

**Advanced 1**  
**Unit 1 Reading**  
**Presented by Mohammad Rajabpur**

**Full Text:**

**The Stages of Adjustment**

A

Someone who goes to stay in a foreign country, whether it is for a short time or forever, passes through several stages of adjusting to the newness of the culture. If the stay is going to be short, the person moves quickly through the stages. If the stay will be long, the stages last longer. Even children, who seem more adaptable than adults, go through the adjustment cycle, though they pass through it rather quickly.

B

The first stage of adjustment begins before the travelers even leave home. During this stage, they form ideas and images of what life in the new country will be like. In a way, they imagine themselves into the new way of life. It is a way to begin adjusting to the change.

C

In the second stage, which begins when the travelers arrive in the new country, everything is new and interesting. The travelers are in a heightened state of emotion, and their moods swing wildly up and down. While they are intensely aware of everything around them, they have no framework into which to put what they see and smell and hear. All their impressions tend to run together, or merge. Travelers at this stage are passive. They watch the inhabitants of their new land, but they do not join in. They are merely spectators.

D

As the travelers spend more time in the new country, the second stage gradually gives way to the third, or participation stage. During this stage, the travelers begin entering into the life of the new country. They are no longer spectators but begin taking part. And as they participate, difficulties arise. They make mistakes; they find it difficult to accomplish simple tasks in a new country with an unfamiliar language and customs.

E

This is the stage where there is the most variability. Some travelers find it challenging. They learn from their mistakes and gradually begin to feel more a part of the country. Others find the task of adjusting nearly overwhelming. But

even those who find it difficult gradually—almost against their will—begin participating more and more.

F

As the travelers participate more in the life of the new country, they begin changing. What was strange becomes familiar. What was difficult becomes easy. What seemed impossible becomes possible. Bit by bit they leave behind some of the assumptions and behaviors and beliefs which were part of them in their native land and begin thinking and acting more like the inhabitants of the new country. They have entered the fourth, or culture shock, stage of adjustment.

G

By the fourth stage, the travelers are functioning well. The language is no longer the struggle it once was. The currency is no longer unfamiliar. They know what to expect and how to get what they want. And just at this time a strange thing happens. They begin to feel more alienated than they did when they first arrived. Though life has become easier and they are coping well, they become irritable. Some become depressed. What they once found exciting and interesting in the new country is now annoying or hateful. They no longer want to go out and explore their new surroundings. They withdraw into themselves. They are experiencing the classic symptoms of culture shock.

H

What has happened is that by adjusting to their new surroundings, they have lost their sense of self. In giving up a little of their old culture and taking on some of the new, the very foundations of their identity are threatened. It is a frightening experience, and they cope with their fear by withdrawing from the new culture and temporarily retreating back to being spectators. Some even find that they can no longer use the new language as well as they had only days or weeks before.

I

This stage, the culture shock stage, may be long or short, depending on the individual. Eventually, though, the travelers begin participating again in the culture, and they find to their amazement that they no longer feel so foreign. Out of the depression and sense of loss they experienced in the fourth stage comes real adjustment to the new land. They are less excited than they were in stage two, but their experiences are no longer a blur of heightened emotions and senses. They participate more than they did in stage three, but with less effort. In short, they have adapted to and become a part of their new country.

J

The final stage, the re-entry stage, occurs when or if the travelers return to their native lands. When they do, they find that they are not quite the same people as

they were when they left. They have changed. Their values may be broader and more flexible. They have learned new and often better ways of being and thinking. Their friends and family seem slightly narrow and inflexible. Worse, their friends and family are only mildly interested in the exciting things that happened to them during their sojourn abroad. To their amazement, they feel just a little bit foreign in their own homeland.

K

Needless to say, personality differences influence the degree to which travelers go through these stages of adjustment. For some, the second stage is merely one of gentle interest in their new surroundings, while they experience culture shock only as mild listlessness or lack of interest in what is going on. Others feel the full force of each stage, going from excitement to despair, fully aware of the imbalance they experience as one stage gives way to another. Nevertheless, all travelers go through these stages of adjustment to a greater or lesser degree, and none return to their homes as quite the same people who left.

### **Sample Summary 1:**

The process of adjusting to life in a foreign country typically involves several psychological and emotional stages. It begins before departure, as travelers imagine their new life, and continues with initial excitement and curiosity upon arrival. This is followed by a participation stage, where travelers begin engaging with the new culture but face challenges and mistakes. Eventually, they enter the culture shock stage, marked by feelings of alienation, depression, and identity loss, despite becoming more competent in the new environment. Over time, they adjust more fully, integrating aspects of the new culture and feeling more at home. If they return to their native country, they often experience reverse culture shock, feeling out of place due to their personal growth and changed perspectives. Individual experiences vary, but all travelers are transformed by this journey of adaptation.

### **Sample Summary 1:**

People who move to a foreign country go through several stages of cultural adjustment, whether their stay is short or long. Initially, they imagine life in the new place. Upon arrival, everything is exciting but confusing. Gradually, they start participating and facing challenges, leading to culture shock as they adapt to the new environment. Over time, they integrate more and feel less foreign. Upon returning home, they realize they've changed and might feel slightly out of place in their native country. Personality differences affect how intensely individuals experience these stages.

## The Text in Simple English:

### The Stages of Adjustment

#### A

When someone moves to a new country, whether for a short or long time, they go through different stages to get used to the new culture. If the stay is short, the stages pass quickly. If it's long, the stages take more time. Even children, who usually adjust more easily than adults, go through these stages, just faster.

#### B

The first stage starts before leaving home. People begin to imagine what life will be like in the new country. They picture themselves living there. This helps them start to get used to the idea of change.

#### C

The second stage starts when they arrive. Everything feels new and exciting, but also overwhelming. Their emotions go up and down. They notice many new sights, smells, and sounds but don't fully understand them. At this stage, they mostly watch what's happening around them without joining in.

#### D

As time passes, they begin the third stage—**participation**. Now they try to become part of daily life in the new country. They stop just watching and start doing. But it's hard. They make mistakes and struggle with things like the language and customs.

#### E

This stage is different for everyone. Some people enjoy the challenge and slowly feel more at home. Others find it very hard. But even those who struggle begin to join in more and more, even if it's not easy.

#### F

As they get more involved, things begin to change. What once felt strange becomes normal. Things that were hard become easier. They start to think and act more like the people in the new country. This leads to the fourth stage—**culture shock**.

#### G

In this stage, they function well: they speak the language, know how to get around, and understand daily life. But oddly, they begin to feel upset or sad. The excitement is gone, and the things they liked before now bother them. They stop exploring and pull away from the new culture. This is the true culture shock.

## H

What's happening is that they are losing a part of who they were. They've changed, and that's scary. To cope, they step back and stop taking part. Some even feel like they can't speak the new language as well as before.

## I

This difficult stage can last a short or long time. But usually, people slowly start joining in again. To their surprise, they no longer feel like outsiders. They are no longer as excited as they were in the beginning, but they are more settled. They live in the new country with more comfort and less effort. They have truly adjusted.

## J

The last stage is called **re-entry**, and it happens when they return to their home country. They realize they have changed. They think differently and may find their friends and family a bit limited or uninterested in their experiences abroad. Sometimes, they even feel like a stranger in their own country.

## K

Of course, everyone is different. Some people go through these stages strongly, while others feel only mild changes. But almost everyone experiences some version of these stages. And no one comes home exactly the same as when they left.

## Vocabulary:

### A

- **Adjusting to the newness:** Becoming comfortable with the unfamiliar aspects.
  - **Stages:** Different phases or steps in a process.
  - **Adaptable:** Able to change easily to new conditions.
  - **Adjustment cycle:** The process of becoming used to a new culture.
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### B

- **Begins before the travelers even leave home:** Adjustment starts in the mind, not physically.
  - **Form ideas and images:** Imagine or create expectations.
  - **Imagine themselves into:** Mentally place themselves in a new life.
  - **Begin adjusting to the change:** Start getting mentally prepared for differences.
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### C

- **Heightened state of emotion:** Feeling more emotional than usual.

- **Moods swing wildly:** Emotions change quickly from happy to sad, etc.
  - **No framework:** No way to organize or understand experiences.
  - **Impressions... merge:** All the experiences blend together without clear meaning.
  - **Passive:** Not active, just watching.
  - **Spectators:** People who observe but do not take part.
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## D

- **Gives way to:** Gradually changes into.
  - **Participation stage:** Phase where travelers begin engaging with the new culture.
  - **Taking part:** Getting involved.
  - **Accomplish simple tasks:** Do basic things (like shopping or asking for directions).
  - **Unfamiliar language and customs:** Not known or not previously experienced.
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## E

- **Variability:** Differences in how people react.
  - **Challenging:** Difficult but possibly rewarding.
  - **Overwhelming:** Too much to handle emotionally or mentally.
  - **Against their will:** Without wanting to or intending to.
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## F

- **What was strange becomes familiar:** The unfamiliar becomes known.
  - **Assumptions:** Things believed without questioning.
  - **Native land:** The country where the traveler originally came from.
  - **Culture shock:** Confusion and discomfort from being in a new culture.
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## G

- **Functioning well:** Operating normally and efficiently.
  - **Coping well:** Managing emotionally or practically.
  - **Alienated:** Feeling like a stranger, not part of the group.
  - **Withdraw into themselves:** Become introverted or isolate themselves.
  - **Classic symptoms:** Common signs.
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## H

- **Sense of self:** Personal identity.
  - **Foundations of their identity:** The basic ideas that make up who a person is.
  - **Threatened:** Made to feel insecure or in danger.
  - **Retreating back:** Returning to an earlier, safer behavior or state.
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## I

- **Depending on the individual:** Varies based on the person.
  - **Amazement:** Great surprise or wonder.
  - **Blur of heightened emotions:** A confused mix of strong feelings.
  - **With less effort:** It becomes easier or more natural.
  - **Adapted:** Adjusted successfully.
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## J

- **Re-entry stage:** The phase of returning home.
  - **Native lands:** Original countries.
  - **Values may be broader:** They understand and accept more differences.
  - **More flexible:** More open to change.
  - **Sojourn abroad:** Temporary stay in a foreign country.
  - **Feel just a little bit foreign:** Feel out of place in their own country.
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## K

- **Needless to say:** Obviously.
- **Listlessness:** Lack of energy or interest.
- **Imbalance:** Lack of emotional stability or equilibrium.
- **To a greater or lesser degree:** Varies by intensity.
- **None return... quite the same people:** Everyone changes to some extent.