The 4 Stages of Culture Shock

1 **Honeymoon Stage**

This is usually during the first few days or weeks. People experience emotions like excitement, euphoria, anticipation, and eagerness. Everything and everyone is new and exciting.

2 **Frustration Stage**

The frustration stage can result in the following symptoms:

- Difficulty sleeping
- Sadness
- Homesickness
- Exhaustion
- Increased worry
- A desire to withdraw
- Unexplained crying
- Overeating

If students experience these feelings, it is important that they talk to an N.U.in staff member to get assistance with the transition. It is likely that N.U.in staff members have experienced the same issues in that past as they have been abroad before.
3 Adjustment Stage

During the adjustment stage, one becomes more familiar and comfortable with the culture, people, food and language of the host country. Students will likely feel less homesick and have made friends that they can rely on for support. They will better handle the situations that they previously found frustrating.

4 Acceptance Stage

At this point, students will be able to compare the good and bad of their host countries with the good and bad of their home countries. They should feel less like a foreigner and view their host country as more of a second home. Students will have the satisfaction of knowing that they can live successfully in two cultures; this is a huge milestone!
Some people choose to discuss their experiences with the stages of culture shock and adjustment. While this is helpful, it is important to know that students may have some bad days that cause them to revert, and that this is fine. Some students may also notice that they do not progress directly from stage 1 to 2, but rather go back and forth between stages. This is also a normal process.

The above chart shows the stages that culture shock is often categorized into at different points of time during the experience (Schneider, Barsoux, 2003, p.188).