some guidelines to help you make a successful transition. We hope that this in turn will help you achieve all you hope for in your studies.

