

*while abroad assignment*

### **C-Shock<sup>1</sup>**

Consider the questions below and write a response (300 word minimum). Please turn your answers into Stacy (swest@willamett.edu) by the due date noted in your syllabus.

**This activity is best suited for the first month of your experience abroad.**

Culture Shock is thought of as a profound learning experience that leads to a high degree of self-awareness and personal growth. Rather than being a disease for which adaptation is the cure, culture shock is at the very heart of the cross-cultural learning experience. It is *not* a singular event, but an ongoing experience in self-understanding and change.

Choose a location in your new town that seems very different and plan a visit to it. The location must meet three conditions:

1. Your visit should be at least 2-3 hours, i.e. a morning, afternoon or evening.
2. You should be able to participate and observe at your location. Try to involve yourself directly in the activities of your chosen site and at the same time pay attention to what is happening around you.
3. Write down your observations, experiences, thoughts, and feelings.

*For Example*

There are many possibilities. Your choice/activity might be one of the following:

- Visiting (and participating in) a church/religious ceremony.
- Attending a sporting event and sitting in the stands with the home team.

---

<sup>1</sup> The idea for this activity was taken from Indrei Ratiu's "Simulating Culture Shock," in *Experiential Activities for Intercultural Learning*, p.101.