



# British Culture & Culture Shock

INTERNATIONAL STUDENT SUPPORT

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# This Is England

In groups of 3 - 5 talk to each other and answer the following questions:

- What is different between England and your home country?  
3 differences
- What is similar?
- What item from home do you miss the most?
- What has surprised you the most since you have been here?
- What made you happy since you have been here?

# Cultural Differences

- ▶ Communication
- ▶ Food
- ▶ Sport
- ▶ Pub culture
- ▶ Relationships
- ▶ Dress
- ▶ Social Roles
- ▶ LGBT
- ▶ Dress
- ▶ Weather

# Not Wrong, Just Different

- ▶ Every culture is different, it doesn't make anyone else's better or worse.
- ▶ There are ALWAYS exceptions
- ▶ You need to respect, but not conform

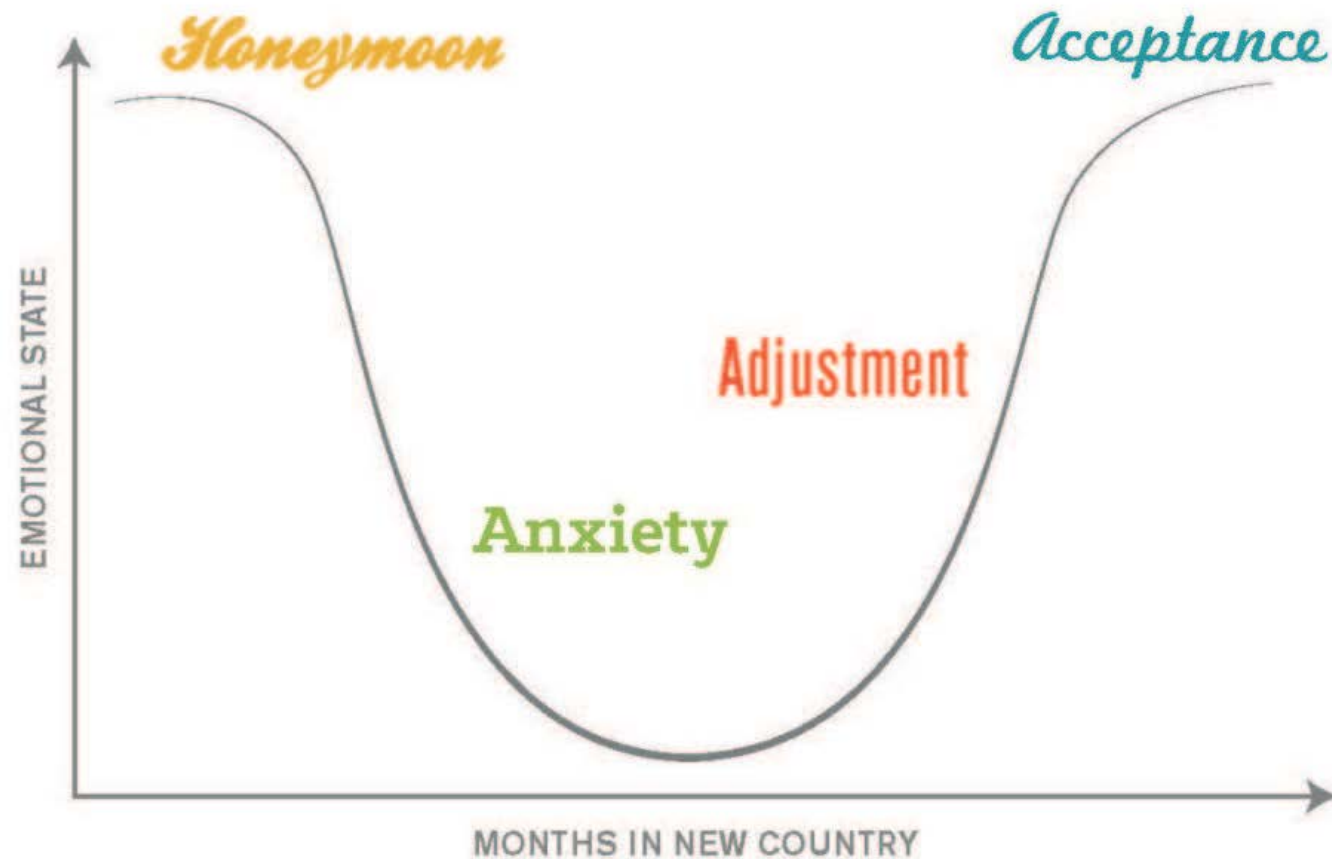
# What is Culture Shock?

“Culture shock”

**anxiety** produced  
when a person moves  
from **a familiar culture**  
to **an entirely different**  
cultural or social  
**environment**



# Stages of Culture Shock



# Symptoms of Culture Shock

- ▶ Sadness, loneliness, melancholy
- ▶ Preoccupation with health
- ▶ Aches, pains, allergies
- ▶ Insomnia or excessive sleep
- ▶ Changes in mood, depression, feeling vulnerable
- ▶ Anger, irritability, resentment
- ▶ Loss of identity
- ▶ Lack of confidence
- ▶ Obsessions over cleanliness
- ▶ Longing for family
- ▶ Feeling of being lost or overlooked

# Dealing with Culture Shock

- ▶ Help yourself
- ▶ Help from NTU



# Helping yourself

- ▶ Food
- ▶ Friends
- ▶ Family
- ▶ Language
- ▶ Sleep
- ▶ Exercise
- ▶ Health

# Help at NTU

- ▶ International Student Support [int.support@ntu.ac.uk](mailto:int.support@ntu.ac.uk)
- ▶ Student Support Services [www.ntu.ac.uk/sss](http://www.ntu.ac.uk/sss)
- ▶ Wellbeing Services [www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing)
- ▶ Visit your GP

# Reverse Culture Shock

"Reverse Culture Shock"

the emotional and psychological distress suffered by some people when they return home after a number of years overseas. This can result in unexpected difficulty in readjusting to the **culture** and values of the home country, now that the previously familiar has become unfamiliar.



# Thank You All

QUESTIONS