

Reading

1. Read the article. Have you ever felt confused by customs in a foreign country?

Adjusting to a New Culture

People visiting new countries sometimes have a difficult time getting along with the natives. Others have a much easier time. Here are some suggestions for people who come face to face with a new culture for the first time.

- Try to understand why people seem to act differently. Don't say, "This is terrible! They shouldn't have done that." Instead, ask yourself, "Why did they do that?"
- Develop a sense of humor. People who have visited many different places have learned to laugh at themselves. We all make mistakes when we are in a foreign culture. If you say something inappropriate, apologize and forget about it quickly and go on. Sometimes you can just smile quietly to cover your nervousness.
- Prepare yourself for culture shock. Don't be surprised if you feel a little confused and angry about things the first few days. It happens to everyone. You have been living with one set of beliefs all your life. Now suddenly the rules have changed. It can be confusing. Sometimes culture shock can include feelings of boredom, impatience, extreme nervousness, or homesickness.
- Realize that culture shock is natural. It's part of adjusting to a new place. Accepting the differences should help you get along with people with a lot less difficulty.

2. Check the things that the article talks about:

1. Some people have problems when they visit a new country.
2. You can sometimes hide nervousness by smiling.
3. Some people don't make any mistakes when visiting a foreign country.
4. When we make a mistake, we should not think about it for too long.
5. A few lucky people never experience culture shock.
6. Culture shock sometimes feels like impatience or boredom.

