

Tips For Dealing With Culture Shock



1

NORMALIZE CULTURE SHOCK

You have the opportunity to live in different parts of the world and experience different cultures and traditions. Both good and bad experiences are part of the adventure.

2

KEEP AN OPEN MIND

You don't need to agree with every idea and belief. However, you can try to understand and learn about the different customs of the country.



3

EXPLORE

Take time to experience the life of the locals. You can watch local news, movies, and eat new food to help you transition to a new lifestyle.



4

SEEK SUPPORT

If you continue to struggle with the transition, consider reaching out to local support groups, student health & wellness centers or counselling to help manage symptoms.

