

After entering a new cultural situation



**ASSIGN
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Having negative emotions or feelings while entering a new cultural situation is a normal behavior most oftenly feels by a person who cannot easily adjust on his or her new environment. It would be so uneasy for them to cope with their new culture and do what other people in their new community are doing.

It is also hard to meet their expectations because it is a fact that their culture was different. It's so hard to do things you are not familiar with. And it's so hard also to live with a new culture, values, customs, behaviors and beliefs that is not the same to the way you use to live before. It is hard for people to go out of their comfort zone.

The unawareness of the new culture also increases the worries and fears that a person is feeling. That is why they are unable to do things their own way.

They may also experience difference in their language and language difference may also contribute to the feeling of uncertainty and insecurity. You may feel that you are different from them. Difference in language as well as different cultural rules, values, attitudes and behaviors causes cultural disorientation.

For its difficult to adopt culture that is different from your own. It may sound unfamiliar, because you are about to adjust your manner of living, thoughts and sense, your feeling as well as you physical aspect.

Your negative emotions and your reactions with this feeling may lead you to some problems. You may realize by then that your discomfort may bring you some illness, hard feelings, stress and other negative reactions of your body.

All people experiencing this kind of feeling may realize that every culture have the part that you will like and not.

To be able for an individual to prepare and to easily adapt to this new culture, it is best that he/she gathers information about the new culture. If he/she is aware of the new culture he/she can prepare himself/herself and will not be shocked of the new culture he/she is in.

It is best for someone to be aware of the new culture he/she is entering; their values, beliefs and other cultural practices. Then you will find it a lot easier to adapt to your new culture.

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