

Cultural Shock



AUDRONĖ RAČKAUSKIENĖ

International Studies Office

- Everything is fantastic because you are overseas?

- Let's do a reality check!



What is a culture shock?



- Emotional and physical discomfort that a person feels when move from a familiar cultural environment to an unfamiliar one
- Stressful period BUT transitional
- Its Completely Normal 😊

Symptoms of Culture Shock

- Isolation and frustration
- Mental fatigue
- Lack of motivation
- Irritability
- Boredom



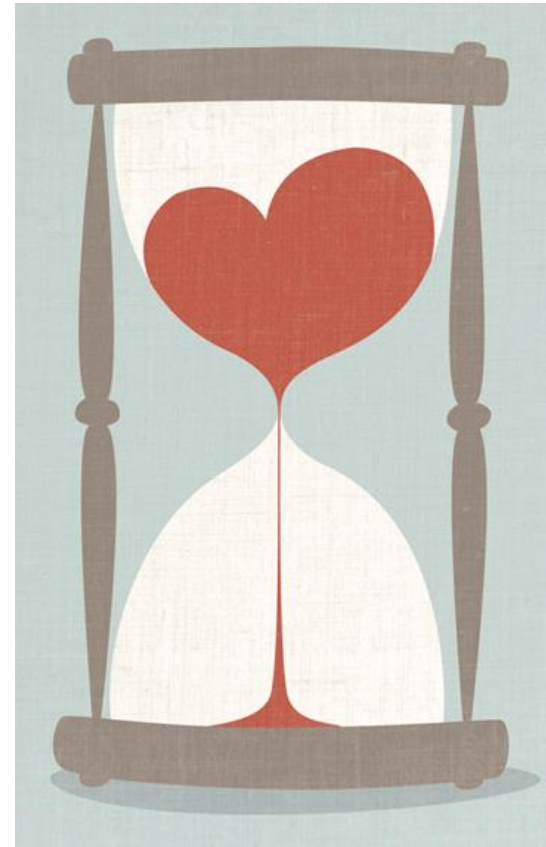
Symptoms of Culture Shock

- Seeking company from people of your country
- Compulsive eating/drinking
- Sleeping a lot
- Feeling left out
- Home sickness



1. Honeymoon Phase

- Everything is Beautiful
 - Arrival
 - Curiosity and fascination









2. Crisis and Negotiation Phase

- Everything is Ugly
 - Disappointment
 - Irritation
 - Facing problems







3. Adjustment Phase

- Everything is Quite Funny
 - Acceptance
 - Need to survive
 - Staying or leaving

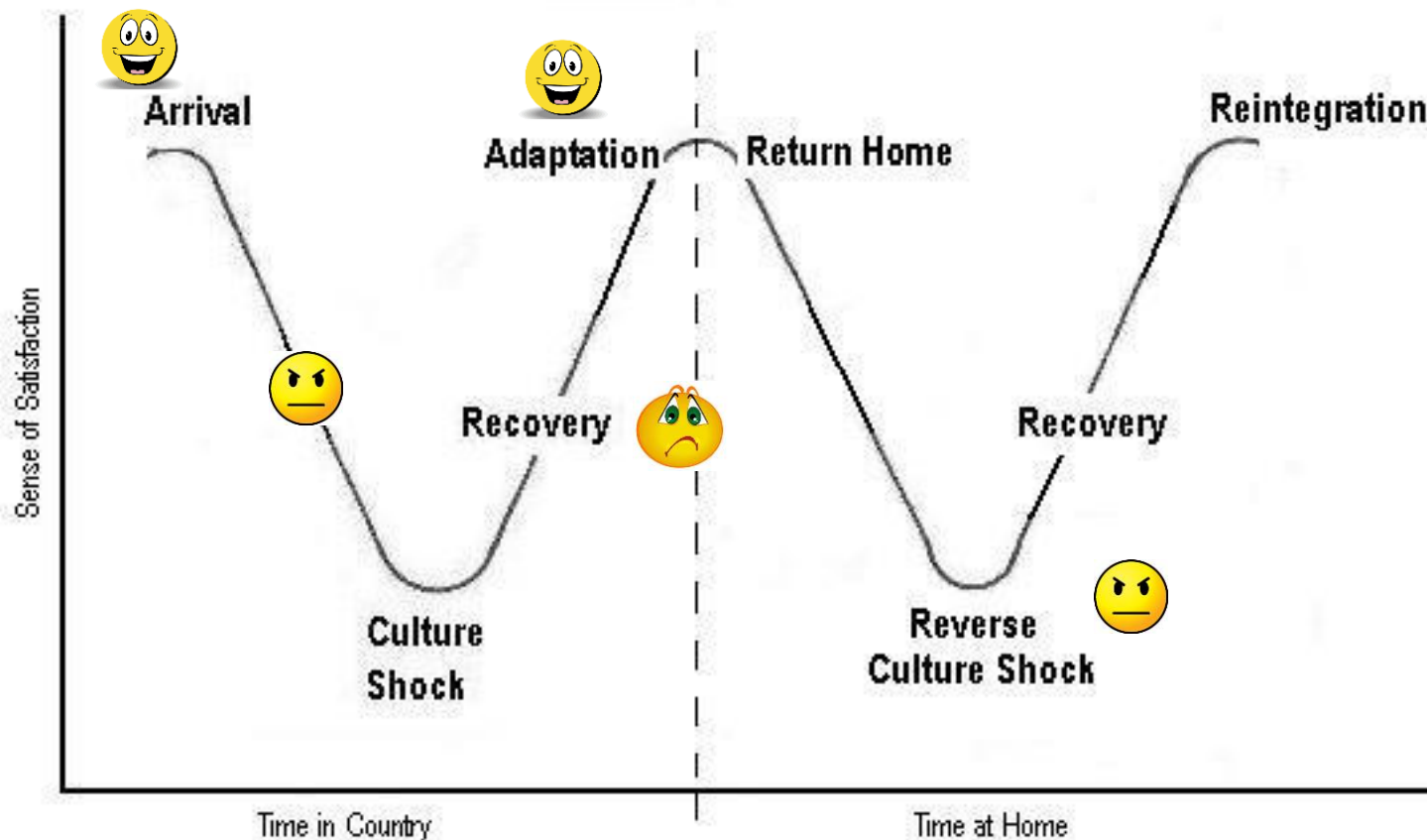


4. Acceptance Phase

- Everything is OK
 - Adaptation
 - Feeling comfortable
 - Getting involved
 - Make friends



The Revised W-Shape Adjustment Model



Obvious differences between homeland life in LT

- Language
- Climate
- Education system
- Sports
- Food
- Religion
- Making friends
- Anything else?

Climate

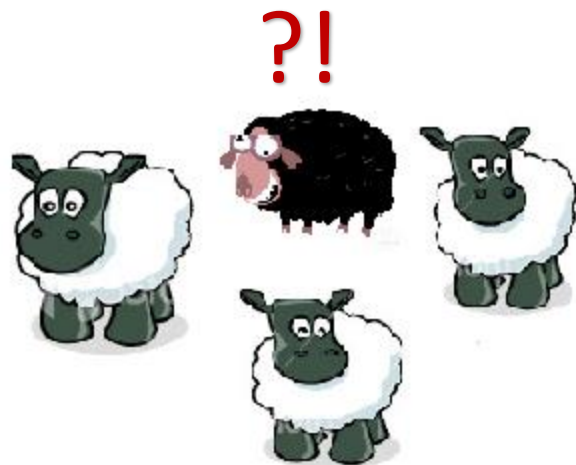


Obvious differences between homeland life in LT

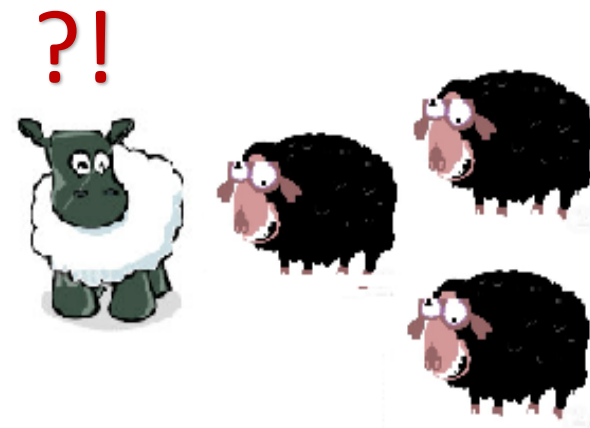
- Language
- Climate
- Education system
- Sports
- Food
- Religion
- Making friends
- Anything else?

Making Friends

Two Types of Problems:



1. When natives do something foreign to you



2. When you do something that annoy the people

Making Friends

LT cultural norms vs at homeland

- Body language
- Physical contact
- Manner of dress
- Punctuality

Making Friends



- Privacy and personal space
- Names and forms of address
- Waiting in the lines
- Using please, thank you and sorry
- Direct eye contact with the person talking with
- Punctuality

How to Cope up with Culture Shock



- Be patient
- Find something interesting every week
 - Participate in different activities
- Remember your goals
- Organize your day by day
- Don't expect everything to be perfect
- Ask for help if you need it
- Your health is important

How to Cope up with Culture Shock



You can apply for the psychological support of the
KTU psychologist
Rūta Kavaliauskaitė
(psichologas@ktu.lt).

Don't Fall for Stereotypes

- Cold Lithuanians
- We speak only in Russian = bad foreign language skills
- Lithuanians = Russians = Soviet country
- Country is not well developed
- Weather

Summing up



- Culture shock happens
- It may last a semester
- Be motivated in learning new cultures
- Be patient, things gradually improve
- Don't be afraid to seek help
- Its okay to feel like a stranger in a strange land

THANK YOU!

STAY SAFE
AND
ALIVE

A large, soft, purple-tinted cloud graphic is positioned in the lower right quadrant of the slide, partially overlapping the text "ALIVE".