

## CULTURE SHOCK

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When people move to another country, they often get a culture shock. This often has three different stages, but not everyone has the same experience:

**Stage 1: ('honeymoon')** At first, people often feel that the differences between the old and new culture are interesting and exciting. They often fall in love with the new food, the lifestyle, people's habits, the buildings and so on.

**Stage 2: ('frustration')** After a few days, weeks or months, many people start to have problems. They often think a lot about their old culture and find it difficult to communicate with people. They miss the food from their own country, they feel that the lifestyle is too fast or too slow, they get angry at people's habits, etc.

**Stage 3: ('adjustment')** After a while, the new culture starts to feel 'normal' and not 'new'. People understand that there are positive and negative sides. They start thinking about everyday life, as they did in their original culture.

1) What do you think of when you hear the word 'culture'?

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2) What is important in your culture? Give some examples.

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3) Did you have a culture shock when you came to Austria? Why?

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4) What things do people usually like when they come to Austria? What things can be difficult for them?

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