**Teachers’ notes**

**Culture Arriving in a New Country B1.2**

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| Passport, Luggage, Trolley, Travel, Trip**Learning outcomes**  By the end of the lesson students will have:   * considered what culture shock is and shared their experiences of arriving in a new country * read about three people’s first impressions of their new country * discussed how to manage culture shock |

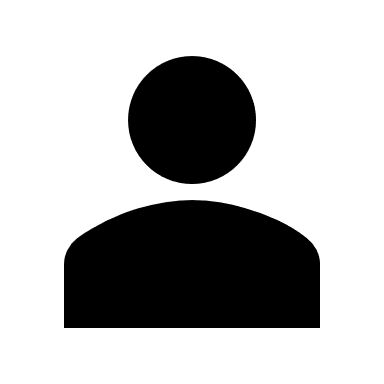
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| **Materials**  Student’s handout / PPT  All images taken from Pixabay.com |

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| **Time** | **Procedure** | **Materials** |
| **5 mins** | * Display and clarify lesson objectives | **PPT** |
| **5**  **minutes** | * Display the slide with the words culture shock on it and elicit what students understand by the term. | **PPT**  **Activity 1** |
| **10-15**  **minutes** | * Tell students they are going to read what three people have to say about their first impressions of their new country. * Ask students to look at the table and clarify the meaning of any new/ unfamiliar words. There may be additional words/ phrases in the texts that you wish to pre-teach such as to *land on another planet, a sense of helplessness, tough, a fish out of water* and *isolating* * Students read the three accounts and complete the table. Allow them time to compare their answers before conducting whole class feedback.[Answers a. Beruke, Hao b. Nyaz c. Hao d. Beruke e. Hao f. Beruke g. Nyaz h. Nyaz] | **PPT**  **Activity 2** |
| **10 minutes** | * Tell students they are now going to think back to how they felt when they first arrived. This could be potentially very sensitive for many students so they may not wish to write about their own experience but they could write about other people’s. * Go through the sentence stems and encourage them to choose up to three to complete. * Monitor and offer support. Encourage stronger students to write more than one sentence. * Place students with a new partner and allow them a few minutes to tell each other what they wrote. * Conduct brief whole class feedback | **PPT**  **Activity 3** |
| **15-20 minutes** | * Tell students they are going to discuss what difficulties people might have when they first arrive in a country. Look at the different headings in the grid and elicit some examples to help students. For example, students might notice that people’s attitudes to animals differ in their new country or the way people greet each other. * Place students in small groups. Ask them to choose two of the themes in the grid or they may wish to think of their own. Explain that they have up to 10 minutes to discuss both themes. Encourage students to make notes if need be as they will then be sharing what they discussed with others in their class. * Monitor and offer support as necessary. * Regroup students and allow them time to exchange what they discussed in their first group * Conduct whole class feedback and encourage students to share their personal experiences. | **PPT**  **Activity 4** |
| **5 minutes** | * Conduct a plenary and ask students to respond to the statements. Depending on time you may wish to do this as a whole class activity. Explore what students can do to help overcome culture shock (be *open, be curious, make new friends, ask questions, get help, look after themselves, accept it’s ok to not be ok etc*.) and what support is available to help those arriving in the country to integrate. | **PPT**  **Activity 5** |

**Culture Arriving in a New Country**

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| Passport, Luggage, Trolley, Travel, Trip**Learning Outcomes**  By the end of the session, you will have:   * considered what culture shock is and shared your experiences of being in a new country * read about three people’s first impressions of their new country * discussed how to manage culture shock |

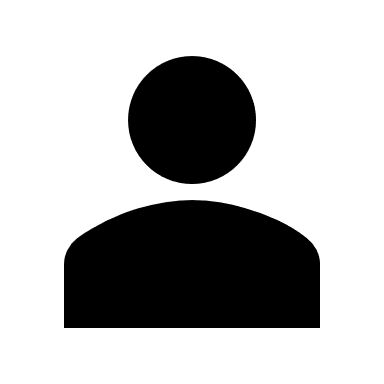
**Activity 1: What do you understand by ‘culture shock’?**

Brainstorm words you associate with culture shock. anxiety

Culture Shock

Compare your words with your partner. Explain your choices.

**Activity 2: First Impressions**

Read what three different people say about arriving in a new country.

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| --- | --- | --- | --- | --- |
| Complete the table by circling the name of the person or people who mention **a-h** in their descriptions. | 1. **Comfort Zone** | Beruke | Hao | Nyaz |
| 1. **Climate** | Beruke | Hao | Nyaz |
| 1. **Expectations** | Beruke | Hao | Nyaz |
| 1. **Fear** | Beruke | Hao | Nyaz |
| 1. **Language** | Beruke | Hao | Nyaz |
| 1. **Loneliness** | Beruke | Hao | Nyaz |
| 1. **Homesickness** | Beruke | Hao | Nyaz |
| 1. **Similarities** | Beruke | Hao | Nyaz |

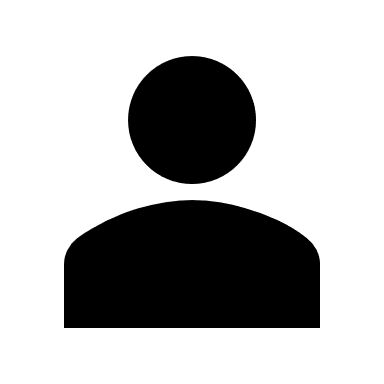
When I first arrived here, I felt really very confused and to tell the truth I was rather scared too. Everything seemed so strange and unfamiliar. I felt like I’d landed on another planet. Nothing felt the same everything felt different and what was worse I felt really alone. Looking back, I have no idea how I overcome my sense of helplessness.  **Beruke, Germany**

Back home everyone spoke about what life would be like when we finally made it to our new country. We were expecting paradise, and, in many ways, it was because we were free. Life wasn’t easy though it was really very tough. At first, I felt like a real fish out of water. I couldn’t understand a word people were saying and that was really isolating. I needed to communicate with people and couldn’t. Now when I look back, I just can’t believe how brave I was at the age of 17. **Hao, Denmark**

To be honest, I came from one city and moved to another so there were a lot of things I could relate to when I finally got here. The pace of life, the unfriendliness of city people and the general chaos of cities but what I struggled with the most was the weather. I’d never felt cold before and had no idea how to stay warm. I really struggled with this and missed my home even more than I already did. **Nyaz, UK**

Compare your tables with your partner. Do the people mention any of the words you brainstormed in **Activity 1**?

**Activity 3 My first impressions**

Complete the three of the sentence stems below so they reflect how you felt when you first arrived here.

When I first arrived here, I ...

I’d never...

I could(n’t) relate to...

I really struggled with/ to...

Now when I look back, I...



Share your sentences with your partner. How similar or different were your experiences?

**Activity 4: Dealing with culture shock**

In your groups - choose two of the topics to discuss. Think of difficulties people arriving here might have and think about what advice you could give them to help them settle into their new country.

Make notes on your discussions in order to present your ideas to different groups.

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| Attitudes | Behaviour | Communication |
|  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Habits | Lifestyle | Relationships |

**Activity 5: Reflection**

Do you agree or disagree with the following? Explain your answers

It is important to learn about the culture and customs of your new country and respect them.

Culture shock never goes away.

It is a good idea to talk to people who are in a similar position to yourself and share your experiences.

You need to accept that your values and attitudes might change the longer you live in a new country.

Integrating into a new country is easy and it doesn’t take long to settle in and feel at home.