Audit Sheet: Culture Shock

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| **Date:** | **Time:** | **Duration:** | **Presenter:** | **Auditor:** |

**Session Aim:**
This session will assist participant to understand culture shock, stress and strategies to facilitate the progress of transition from one culture to the next.

**Competencies covered?**

 **2.2. Discuss how you may respond to stress when living in a cross-cultural situation.**Brainstorm of symptoms of culture shock.

**5.1 Describe what culture shock is and be able to identify its main symptoms.**

Discussing to find a definition and the feelings and responses that go with it. (Big group discussion and opportunity to write own definition. Used the manual as a point of reflection.

**5.2. Identify major potential stressors in cross cultural situations.**

Discussion around clothing and the confusion and trying to adapt to the differences.

Discussion around different smells in a location and how that can effect someone.

Discussion around different sounds in a location and how that can effect someone.

Discussion around toilets, local shopping, ‘cafes’, churches (sitting on the floor etc..),

Discussion around social, physical, environment, worldview, signs, gestures, language,

**5.3. Engage in cross cultural experiences (e.g. wearing costumes, no name-tags and eating cross-cultural foods) and reflect on potential points of stress.)**

Food tasting– reflecting through discussing food tastes/looks/names – likes, dislikes, were different flavours originate from

Wearing Middle Eastern costumes and discussing how that effects basic things like carrying bags, walking up stairs, identifying your spouse!

**5.4. Discuss strategies for successful cross cultural adjustment such as adopting the attitude of a learner and the benefit of a cultural mentor.**

Talking about different strategies for engaging in church when it’s in a different language.

Checking assumptions.

Talking about the stages of culture shock, and the pond diagram, the wheel of adjustment, two extreme – this was simply presented up the front without time for interaction, etc…

Didn’t get to the strategy section of the topic, but referred people to reading material.

**Powerpoint Used?** Yes. – It’s in the MIST dropbox folder.

**Content from manual covered?**

Yes, On and off (skipped around) a bit, but it seemed to flow

**Changes made? Was there a reason for the change, to the auditor’s knowledge?**

No (This session was pushed back when one of the facilitators got sick and needed to put their session first).

**In the auditor’s opinion, did the session achieve its aim?**

Yes.

**What went well?**

Great group interaction, sharing stories, and feedback from the facilitator. Use of small groups to encourage quieter people to engage. Use of quiet time for people to write and reflect in their note books.

**What could have gone better?**

Ran out of time.

**Suggestions from the auditor:**

This session either needs more time or the facilitator needs to shorten the first half of the session (focus on the problems) too allow more time for the ‘theory’ or stages of culture shock and how to cope.

**Final comments:**

Elspeth really engages well with the participants and honours their contribution. ☺