

The Rotary Youth Exchange Experience:

Culture Shock and Reverse Culture Shock



District 5440 Outbound Student Orientation – April 2023

Adapted from a presentation by Dennis White, Ph.D.

Culture Shock

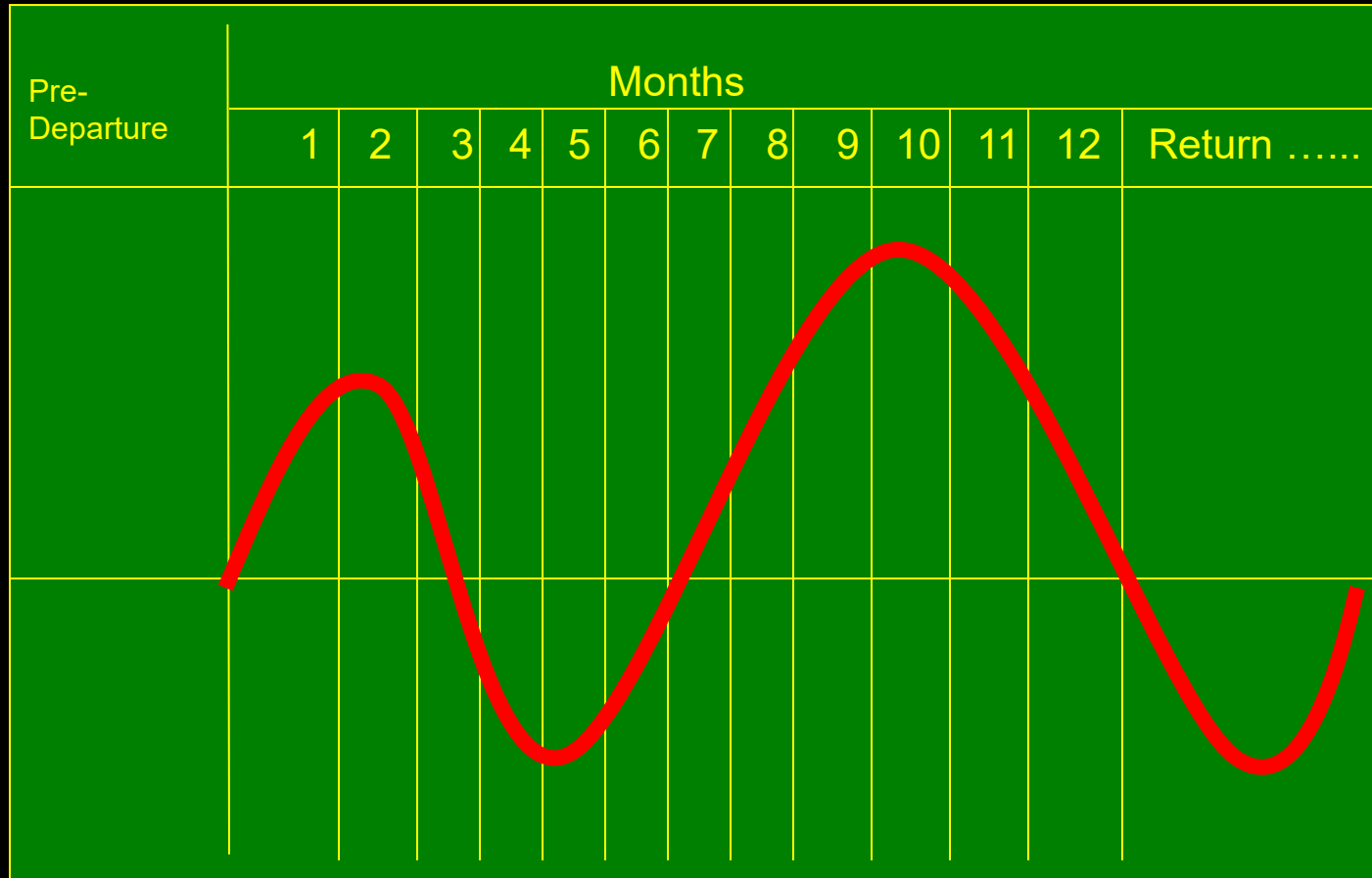


The profound sense of disorientation and discomfort that comes with extended travel or living in a foreign culture markedly different from one's own.

Stages of Culture Shock:

1. Initial enthusiasm and excitement
2. Irritability and negativism
3. Gradual adjustment and adaptation
4. Integration and bi-culturalism

Typical Culture Shock Cycle



Normal Level of Feelings →



THE WAVE

Exercise



1

2

3

4

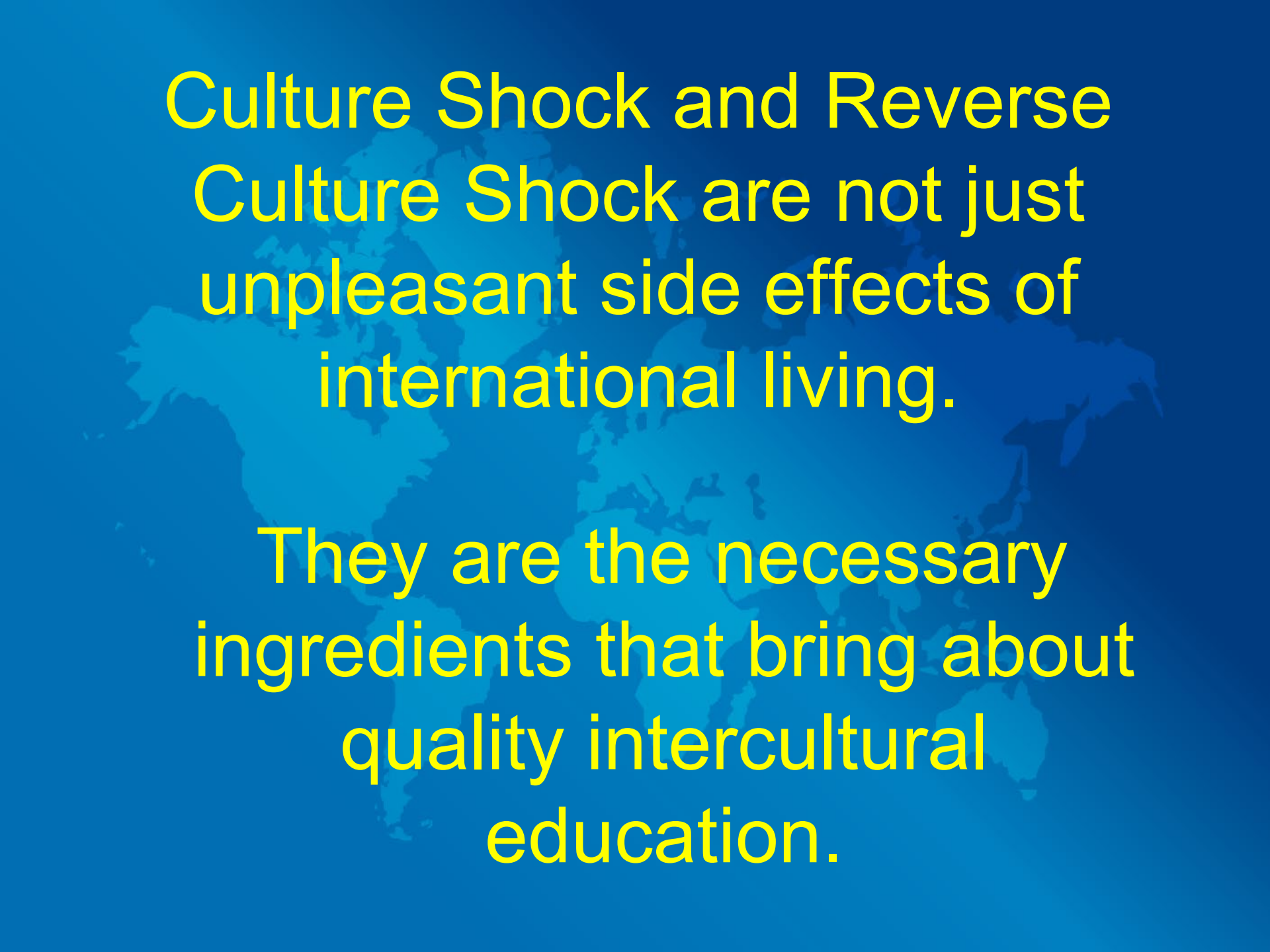
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Return Home



Most people anticipate some degree of culture shock.

Very few people believe they will experience reverse culture shock.



Culture Shock and Reverse Culture Shock are not just unpleasant side effects of international living.

They are the necessary ingredients that bring about quality intercultural education.

The Wizard of Oz – revisited”



“Damn, Toto! We’re back in Kansas!”



Questions?

Comments?

Will this happen to you?