

محاو الحلقفة النقاشفة



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Culture Shock

['kəl-çər 'ʃäk]

Feelings of uncertainty, confusion, or anxiety that people may experience when being in a new country or surroundings.



Causes

- one of the most common causes of culture shock involves individuals in a foreign environment.



Climate



Food



Language



Dress



Values



Etiquette and behavior



اعراض الصدمة الثقافية Symptoms

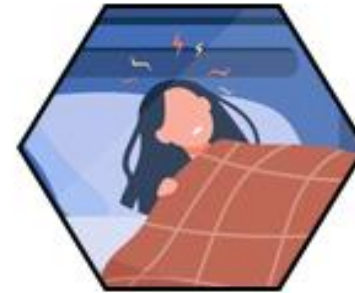
COMMON SYMPTOMS OF CULTURE SHOCK



Anxiety,
depression, loneliness



Being homesick



Disturbed sleep patterns



Remoteness or isolation



Decreased productivity



Poor time management



Drastic personality changes

Stages of culture shock

HONEYMOON

excitement that occurs during the first few weeks

1

NEGOTIATION

the reality of everyday challenges like language barriers, issues with discrimination, or cultural differences

2

ADJUSTMENT

developing effective strategies for coping with cultural differences and start reaching out for aid from peers

3

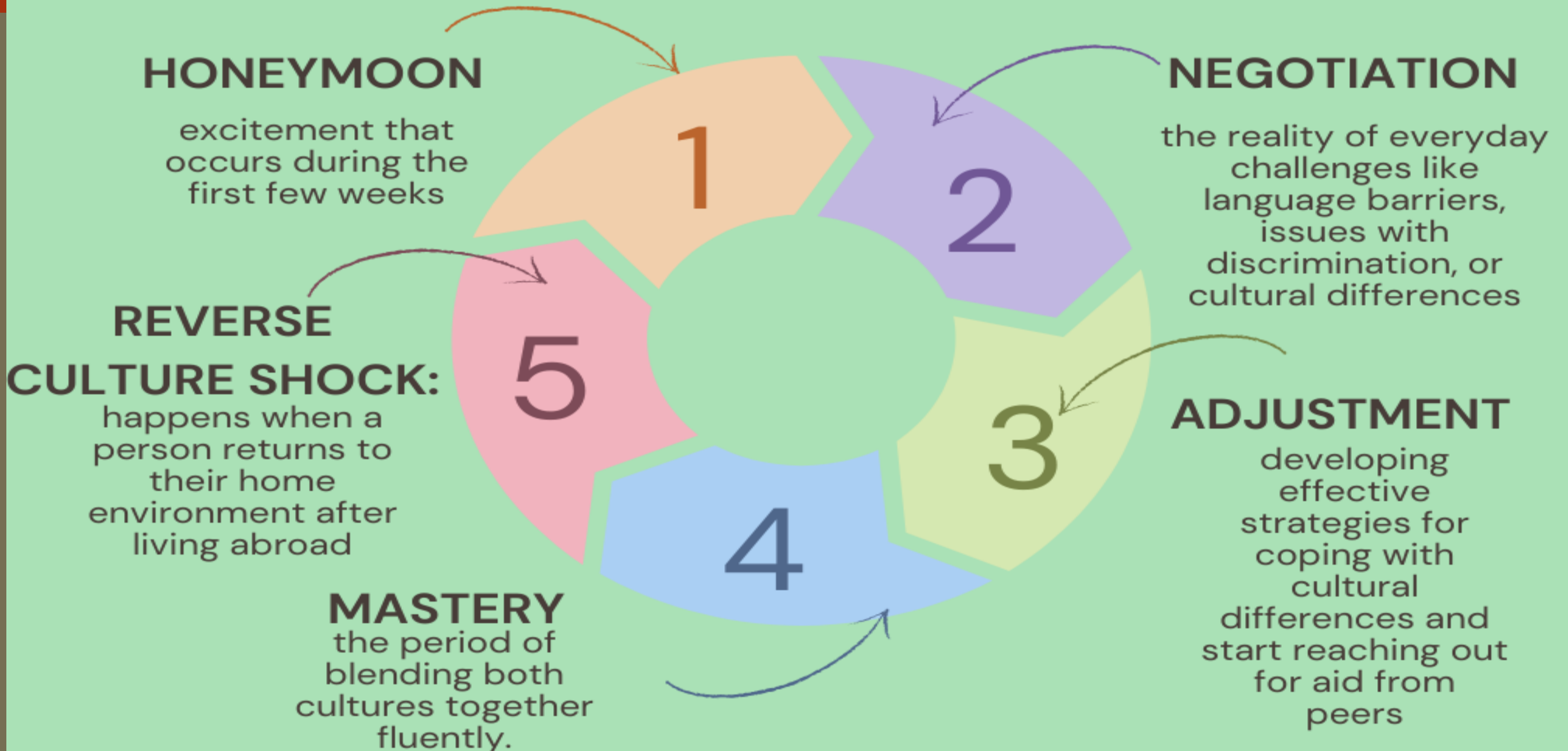
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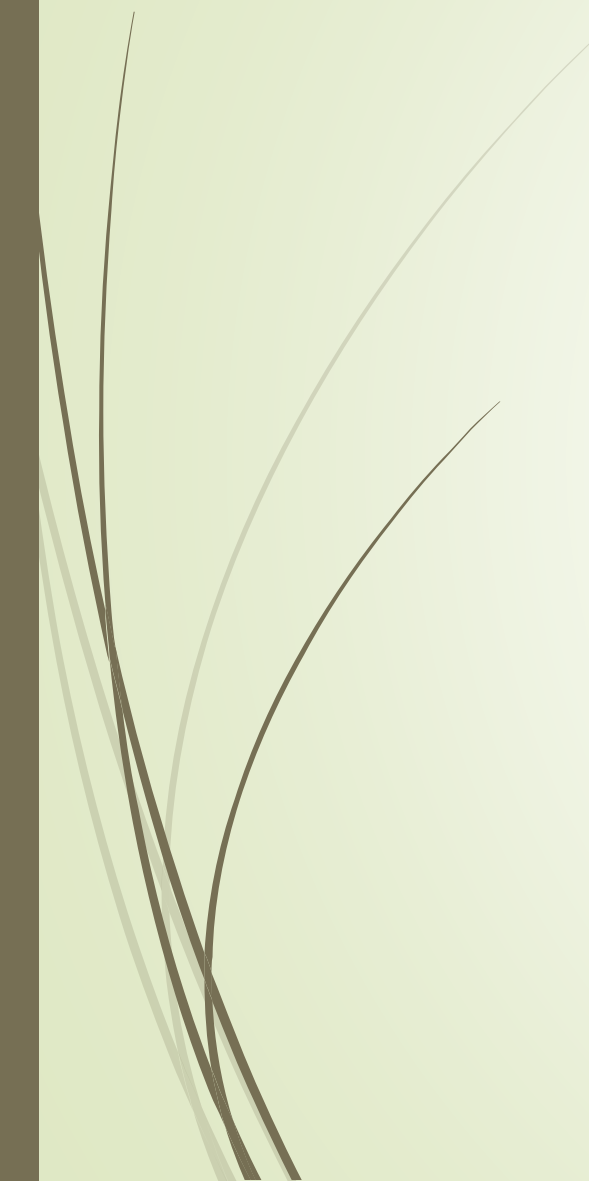
MASTERY
the period of blending both cultures together fluently.

REVERSE

CULTURE SHOCK:
happens when a person returns to their home environment after living abroad

5





Climate

م.م. شيرين عبد المنعم

Understanding Cultural Shock

When traveling to new places, encountering unfamiliar customs, traditions, and climate can lead to cultural shock. It's important to understand the impact of this phenomenon on travelers.

 by **shireen abdul-monim Alsaigh**



The Impact of Cultural Shock

Psychological Effects

Cultural shock can significantly impact a traveler's mental well-being, leading to feelings of homesickness, loneliness, and disorientation.

Social Disconnection

It may result in difficulty in forming connections with the local community, which can exacerbate the feeling of isolation.

Adaptation Challenges

Adjusting to new cultural norms and practices can be mentally and emotionally exhausting, affecting the overall travel experience.

Cultural Shock and Its Relation to Climate

1 Temperature Variance

The stark contrast in climate from one's home environment can trigger physical and emotional responses, impacting one's daily routine and comfort.

2 Cultural Practices

Climate influences local customs and traditions, affecting the way people live, interact, and celebrate, contributing to the cultural shock experience.

3 Adaptation Struggles

Navigating climate-related changes may pose additional challenges for travelers, leading to a heightened sense of disorientation and discomfort.



Experiences of Cultural Shock: Climate Edition

Winter Surprises

Travelers from warmer may face shock when encountering snow and extreme cold for the first time.

Tropical Contrasts

Adjusting to high humidity, intense heat, and frequent rain can be jarring for those from moderate or cooler climates.

Desert Adventures

Visitors to arid regions may struggle with the dry heat and sandstorms, presenting unique climate-related challenges.

Adapting to Different Climates

1

Wardrobe Versatility

Adapting to diverse climates requires packing versatile clothing suitable for both warm and cold weather.

2

Environmental Awareness

Researching and understanding environmental conditions at the destination can aid in better preparation for climate variations.



Conclusion and Key Takeaways

1

Understanding & Empathy

Recognizing the impact of cultural shock fosters empathy and understanding towards individuals encountering this phenomenon.

2

Resilience & Growth

Overcoming cultural shock presents an opportunity for personal growth, resilience, and a broader cultural perspective.


3

Preparation & Adaptation

Utilizing coping strategies and preparation techniques can enhance the travel experience and minimize the effects of cultural shock.

م.م. يسرى عبد الحسين Dress Code


When we move to a new country, we often find ourselves experiencing culture shock. This is a perfectly normal reaction to the unfamiliar customs and norms of a new place. One aspect of this experience that can be particularly challenging is navigating dress codes. □




Dress codes can vary widely depending on a number of factors, □ including geography, religion, social class, and individual preferences. As such, it is important to be aware of the dress codes in your new environment to avoid any misunderstandings.

There are a few key points to keep in mind when it comes to dress codes and culture shock:


1. research the local customs: Before you arrive in your new country, □
take some time to research the local dress codes. This could include looking up pictures online, talking to locals, or reading guidebooks. You might also want to consider reaching out to expat groups or online forums for advice



2- Consider the context: Dress codes can vary depending on the context in which you find yourself. For example, what is appropriate for a night out on the town might not be appropriate for a business meeting or religious ceremony. □



4. Don't assume: Just because you see locals dressing a certain way doesn't mean it's appropriate for you to do the same. For example, in some cultures, it's perfectly acceptable for men to go shirtless, but it might not be appropriate for women to do so.



5. Ask for help: If you're unsure about what to wear for a particular occasion, don't be afraid to ask for help. Reach out to locals or expats who have been living in the area for a while. They can provide valuable insight into local customs and help you avoid any embarrassing fashion. □

What to Wear to Work in Different Countries?

When it comes to dressing for work, there are often unspoken rules □ that vary from country to country. Understanding these cultural differences can help you make the right impression in a new workplace and avoid any potential faux pas. It's important to remember that what is appropriate in one country may not be in another. Some countries have a very formal approach to business attire, while others are more relaxed and casual.

Here are some general guidelines for business dress codes in different countries:

1. Japan: As previously mentioned, business attire in Japan is very □ formal and conservative. Men should wear dark suits with a white shirt and conservative tie. Women should wear a suit or skirt and blouse, with minimal accessories and makeup.



2. United States

Business attire in the United States can vary depending on the industry and company culture. In general, a suit is appropriate for more formal work environments, while business casual attire, such as khakis and a button-down shirt, is appropriate for more casual work environments. □



3. France:

In France, business attire is typically chic and stylish. Men should wear a dark suit with a white shirt and a tie. Women should wear a tailored suit or dress, with minimal accessories. □



4. India:

Business attire in India is typically formal and conservative. Men should wear a suit and tie, and women should wear a salwar kameez or saree. □



5. Australia

: Business attire in Australia is generally more relaxed than in other countries. Men can wear a suit or khakis with a button-down shirt. Women can wear a blouse with a skirt or pants. It's important to remember that these are just general guidelines and that dress codes can vary depending on the industry and company culture. When in doubt, it's always best to err on the side of caution and dress more formally



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4. Dressing for Special Occasions


When it comes to special occasions, formal dress codes can be tricky □ to navigate. It's important to understand the differences between black tie, white tie, semi-formal, and cocktail dress codes, as each has its own specific requirements. Additionally, cultural norms can also play a role in what is considered appropriate attire for a given occasion. While some cultures may expect women to wear traditional garments, others may have specific guidelines for men's suits and accessories.

To help you navigate formal dress codes for special occasions, here are some tips and guidelines to keep in mind:

1. **Black Tie:** This is a formal dress code typically reserved for evening events such as weddings, galas, and awards ceremonies. For women, a floor-length gown or a formal cocktail dress is appropriate. Men are expected to wear a black tuxedo with a white dress shirt, black bow tie, and black dress shoes. □



2. White Tie: This is the most formal dress code and is typically reserved for state dinners, royal events, and the most formal weddings. Women should wear a full-length ball gown, while men are expected to wear a black tailcoat with matching trousers, a white wing-collared shirt, white bow tie, and black patent leather shoes.



3. Semi-Formal: This dress code is often used for daytime weddings, business events, and holiday parties. For women, a cocktail dress or a dressy skirt and blouse are appropriate. Men should wear a suit and tie.

Common Mistakes to Avoid in Different Cultures


One of the challenges that people who travel countries face is □ understanding the dress codes in different cultures. Dressing inappropriately can sometimes lead to unpleasant situations, and even offend the locals. Understanding the fashion dos and don'ts can make a huge difference in how you are perceived in a new place.

Here are some common fashion faux pas to avoid in different cultures

1. In Middle Eastern countries, women are expected to dress conservatively. This means covering the arms, legs, and hair. Wearing revealing clothing, such as shorts or tank tops, is seen as disrespectful. In some countries, like Saudi Arabia, women are required to wear an abaya, a long black cloak that covers the entire body.

2. In Japan, it's important to dress neatly and conservatively. Wearing shoes indoors is considered rude, so make sure to bring socks without holes. Tattoos are also frowned upon, so covering them up is a good idea. Additionally, it's important to remove your shoes before entering a traditional Japanese home. □

3. In India, it's important to dress modestly, especially in religious sites. □
Women are expected to cover their heads and wear long dresses or skirts. Wearing shorts or revealing clothing is seen as disrespectful. Additionally, it's important to remove your shoes before entering a temple or mosque.



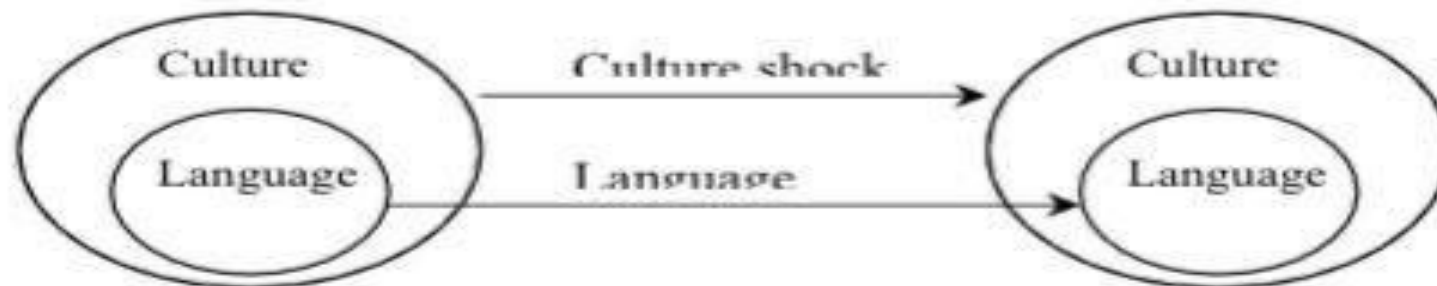
4. In Europe, dress codes vary depending on the country and occasion. □
In general, it's important to dress neatly and conservatively. Wearing athletic clothing or flip flops in public is seen as inappropriate. In some countries, like France, it's important to dress stylishly and avoid wearing anything too revealing.

- 5. In Africa, dress codes vary depending on the region and occasion. In some countries, like Egypt, women are expected to dress modestly and cover their heads. In other countries, like south africa dress codes are more relaxed. It's important to research the local customs before traveling to new country.

6. In Latin America, dress codes vary depending on the country and occasion. In general, it's important to dress neatly and avoid wearing anything too revealing. In some common, but it's important to cover up when leaving the beach. In countries, like Brazil, beachwear is more conservative countries, like Mexico, it's important to dress modestly and avoid revealing clothing. Overall, it's important to research the local customs before traveling or moving to a new country. □

Language م.م. اية حسين

- Language, as an important component of culture, also has a great influence on the intercultural competence of international students and any other people who initially moved to another language background. Language is commonly seen as an integral part of culture (Nida, 2003)
- Though culture shock has become an everyday cliché,
- Not only do cultures have an impact on the languages, but also the languages relatively have great impacts on the cultures that they are embedded in. The theory that languages do affect their users' worldviews and mental activities is called linguistic relativity by researchers (Kramsch, 1998).
- Culture shocks exist when people are transferred from one culture to another; linguistics shocks would exist when the language environment is switched to another language environment





FOREIGN LANGUAGE

Pros and Cons

- Language shock varies according to
- 1- Proverbs
- -Don't cross the bridge until you come to it.”
- Meaning: Don't worry about problems before they actually occur.)
- -You can't unscramble eggs.”
- Meaning: Once something is done, it's irreversible.
- Hold your Horses
- wait a moment, slow down, stop



OysterEnglish.com

Idiom: hold your horses
= go more slowly; wait a moment; be patient

- It rains cats and dogs
- For example:
- I think it's not safe to drive the car now – it's raining cats and dogs.
- Meaning: it rains heavy



- Piece of cake
- Meaning: it is too easy, simple

A piece of cake



= very easy

- Break a leg
- Meaning: wish others a good luck

Break A Leg



- 3- pronunciation
- When the speakers have knowledge about how to pronounce words and find it totally different in another country
- Like -water- bottle - beautiful
- So language shock can occur at different linguistic levels: phonology, morphology, syntax, and semantics



Food .ح.ح. قنیه مهند

Food customs can cause culture shock, which is a feeling of disorientation or confusion experienced by someone who is exposed to an unfamiliar culture. However, understanding the cultural significance of food can help us appreciate and respect the differences in cuisine.



What Is Food Culture?

Food culture (by definition) refers to the practices, attitudes, and beliefs as well as the networks and institutions surrounding the production, distribution, and consumption of **food**.

Why Is Food Culture Important?

To break it down even further food cultures, no matter where in the world, all encompass a few key components:

They involve sharing food with community and •
family

They value the needs of the land over the •
convenience driven desires of people

They use food to celebrate religious and community •
events

They focus on local and seasonal ingredients, and •
use them to create unique and distinguishable
flavors

They value their food experiences and then move •
on with their day

Food is not something to be manipulated, it is •



Different Food Cultures Around The World

There are many different food cultures of the world, some more distinctive and globally famous than others, and some which very rarely leave their regional environment but are still just as significant to the local community they influence.

Different food cultures around the world are influenced by many factors, but the most noticeable is arguably the way in which different cultures utilize specific ingredients and spices to evoke unique flavor profiles that define their food culture.





8 tips for creating a positive food safety culture

Creating a positive food safety culture in your food business starts with developing a culture that takes into account the mental well-being of all food processing workers. By doing this, you will be creating a great place to work, boost worker satisfaction, while reducing unplanned leave and staff turnover.

This guide offers advice on creating a positive [food safety culture](#) by factoring in mental-health aspects. We have put together some tips to help get you started.

1. Rotate workers
2. Mandate Break times
3. Consider Shift preferences
4. Offer Positive feedback
5. Provide Recognition and reward
6. Develop a Change management plan
7. Implement Worker consultation
8. Communicate change

Food Choices & Religion

Due to many Iraqi people being Islamic, pork is typically not eaten.² Alcohol is also not allowed.² Animal items must be Halal. Halal: Food that is humanely killed in accordance to Islamic law.³

Food Choices & Holidays⁴

Holidays in Iraq can affect eating patterns and choices.⁴ There are no specific foods for these holidays but the amounts change.⁴

Al-Hijra: Arabic New Year; A big feast happens to celebrate Eid

Al-Adha: “Festival of Sacrifice”; A four-day festival with large quantities of food prepared

Ramadan: Ninth month of the Islamic year; 30 days of fasting from sunrise to sunset

Eid Al-Fitr: “Festival of Breaking of the Fast”; End of Ramadan; celebrated with a large feast



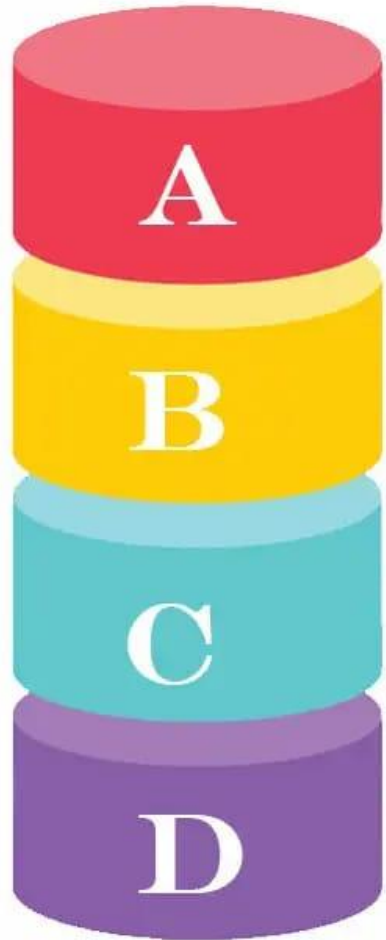
Does any culture eat Cockroaches?

Vietnam. Cockroaches are a common insect that is found in Vietnam and has been incorporated into everyday snacks and meals. Vietnamese people eat cockroaches in many different ways. The most common include frying them, boiling them, roasting them, and incorporating them into meals.



Scorpions are a popular street food in some parts of the world, particularly in China and Thailand. They are often found in night markets and are considered an exotic food by many tourists. While scorpions are not commonly found on menus in Western countries, they are a popular snack in some parts of Asia.

The Role of Food in Culture Shock



- ● Food as a source of comfort and familiarity
- ● Food as a way to explore new cultures
- ● Food as a source of anxiety and confusion
- ● How to navigate food customs in a new country





Singapore Multi-Ethnic Culture Shock!

Asst. Prof. Mayada Zuhair Alkhafaji

2024

1-My first shock!
Greetings!



MOM!
Don't Hug!
Don't Kiss!
Don't touch!

Q/Why?

A/Because Singapore is a multi-ethnic culture consists of Malay, Chinese, and Indian. The Chinese will bow keeping their hands to their sides and bend at the waist. The Indian place their hands in the center of their chest and bow . The Malay will give you Muslims 'greeting and the young will kiss your hand in respect.



2- Other Don'ts Etiquette Shock!

1. Don't Litter
2. Don't Smoke in Public Areas....
3. Don't Chew Gum
4. Don't spit
5. Don't feed animals
6. Don't let your pet dogs run towards people or vehicles.
7. Don't pick flowers or fruit
8. Don't waste water
9. Don't Jaywalking



3. Don't talk!!!!



4- No Durian on MRT, Bus, Taxi, and Subway!



5. Riding bikes don'ts!

- . If you are a cyclist Someone will be penalized due to the following:
- .Careless riding
- .Not wearing a helmet while riding on the road
- .Failure to conform to a red light signal
- .using mobile phones while riding penalty is \$1000 first offence or up to 3 months of jail time



FINES & PENALTIES FOR BICYCLE, E-SCOOTERS, PMD, PAB, PMA OFFENCES

More
fines!

OFFENCE	FINE	JAIL TIME
Failing to stop and lookout for traffic when riding across road	Up To \$1,000	3 Months
Failing to stop, help, exchange particulars when you are involved in an accident	Up To \$3,000	12 Months
Failing to abide by "NO RIDING" sign	Up To \$1,000	3 Months
E-scooter or motorised bicycle fail to meet device criteria	Up To \$5,000	3 Months
Riding of E-scooter on footpaths	Up To \$2,000	3 Months
Blasting distasteful music while riding	TOTALLY LEGAL BUT NOT COOL BRO!	



7.
Unbelievable
Don'ts!!!!

- . Don't walk Naked at home
- . Don't connect to wireless internet access
- . Don't fail to flush the toilet. It is an offence.
- . Don't upload or download music. It is illegal and penalized with 5 years jail and fined up to 100,000\$.



8. Do's Etiquette

1. Do stand on the correct side

Stand on your left when riding on the escalators at our MRT stations so that others can walk on the right



2. Do join the queue

3. Do mind your manners

4. Do treat the elders like family



9-Visiting Etiquette!

- ▶ It is common for people to remove their shoes when entering someone's home.
- ▶ Punctuality is important to Singaporeans, and it is considered polite to call a host in advance if one is running late.
- ▶ It is expected that a guest will bring a small gift to the host. The type of gift expected may differ depending on the host's ethnicity.



10. Gifts Etiquette

- ▶ It is important to become familiar with the type of gifts that are common to each ethnic identity.
- ▶ The wrapping of gifts is important—particularly to Chinese Singaporeans).
- ▶ Both hands are used to give and receive a gift.
- ▶ For Indian or Hindu Singaporeans, wrapping should be in bright colours such as red, yellow and green. Leather products and alcohol should not be given.
- ▶ Gift giving etiquette of ethnic Malays typically relate to Islam; gifts that include alcohol or pork should not be given and presents of food must meet halal standards.
- ▶ Taboo items are sharp objects (e.g. knives, scissors), clocks, handkerchiefs, umbrellas, green hats, mirrors and yellow or white flowers.



11. Values of Multi- Ethnic Culture!

values are sacred for Singaporean ethnicities as they associate with their religions.

Muslims, Christians, and Buddhists each mind their own manners and live peacefully together as one community.

The Singaporean whether Malay, Indian , or Chinese celebrate their festivals and respect their sacred values; Muslim's Eid Fitr and Adhha, Indian's Diwali, the Chinese year , the New Year, and etc...

One of the most shocking festivals for visitors is the Hungry Ghost Festival; the Asian Halloween.

It is believed that the ghosts come out during this period from the lower realms. During this festival in Singapore, people visit the graves to meet their ancestors and deceased members of the family and offer them food.



Hungry Ghost Festival!

Offerings are made to the spirits of the deceased to take care of their materialistic needs even in their afterlives. It is said that the ghosts make mischief if they are ignored. What's unique about the ghost festival in Singapore is that there are many entertainment sources available for the people. Large tents are set up during the festival, and many live performances are also conducted.

The empty chairs for ghosts!



Singapore!

BEFORE



AFTER







In Singapore Do as
the Singaporean Do!





Thank you
for
listening