UNIVERSITÀ
DI PAVIA
Understanding the cultural rollercoaster while living abroad
You have a great experience ahead!
Culture shock awareness

1. Honeymoon :)  
2. Culture shock / Frustration :(  
3. Adjustment :|  
4. Acceptance/ Mastery :)
Culture shock triggers

Language
Dress
Climate
Values
Food
Etiquette and behavior

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Exercise your flexibility to overcome the disappointment...
Some suggestions

What you’re feeling is normal, and most people experience it at one time or another.

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Some suggestions

If it’s possible, cook some of your favorite meals from home to share with your new friends.

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Some suggestions

Get active

Exercise lifts your mood, and joining local activity groups can establish connections with your host culture.

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Some suggestions

Stay connected

Family and friends will want to keep in touch, so make time for regular webcam chats and calls.

Source: www.worktheworld.co.uk/blog/why-culture-shock-is-good-for-you
Some suggestions

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Challenge yourself

Set yourself a goal each day of interacting with at least one new person, whether that’s a shop assistant or a bartender.
Other suggestions...
Other suggestions...
Other suggestions...
Other suggestions...
Other suggestions...
Other suggestions...
Psychological Counseling Service

Email: serviziopsicologia@unipv.it

Zoom interviews will have a maximum duration of 50 minutes
... HAVE FUN!

And wear your mask!!
THANK YOU FOR YOUR ATTENTION!

If you have any questions, please write in the chat!