Cultural Shock: Tales of an Expat Entomologist

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Culture

- Working Schedules
- Language
- Medical Cure
- Clothes and Dressing
- Religion
- Manners
- Child-rearing Methods
- Jokes
- Food
- Celebrations
- Folk Art
What is cultural shock?

Anxiety and feelings of surprise, disorientation, confusion, felt when people have to operate within an entirely different cultural or social environment, such as a foreign country.
Preparing yourself
Overcoming culture shock
It’s okay!
Living abroad
Resources

• Fullbright’s Foreign Fellows Handbook: Guide to Living and Studying in the United States

• Interactive Culture Map:  
  http://erinmeyer.com/tools/interactive-culture-map-exhibit

• The International Education website:  
  http://www.internationalstudent.com/study_usa/way-of-life/culture-shock
Thank you!

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