

# Revision 5

Listen!



You are Winnie. You are reading an article about culture shock.

## Culture Shock

By definition, culture shock is a feeling of confusion that one feels when one moves to an unfamiliar cultural environment. Culture shock is very often experienced by individuals who have just started living in a new country. According to psychologists, culture shock is in fact completely normal and can be considered a process of adjustment and personal growth.

There are a number of common misconceptions about culture shock, and the most common one is that it refers to a moment of confusion or any other negative feelings as a result of cultural difference. To many people's surprise, culture shock can last from several weeks to a couple of years, and does not disappear into thin air spontaneously. Apart from that, another commonly held false belief is that culture shock hits all of a sudden, when it actually takes weeks or months to develop. Culture shock is more than having an appalling experience at a foreign restaurant; it is more about the repeated unpleasant experiences in daily life, which one did not expect. As pointed out earlier on, culture shock is not a moment but a process, so the effects of culture shock, which include homesickness, constant boredom and social withdrawal, tend to be long-lasting.

If you happen to be experiencing culture shock, it is crucial to bear in mind that shaking it off takes time and requires mental effort. The first important step to do so is to tell yourself that culture shock offers you opportunities to challenge your own beliefs and to become more open-minded. Then, try pretending to be a tourist and exploring the country you have just moved to. Make friends with local people along the way, have conversations with them and put yourself in their shoes. Last but not least, avoid immersing yourself in your thoughts about your life in your homeland. By practising all these, you will be able to see the new culture from a different perspective in a more neutral way.

(325 words)

## Part A

Answer the following questions using information from the article. Choose the **BEST** answers and blacken **ONE** circle only.

- The main purpose of the first paragraph is \_\_\_\_\_.
  - A. to emphasise how professionals think about culture shock
  - B. to talk about the dangers of moving to a new cultural environment
  - C. to explain what culture shock is
  - D. to argue that culture shock is beneficial in a lot of ways
- Psychologists think that \_\_\_\_\_.
  - A. culture shock is not rare or strange
  - B. children and teenagers are more likely to experience culture shock
  - C. the term 'culture shock' has to be redefined to avoid misconceptions
  - D. culture shock is a process of confusion and anxiety
- Based on the article, which of the following is **NOT** a misconception about culture shock?
  - A. Culture shock lasts only for a second or a few more.
  - B. A meal with unfamiliar dishes may trigger culture shock.
  - C. With enough rest, the effects of culture shock easily fade.
  - D. One may not want to socialise due to culture shock.
- Read line 23, the phrase 'Last but not least' can best be replaced by '\_\_\_\_\_'.
  - A. Just as importantly
  - B. On the contrary
  - C. In conclusion
  - D. To put it simply
- In which of the following is the article most likely to appear?
  - A. an online blog that publishes articles related to health and culture
  - B. a newspaper that is best known for its editorials
  - C. a reference book that looks into culture and languages
  - D. a leaflet published by a non-profit organisation

## Part B

Answer the following questions using the information from the article. Write your answers in the spaces provided.

1. Find an idiom that means ‘to disappear completely in a mysterious way’.

\_\_\_\_\_

2. Explain why the writer says that culture shock is not a moment but a process.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Find words in the article which are closest in meaning to the following. Fill in each blank with one word.

in a way that is natural and often sudden	(a)	(adv.)
relating to a country that is not your own	(b)	(adj.)
very unpleasant	(c)	(adj.)

4. How does open-mindedness help one get through culture shock?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Complete the following email excerpt by filling in each blank with one word.

Dear Alvin,

I've just finished reading an article about culture shock, and I think you may be interested as you have been feeling quite (a) \_\_\_\_\_ about how to settle in New York. According to the writer of the article, the (b) \_\_\_\_\_ of culture shock do not (c) \_\_\_\_\_ by themselves...

## Part C Vocabulary

Complete the following text messages by filling in the blanks with the words provided. One of the words is not used.

adventure    amiable    educational    kayaking    orienteering  
versatile    social exclusion    passionate    bush cooking

Hey Sally. How's your first week at your new school?

It went unexpectedly well. Before I went to school, I was so worried that I'd face ❶ \_\_\_\_\_ because that's quite common among newcomers. But now I have already made a few friends.

I knew you could make new friends easily. You're so ❷ \_\_\_\_\_ that people like to hang out with you!

That's so nice of you! I'm so glad that they are so ❸ \_\_\_\_\_ about helping newcomers like me. By the way, I haven't seen you for a while. Why don't we do something ❹ \_\_\_\_\_ together so that we can learn something while having fun?

Sure! I know what we can do! You know how to read a map, right? We can go ❺ \_\_\_\_\_ next month!

Sounds fun! I love doing outdoor activities! I tried ❻ \_\_\_\_\_ the last time I went camping. It was fun, though I slightly burnt my sausages.

Haha! I think learning different skills is good for us. We can be more ❼ \_\_\_\_\_.

Exactly! Can't wait to have an ❸ \_\_\_\_\_ in the wild with you! Shall we discuss the details now?