



# CULTURE ADJUSTMENT

*Envision Intern Training March 2020*



# WHY IS THIS CULTURAL DISCUSSION IMPORTANT?

- \* To understand the rules so we know what is going on around us. This is *what* we're observing and this is *why*.
- \* To communicate better to those that we are living and working with.
- \* To understand how to navigate cultural adjustment.



**Culture Shock:** “ is the **reaction** experienced on exchanging a familiar culture for an unfamiliar one” ~Majorie Foyle.

**Cultural adjustment** is a **process** an individual has to go through to be able to work effectively and live comfortably in a place that is new and unfamiliar to them. Living in a new **culture** requires you to learn a new set of **cultural** patterns and behaviors

*“a process rather than an achievement..  
adjustment must include mutual accommodation” ~Harold Bernard*

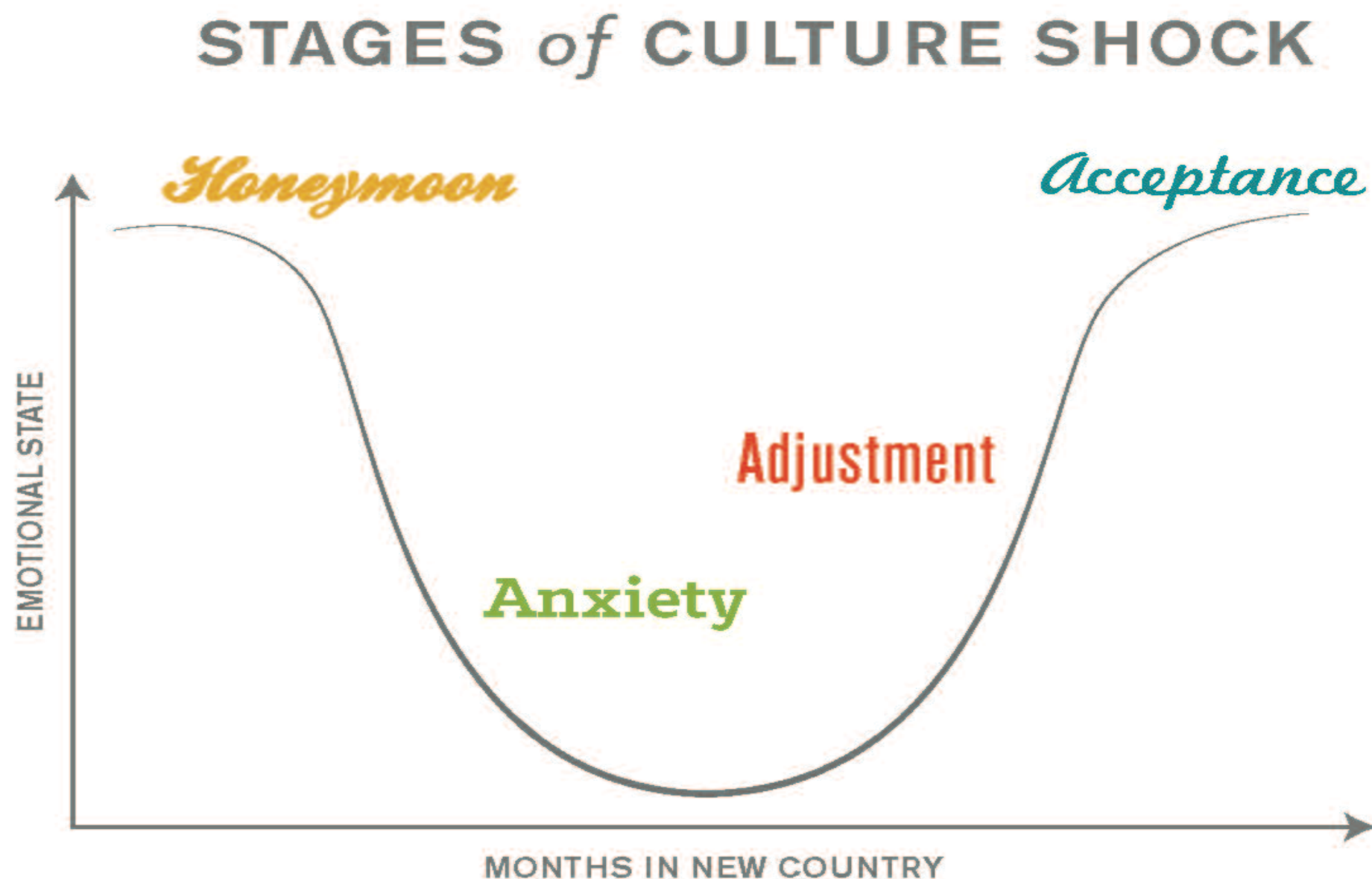
**Everyone deals with some sort of cultural adjustment!**



Think about a time where you went through a cultural adjustment. It could be a new school, a new city, college, a new job. Remember this as we continue to talk about transition.



# STAGES OF CULTURAL ADJUSTMENT





## Honeymoon

Begins when you arrive in new setting.

Ends when the novelty has worn off. (Tourist stage)

## Anxiety/Disorientation (Culture Shock)

Simple everyday tasks seem foreign and hard.

i.e Grocery shopping/bill paying/communicating

## Symptoms

### Boredom

withdrawal (e.g.: avoiding contact with host nationals)

feeling isolated or helpless

sleeping a lot or tiring easily

irritation over delays and other minor frustrations

suffering from body pains and aches

longing to be back home

unduly criticizing local customs or ways of doing things



## Adjustment

Your new setting is becoming familiar.

You are understanding how to do things better.

## Acceptance/Adaption

You've learned how to function. You feel a part of the culture.

It feels like "home" or "normal" .

You have effectively accepted new cultural patterns and figured out a balance between your own culture and accepting the new one.

## Re-entry

Returning to "home" country.



# Paris Transport

- **Honeymoon:**  
So fun and exciting! Never driving again!!
- **Anxiety/Disorientation:**  
Nervous about finding my way to a new location. Frustrated the trains are ALWAYS late!!
- **Adjustment:**  
Learning the system/learning to adjust to delays. Learning faster ways.
- **Adaption:**  
Walking and public transport part of normal life.



# TRANSITION

Transition is always a process and always contains a measure of grief!

Be present. Embrace who and what God puts in front of you for a season and reason.

Importance of Self care:

Sleep

Exercise/Eating

Life Rhythms

Sabbath

Fun and Enjoyment

Grief

Community

Solitude

Boundaries

Worship/Prayer