

Meeting other cultures

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MEETING OTHER CULTURES We live in a world in which there are a great number of places to meet. It is quite likely that people travel to different countries for recreational, leisure or business purposes. Thus, people stay in places outside their usual environment and they lose touch with their everyday activities. Even, in most cases, the idea of travelling becomes quite exciting. However, one of the most striking difficulties people face when visiting a foreign country is to adjust to a new culture that differs markedly from their own. When visiting a new place and staying for a certain period, differences between cultures become apparent. Some people find it impossible to accept the foreign culture and to integrate, which seems to confirm the idea that they isolate themselves from the host's country environment. As a consequence, people may find themselves struggling to do things in the new surroundings that were easy at home. To illustrate, you may encounter unfamiliar clothes and weather, different people and even, different food! In my opinion, getting used to new tastes and ways of eating is the hardest part. Take into account that eating flavorsome meals is considered a relaxing time so being hungry because you do not like meals is quite annoying. Nevertheless, dealing with any of these differences can be really distressful. While being transferred into a different environment puts special pressure on your skills, there are practical difficulties to overcome. People may find getting used to the new culture a difficult process. For instance, the biological clock disruption. People are used to their daily activities and their timetables. When you find yourself in a place in which time and customs are not equal to yours, that often leads you to insomnia and daylight drowsiness. Another example is in the case of some students. Due to the strain of living in a different country without parental support,

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they might develop additional symptoms of loneliness and homesickness. Therefore, international students often feel anxious and consider that to adjust to the new cultures is complicated. The lack of communication when visiting new cultures is such a frustrating matter. Being not able to talk or understand the foreign language is a mental anguish that results in being reduced to the level of a three-year-old child in one's ability to communicate. This problem is known as " language shock". It may become a major obstacle in creating new relationships: special attention must be paid to one's and others' specific body language signs, conversation tone and linguistic customs. It is not only difficult to create relationships but also stressful to interact with the society. For example, in the case of going to a restaurant or to a shop, it becomes quite hard to ask anything or express yourself. For the aforementioned reasons, there is no doubt that those people who are adjusting to a new culture would feel a bit lost or disappointed because they must get used to the new environment and meet people with whom they are not familiar every day. Still, people may immediately begin to miss their home country, their foods, family and friends. So, it is important to adjust to the culture, including eating and to the time change. [pic][pic][pic][pic][pic] [pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic] [pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic][pic] [pic][pic]