



## English and Culture Tutoring Services

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### Reverse Culture Shock

#### Listening Script

**L:** All right so hi this is Lindsay I'm from English and Culture and I'm here today with Sarah and Khadeja

**S and K:** Hi!

**L:** All right so we're just coming back from a conference on reverse culture shock so what is reverse culture shock you guys?

**S:** Um... well I think reverse culture shock is when you've spent time living abroad and then you come back and you are not expecting to feel the culture shock that you felt when you went abroad but you do, you feel like something is different and it's hard to get used to being home... at home again.

**K:** And also, another is, like, everything that was familiar to you isn't familiar anymore and everyone you knew, like, they just kinda (kind of) seem different and you don't really know how **to deal** and some people even get depressed because of it.

**L:** Absolutely and where did you guys travel? Where did you live abroad?

**S:** I lived in...college I studied in South Africa and then I also lived in France and Israel.

**L:** Oh my God sounds incredible.

**S:** They were all really...amazing experiences.

**L:** And in which experience did you have the most intense sense of reverse culture shock?

**S:** Um I think it was the first time I went abroad, when I was in South Africa because that was the first time I had lived in a different country and...um...when I came back I was expecting...um...I...I...was kind of disappointed 'cause (because) my ideas and thoughts weren't being challenged in the same way as they had been when I was living abroad.

**L:** Hmm absolutely. How about you Khadeja?

**K:** I've lived in Saudi Arabia, in Mauritius, in Oman and now I live in the U.S. and I think the place that was, like, the most **shocking** to me was moving between Saudi Arabia and the U.S. especially since in Saudi Arabia, ya know, all the guys are really respectful to women and they don't, you know, shout at you and then I came to the U.S. and all the guys were kind of **vulgar** and **burly** and I didn't know what to do.

**L:** And how did you deal with that, I mean, like, those feelings, I mean how did you work through those feelings?

**K:** Honestly, I did to, um, ya know, make friends who, uh, female mostly, who would say this is how guys are like in America, it's gonna be ok... and then making friends with guys who are really nice and awesome and then, ya know, that's how it is.

**L:** Great, awesome, so you got used to it. You were able to **work through** it. Cool.

**L:** Sarah how about you? Did you come up with any kind of tactics or ways of working through your reverse culture shock? Or...

**S:** Um I think that for me, I worked to reach out to the international world around me, where I was at my college and also when I graduated from college, um, because I had had such a wonderful experience living abroad that I really wanted to make sure I was, I knew people from outside of the United States so I became very involved in international student groups on my campus and I continued to um, uh, surround myself by international students, people from other countries, when I graduated also.

**L:** Excellent yeah I think that's a great idea, reach out to the international community when you're back in your home country. Absolutely, all right, well thanks a lot guys I enjoyed chatting with you.

**K and S:** Goodbye! Bye!