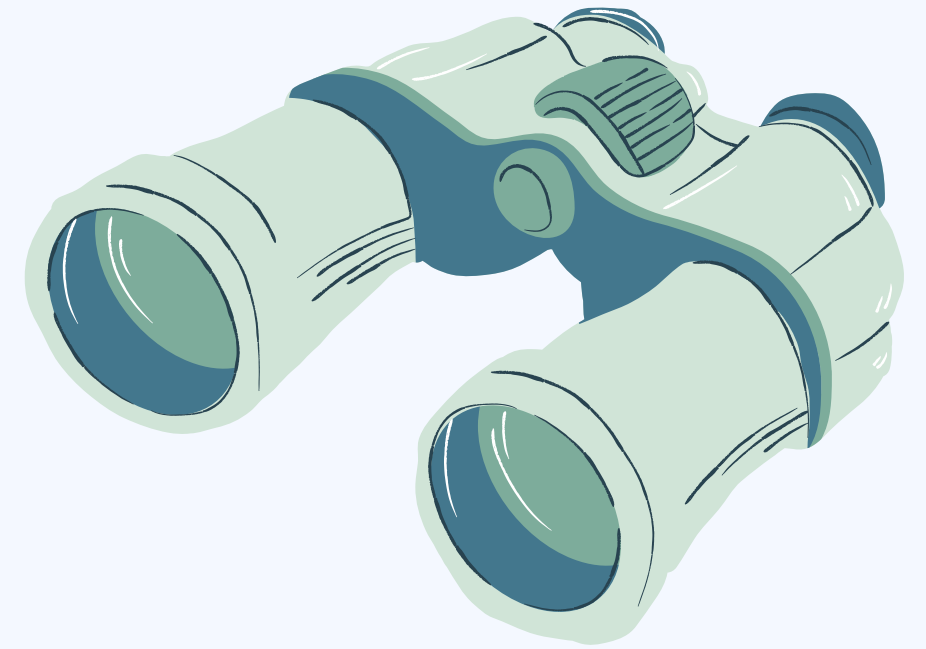


What to Expect



Stages of Entry

Post Trip



Stages of Entry

- **1. Honeymoon Period**
 - Exciting and optimistic feelings due to being in a new environment
- **2. Culture Shock**
 - Negative and stressful feelings due to being in a new environment
- **3. Adjustment (Recovery Period)**
 - When individuals stop feeling culture shock, creating more confident feelings
- **4. Acceptance**
 - When all the feelings of this stage come together in creating an environment for positive thinking



Culture Shock

The process of adapting to a new country/culture. This is the personal disorientation that an individual is experiencing when in a new country/culture. It may come from experiencing and being aware of differences in customs, language, and values of their own culture and the one they are currently in.

Anxiety

Confusion

Homesickness

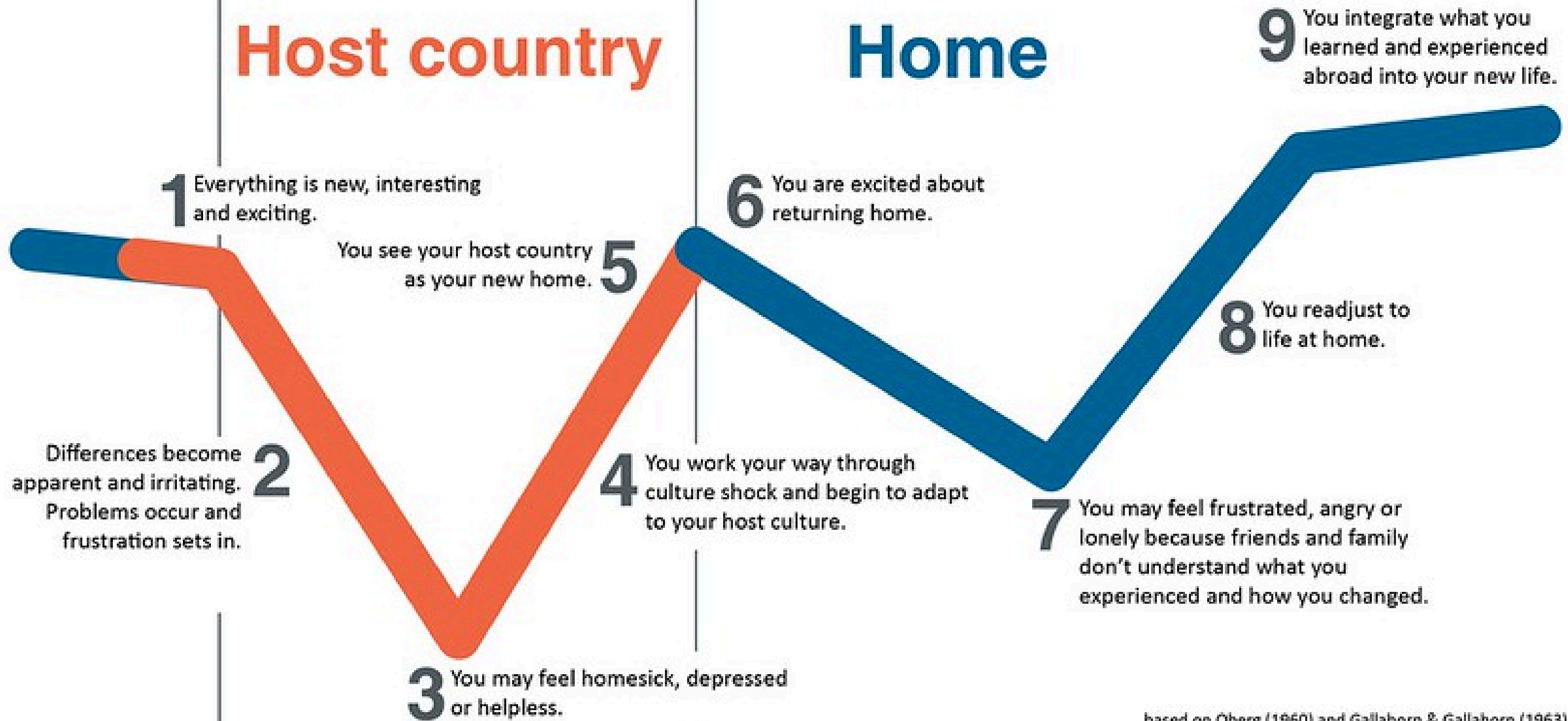
Anger

Stages of Re-Entry

- **1. Honeymoon Period**
 - Exciting and optimistic feelings about being back home
- **2. Reverse Culture Shock**
 - Negative and stressful feelings due to missing being abroad
- **3. Re-Adjustment (Recovery Period)**
 - When individuals feel settled at home and get back into older routines
- **4. Acceptance**
 - When all the feelings come together to create positive thinking and incorporate experiences into current life

Host country

Home



based on Oberg (1960) and Gullahorn & Gullahorn (1963)



Post Trip



Participate in PIC events

Share photos with @gvabroad

Become a Study Abroad Student Advisor