

Some Hints for Coping with Culture Shock

- Do not expect to be perfect in this new environment. You may have some difficulties although you have some knowledge about North Cyprus in general and EMU in particular.
- Do not judge this new culture before getting to know it better. Do not consider this culture as 'better' or 'worse' than your own culture but as 'different'.
- Be an active participant in the activities. You can learn the culture of EMU and North Cyprus by living it. For example, you can start from the local foods.
- Keep in touch with your family and friends in your own country while you are in the process of experiencing the culture of North Cyprus.
- Be involved in groups that have members from different cultures, just like you.

Studying abroad is a special experience and will hold a unique place in your life. The psychologists of EMU-PDRAM are always ready to help you with this experience.

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CULTURE SHOCK



Thousands of students prefer to study abroad for their university education every year. This is a good chance for discovering lifestyles in other places of the world. Having new friends and knowledge about new cultures is a great experience. Coping with new situations may sometimes be a bit tiring and hard.

Main symptoms of culture shock are homesickness, stress, fear and confusion. Living your daily life in an environment different from your usual setting may be the reason of culture shock.

- ***You can sometimes feel the urge to run back home as soon as possible.***
- ***Have patience, stay put..***

There are 4 stages of Culture Shock

1- *The Stage of Excessive Enthusiasm* (Honeymoon):

During this stage everything is going well and you are having a great time in your new environment.

2- *The Stage of Shock:* There are many unfamiliar things in this country and you do not know how to deal with them. You are unhappy and anxious.

3- *The Stage of Transition:* You start to cope with your problems and harmonize your new experiences with the ones you have had before.

4- *The Stage of Acceptance:* You start to adapt to your new environment and you become happier.

The Symptoms of Culture Shock

- Excessive anger towards small issues.
- Making an effort to stay away from people you consider as 'different'
- Excessive homesickness
- Excessive appetite or lack of appetite
- Dullness, boredom
- Excessive need for sleep
- Headache
- Gastric disorders
- Depressive mood
- Unwillingness to study
- Bouts of crying
- Excessive cleaning
- Feeling sick and exhausted most of the day

