



National
College *of*
Ireland

Culture Shock

www.ncirl.ie/international

Connect
Discover
Inspire



Speaker

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Culture Shock / Irish Culture

- 1 What is culture shock?
- 2 How do you recognize it?
- 3 How can you overcome it?
- 4 Good to know!
- 5 Q & A



What is culture shock?

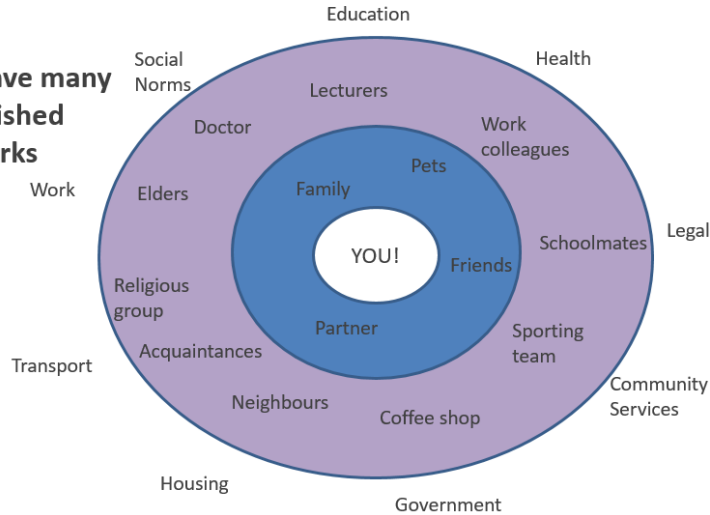
What is culture shock?

- Feeling of disorientation that results from being subjected to a new culture, way of life or attitudes.
- Natural part of cross-cultural experience, response to an international transition.
- Impact of moving from familiar culture to unfamiliar one.

What is culture shock?

At home

You have many established networks



Arriving in Ireland

You have no established network



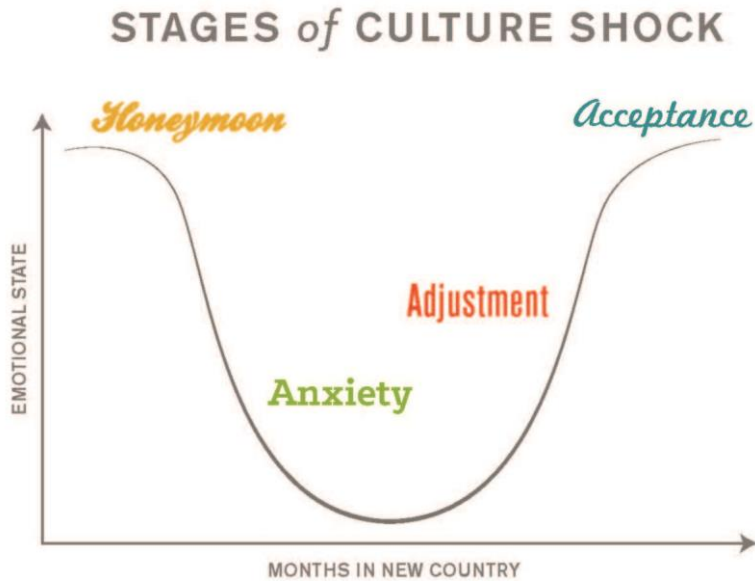
What is culture shock?

- Contributing Factors:
 - Climate
 - Environment
 - Food & Drink
 - (Body & Spoken) Language
 - Accommodation
 - Values
 - Etiquette & Behavior
 - Dress
 - (Academic) Procedures
 - ...



How do you
recognize
culture shock?

Stages of culture shock



1 Honeymoon: Feeling extremely positive, euphoric. Everything is new, exciting and fascinating.

2 Anxiety: Strong feeling of dissatisfaction, discomfort, frustration. Everything is different and a challenge. Low point in culture shock cycle.

3 Adjustment: Sense of direction and familiarity. You learn to navigate, form routines and feel comfortable in new environment.

4 Acceptance: Adaptation to new culture. Acceptance and adoption of new customs.

How do I recognize culture shock?

- Different for each person
- Dependent on:
 - Preparation
 - Expectation
 - Experience
 - Attitude & Skills
 - Resilience
 - Engagement

How do I recognize culture shock?

- Easily overlooked
- Varied symptoms
- Homesickness, sadness, disorientation, withdrawal, isolation, irritability, anger, lack of or excessive sleep, eating difficulty, loss of motivation, mood swings...



How can you
overcome
culture shock?

How can I overcome culture shock?

- Do not wait for your feelings to happen & disappear.
- Take initiative.



How can I lessen/overcome culture shock?

- Preparation:
 - Have knowledge
 - Research Ireland/Dublin/NCI/Course
 - Set expectations and goals
 - Evaluate your mindset
 - Engagement

How can I lessen/overcome culture shock?

- Execution:
 - Be open minded: Leave your comfort zone, challenge yourself, approach classmates who are not from your country and make new friends
 - Meet new people: Join Clubs & Socs, cook favourite meals from home and share with new flat mates
 - Share your thoughts: talk to family, other students, staff member or write them down

How can I lessen/overcome culture shock?

- Get active and involved: Join events, find a new hobby or continue with an old one, exercise to lift your mood or volunteer
- Take time to reflect: Think about your own customs and values, how do they compare, how do they compare to your new friends' values? Have you learnt something new?

How can I lessen/overcome culture shock?

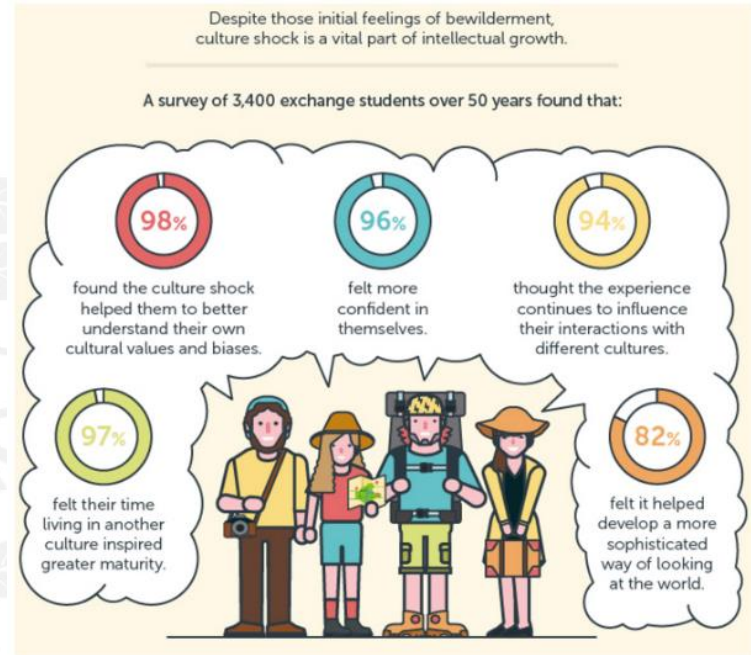
- What not to do:
 - Don't rush.
 - Don't overdo social media.
 - Don't isolate yourself.
 - Don't get involved with negative people.

How can I lessen/overcome culture shock?

- Support Services at NCI:
 - International Office
 - Peer Mentors
 - Learning & Teaching
 - Student Welfare Officer
 - Student Union
 - Clubs & Societies
 - Counselor
 - Niteline

How can I lessen/overcome culture shock?

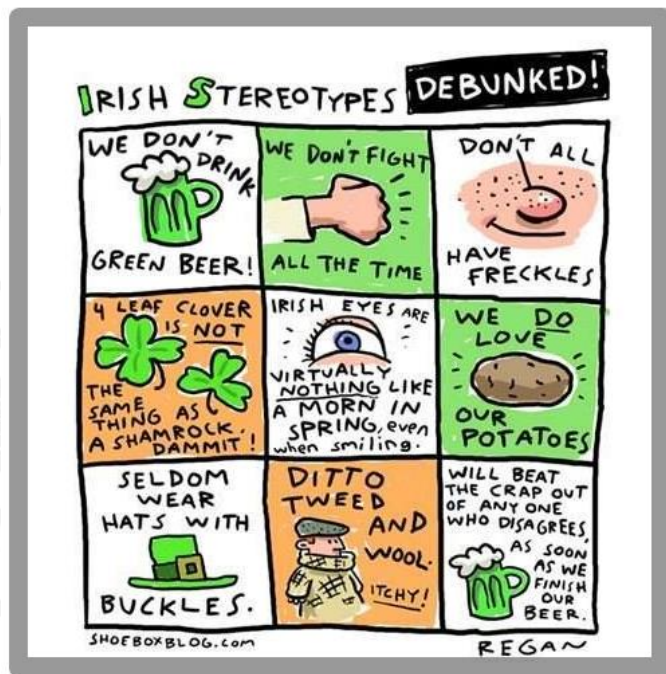
- Remember what you are feeling is normal.
- Others are experiencing the very same feelings.
- Culture Shock will help you grow.





**Good to
know**

Good to know



Good to know

Climate:

Dublin, County Dublin
Weather averages

[Overview](#) [Graphs](#)

Month	High / Low (°C)	Rain
January	8° / 2°	13 days
February	8° / 2°	10 days
March	10° / 3°	11 days
April	13° / 4°	10 days
May	15° / 6°	11 days
June	18° / 9°	10 days
July	20° / 11°	10 days
August	20° / 11°	11 days
September	17° / 9°	10 days
October	14° / 7°	11 days
November	10° / 4°	11 days
December	9° / 3°	12 days

- Mild, Changeable, Wet
- Influenced by Atlantic & Gulf Stream
- Winters: Cool & Windy
- Summers: Mild & Less Windy
- Daylight hours vary hugely in summer/winter

Good to know

Environment:

- Capital
- Largest city in Ireland
- Population: 1.2mio
- Population Density: 4588 people/sq km
- Small town feel
- Walkable

Good to know

Food & Drink:

- Fresh Fish & Sea Food
- Meat
- Potatoes
- Common foods of Western culture
- Ethnical Food
- Pub Culture

Good to know

Language:

- English & Gaelic
- Slang
- Irish Names
- Accents & Dublinese
- Speed
- Profanity
- Humor
- Communication Style:
witty, anecdotal,
- Indirect communication
- Non-verbal communication:
Personal space, eye contact, gestures

<https://everestlanguageschool.com/understand-english-in-ireland/>

Good to know

Values:

- Comradery/Mateship
- Generosity
- Creativity
- Humor
- Irish Identity
- Sports

Good to know

Etiquette & Behaviour:

- Politeness
- Appointments & punctuality
- Queuing
- Public drinking
- Smoking indoors

Good to know

Academic Procedures:

- Different teaching styles
- Different assessment types
- Deadlines
- Library: <https://libguides.ncirl.ie/internationalstudents>



Q & A

Q & A

Facebook questions

Any other questions



Thank you .