

Process paragraph

[Linguistics](#), [English](#)



How to deal with culture shock when in foreign country Dr. Guanipa describes culture shock as huge sense of discomfort when people travel to foreign land or move to different country that is different to their place of birth. The main reason is that countries across the globe have widely different culture and value system. It is especially true in the current times of rapid globalization when migration of people from one region to another has become common. Travelling to distant land for higher education or for better employment opportunities are important reasons that necessitate people's migration. When people go to different countries, the cultural environment of host countries could vastly differ from their own native culture. This could be highly unsettling and make it difficult for people to adjust in the new place. The culture shock therefore becomes a key issues for migrating population which must be addressed to make their transition from one culture to another easier and friendly.

Different language, laws and regulations, dress code, food etc. become crucial factors that inculcate a sense of homesickness, depression, isolation etc. amongst the immigrant population and travelers. Therefore, it becomes very important to have prior knowledge about the new country and its culture so that one is prepared for changes. All the people who travel to new country, especially those with different culture experience varying level of culture shock. When they are prepared for new experience, the culture shock is not so severe. But, nonetheless, it is a temporary phase but serious issue if not tackled early. Language and laws are major elements of discomfort. The diverse society with people having varying socio-cultural values highlights the contemporary dynamics of changing societal pattern across

the globe. Overcoming culture shock by making adjustments within the evolving society therefore becomes a hugely pertinent issue for peaceful co-existence. It necessitates understanding of cross-cultural values and willingness to adapt oneself into a new environment through different mechanisms of adjustment. Culture shock for people from the Asian region and other developing economies, when they come to the West, is considerably more than their European counterparts. The language, gender outlook, dress code etc. become critical aspects of cultural paradigms that evoke differing responses.

Language barrier is one of the most defining issues that plays a critical role in overcoming culture shock. Thus, learning the language of the mainstream society of the host nation becomes an important part of getting prepared for a new experience in a foreign land. One should also get familiar with the culture of the host nation. It helps to adjust in a new environment. Social networking is also a vital aspect that helps to overcome the feeling of isolation and depression. It helps to make new friends from diverse backgrounds and adjust faster within new surroundings. It also helps to strengthen one's communication in a foreign land. Local seminars and workshops are important platforms that help to understand laws and cross-cultural values. Hence, while some culture shock is normal, time, effort, and willingness to change greatly help to adjust in a foreign country.

(words: 523)

Reference

Guanipa, Dr. Carmen. Culture Shock, Department of Counseling and School

Psychology, San Diego State University, 17 March 1998. <http://edweb.sdsu.edu/people/cguanipa/cultshok.htm> 20 October, 2012.