Almost everyone who studies, lives, or works abroad experiences some degree of culture shock.EMPTINESS OR REJECTION PHASE The newcomer has to deal with the usual problems of accommodation, transportation, shopping (not finding your favorite foods), and very often not being able to communicate fluently in the local language.The crisis is over when the newcomer learns to understand the cultural differences, but hasn't completely adjusted to the new culture.Oberg identified five distinct stages of culture shock.ASSIMILATION PHASE OR COMPLETE ADJUSTMENT In this phase, the person accepts the food, the habits, and customs of the new country, and may even find some things better than things back home.No matter how patient and flexible you are, adjusting to a new culture can sometimes be difficult and frustrating.The newcomer is excited about being in a new place and experiencing a new lifestyle.Some problems may occur, but the person usually tends to accept them as part of the adjustment to another country and novelty of being in a new place.THE CONFORMIST PHASE Gaining some understanding of the new culture, its ideals, and its values brings a new feeling of pleasure.This period of cultural adjustment involves everything from getting used to the food and language to smaller things like learning how to use the telephone.1.2.3.4.5.

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