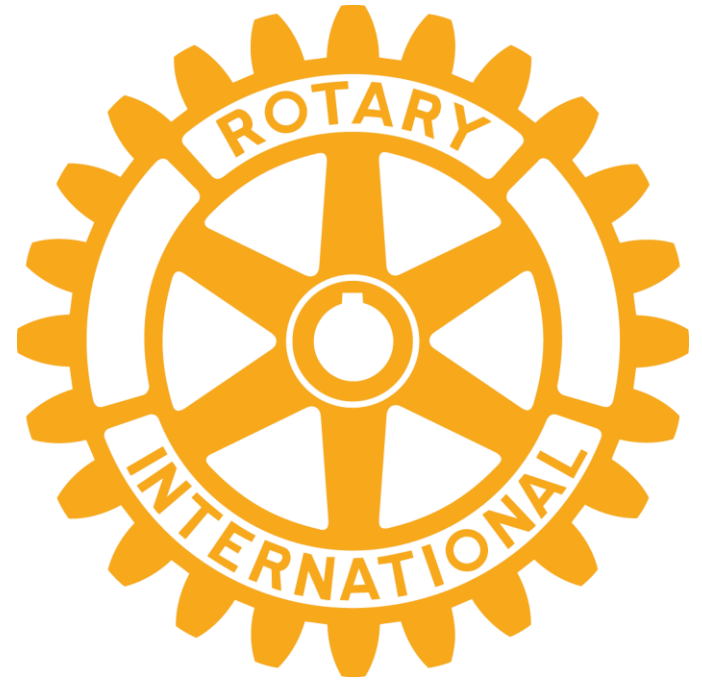


District 6250

Rotary

Western Wisconsin & Southeast
Minnesota, U.S.A.



**OUTBOUND EXCHANGE
STUDENT TRAINING**

**Handling the Shock of New
Experiences**

Culture Shock!

- *Temporary* disorientation experienced by someone who is suddenly subjected to an unfamiliar culture, way of life, or set of attitudes
- During exchange, includes reaction to
 - How your new country/people view the world
 - How your new country/people think
 - What your new country/people value
- After exchange, includes awareness of how your friends/family think/view/value and how you may change as a result of your experience

What you will likely experience...

- Has happened to virtually everyone who has walked this path before you (see Rotex presentations)
- While it at times may be uncomfortable to go through, there is nothing wrong with feeling or experiencing it
- Normally involves four identifiable stages:
 - Excitement/Enthusiasm
 - Irritability
 - Adaptation
 - Biculturalism

What you will likely experience...



Yippee!!!!!!!!!!



- Everything is awesome!
- Excess energy
- Not just at the beginning
- Can repeat when you switch host families or do/learn something new



GRRRRRR!!!!!!!



- This is when you may remember this presentation
- No longer new, just annoying
- Language barriers or access to familiar things, missing “normal”
 - This can be physically, emotionally, mentally draining
- Can pair with homesickness as you make more comparisons



3. Adaptation

Suddenly... everything clicks into place.



- Longest, most difficult, most rewarding stage
- When you gain control over your experience and exchange
- Think/translate less, react in a typical way
- Dreaming in your new language is a big sign

4. Biculturalism

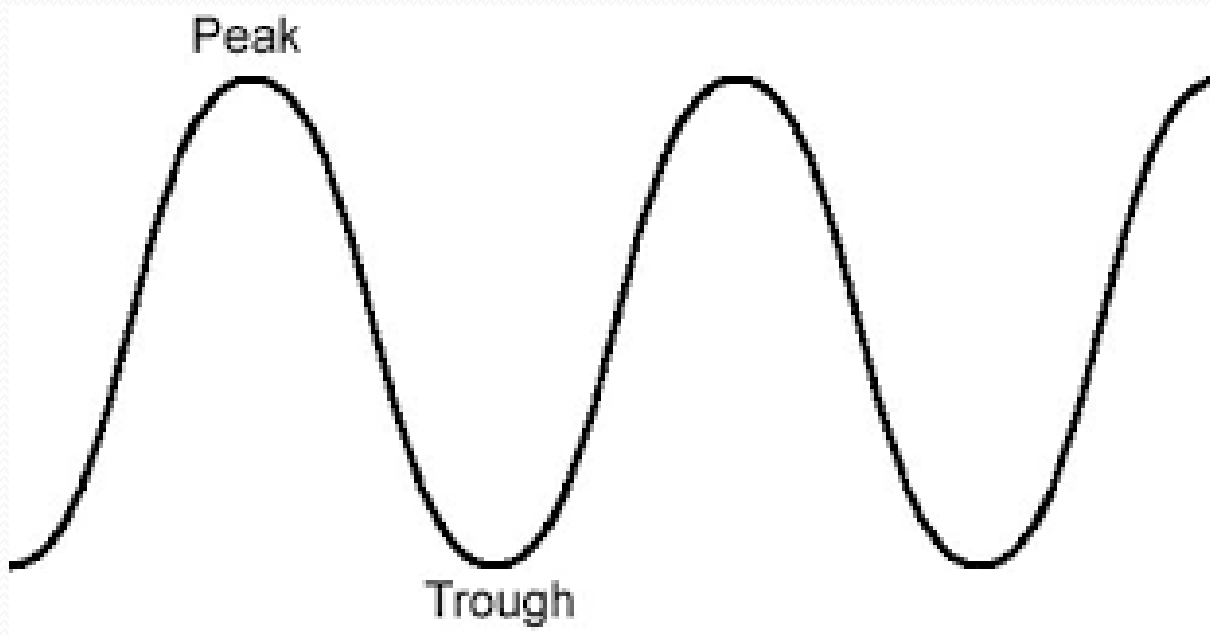
A different set of glasses...



- Nearing the end of your exchange
- Start to reassess who you are/will be when you return home
- Cultural competency, not just knowing the differences but understanding why

It will probably be a bumpy ride... 😊

Your going to go thru some ups and downs...



An inner-connected world



- Even the parts that seem negative are a part off a positive journey
- Use your resources to get through it
 - Rotex and Rotary
 - Families and friends
 - Journals and time to clear your head



Questions?

For future contact:

- Justin Burnett
- Jstn.brntt@gmail.com