

WHAT CAUSES CULTURE SHOCK?

An inability to use the language, changes in routine, changes in relationships.

Their lives are centered around relationships with family, friends etc...

Loss of understanding, sense of time is different, values are different, use of money, customs differ

Emotional and evaluative disorientation such as strange music, food, traffic etc.

Symptoms of culture shock: rising stress, physical illness, psychological and spiritual depression, fear, isolation.



