

# Going International: Beyond Culture Shock

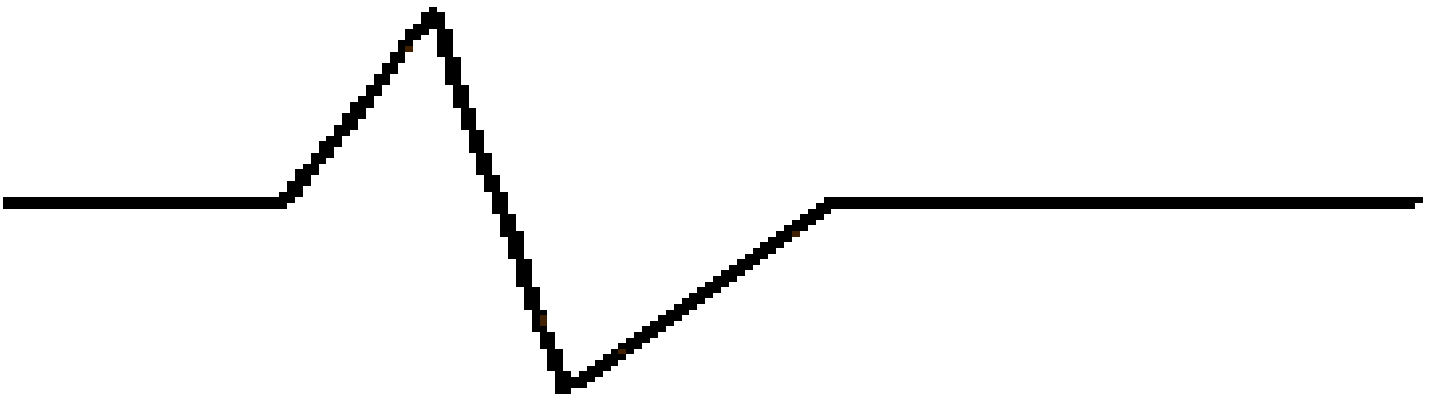
AV G156.5 .C5 G61 pt. 3

Insights and advice from experienced travelers about the personal impact of culture, adjusting to life over there and adjusting to life back here. This 30 minute video, designed to train business people headed overseas:

- Explains the psychological phases of the adjustment process
- Provides practical suggestions for making life abroad a positive experience
- Reminds one to care for spouse and children during relocation
- Prepares expatriates and families for the various phases of culture shock and adjustment.

1. What phrase does Fanchon Silberstein prefer to use instead of saying “culture shock”

2. Put descriptive labels on this diagram of the cross-cultural adjustment process.



Note: Some have identified five stages which they label “fun,” “fright,” “flight,” “fight” and finally “fit.”

3. What are some signs of culture shock?

4. List some phrases of advice to deal with culture shock.

5. Are there insights from this video which would be useful to people **NOT** planning an overseas trip?

About cultural shock: "It's like being in an exam, twenty-four hours a day."



Impact on the family, family needs, the spouse's attitude and children's adjustment challenges. Expatriate communities.

Characteristics for success and key traits .



Preparing for the move.

Are you ready for relocation aboard?

