

**ADAPTING TO NEW CULTURES**

Date: 07/02

(1 HOUR)

- OBJECTIVES:**
1. Participants will learn strategies for coping with culture stress.
  2. Participants will be able to cope with culture stress.

**OVERVIEW FOR TRAINERS:**

METHOD	TIME	KNOWLEDGE
<p><b>Role Play:</b> A western missionary waits impatiently for his Arab appointment to arrive. They had agreed to meet at 10:00 am. He looks at his watch repeatedly as he waits.</p> <p><b>1<sup>st</sup></b> What is going on? This is the third time he has been late to an appointment. He has no respect for me or for my time. He is already ten minutes late. Last time I waited for almost an hour. <i>(A few moments pass by.)</i></p> <p><b>1<sup>st</sup></b> It's now 10:30. Maybe he forgot about me. I must not be very important to him. <i>(A few more moments pass by.)</i></p> <p><b>1<sup>st</sup></b> It's 10:45! I have no more patience for this. Lord, if it weren't that you called me to minister to the people in this place, I would have left a long time ago. They are so rude and insensitive.</p> <p><b>2<sup>nd</sup></b> <i>(Enters with a smile.)</i> Hi there. Are you ready to meet?</p> <p><b>1<sup>st</sup></b> I've been ready for an hour now. Where have you been?</p> <p><b>2<sup>nd</sup></b> I've been at home. It is such a beautiful day isn't it?</p>	5"	

**----SH questions----**

S = What do you See?  
 H = What is Happening?

- I. Time Differs with Cultures
  - A. Display the *Use of Time Differs with Cultures* chart on newsprint or a blackboard. Describe how the use of time differs between cultures.

5"

- I. Time Differs with Cultures:



Arab Time      American Time

- II. Role Play Discussion

5"

- II. Role Play Discussion

## ADAPTING TO NEW CULTURES

METHOD	TIME	KNOWLEDGE
<p>Ask the group the following questions:</p> <p>A. What did our missionary friend think about this encounter?</p> <p>B. What did the missionary feel as a result of this encounter?</p> <p>C. What values are in conflict?</p> <p>D. How might this encounter affect the missionary's attitudes towards the people he came to serve?</p> <p>E. What does the missionary need to do to find resolution and adapt to the culture of the people?</p>		<p>A. He thought the Arab had no respect for his time and was either rude or did not care.</p> <p>B. He felt anger, frustration, and rejection.</p> <p>C. Values related to the use of time. In the case of an Arab, it might be a matter of status.</p> <p>D. The missionary was critical of the culture and judged it negatively.</p> <p>E. The missionary needs to understand the worldview and values of the people he serves.</p>
<p>III. Stages of Culture Shock</p> <p>A. Display the four stages of culture shock from the knowledge column on newsprint or a blackboard.</p>	5"	<p>III. <u>Stages of Culture Shock</u></p> <p><b>Tourist Stage:</b> Fascinated with sights and sounds. Associating with nationals who can speak our language. Insulated from hardships and cultural dissonance.</p> <p><b>Disenchantment Stage:</b> Establishing a home in the new place. The Strange culture is no longer exciting, but difficult to understand. We compare the new culture negatively with our own and become critical and develop negative stereotypes.</p> <p><b>Resolution Stage:</b> Beginning to learn new cultural ways. Understanding the worldview and values of the people; adapting to their way of thinking and doing. Bonded in one way or another to the new culture.</p> <p><b>Adjustment Stage:</b> Comfortable in the new culture. Functioning efficiently without feelings of anxiety. Begin to enjoy local foods, dress, and customs. Cherish the friendships of the people.</p>
<p>B. Discuss the following with the group:</p> <ol style="list-style-type: none"> <li>1. In which stage of culture shock was the missionary in our role play?</li> <li>2. What will he need to do in order to progress to the next stage?</li> <li>3. How would you counsel him if you had the opportunity?</li> </ol>	20"	

## ADAPTING TO NEW CULTURES

METHOD	TIME	KNOWLEDGE
<p>IV. Strategies for Adapting to New Cultures</p> <p>Display the four strategies for adapting to new cultures on newsprint or a blackboard. Break into small groups and make a list of actions a person might take to implement these strategies. Report findings.</p>	25"	<p>IV. <u>Strategies for Adapting to New Cultures</u></p> <ol style="list-style-type: none"> <li>1. Recognize our anxieties</li> <li>2. Learn the new culture</li> <li>3. Build relationships and gain the trust of the people</li> <li>4. Deal with stress</li> </ol> <p>A. Recognizing our anxieties</p> <ol style="list-style-type: none"> <li>1. Understand that anxieties are normal.</li> <li>2. Self evaluation. Consciously pinpoint the specifics that are creating anxiety and examine them.</li> <li>3. Dialogue. Discuss your feelings with wise and trusted friends or colleagues.</li> </ol> <p>B. Learning the new culture</p> <ol style="list-style-type: none"> <li>1. Learn the language.</li> <li>2. Venture out and develop relationships with people.</li> <li>3. Take the attitude of a learner rather than a teacher. Let your new friends teach you their ways.</li> <li>4. Read about the culture.</li> </ol> <p>C. Building relationships and gaining the trust of the people.</p> <ol style="list-style-type: none"> <li>1. Value relationships.</li> <li>2. Show hospitality.</li> <li>3. Use proper titles.</li> <li>4. Understand roles and respect social standing.</li> <li>5. Show interest in others and accept them as friends.</li> <li>6. Love people, don't use them.</li> <li>7. Wear their type of clothing, try their food, visit their homes and attend their ceremonies.</li> <li>8. Be open. Trust others.</li> <li>9. Focus on building relationships that imply full trust and confidence.</li> </ol> <p>D. Dealing with stress</p> <ol style="list-style-type: none"> <li>1. Set realistic goals.</li> <li>2. Learn not to take ourselves too seriously.</li> <li>3. Treat ourselves to times of relaxation withdrawn from involvement in the new culture.</li> <li>4. Share burdens.</li> </ol>

**ADAPTING TO NEW CULTURES**

---

**ATTITUDE:** Facilitator is committed to enabling participants to cope with culture shock.

**SKILL:** Participants learn strategies and are able to deal with culture shock.

**EVALUATION:** Facilitators will know that participants have learned the content of this lesson when they cope with the stresses of culture shock.

**MATERIALS:** -Newsprint  
-Marking pens  
-Masking tape  
-*Use of Time Differs with Cultures* diagram on newsprint

---

This lesson is used in: Social Development – Cross Cultural; Program Trainings – Kingdom Business TOT

## ADAPTING TO NEW CULTURES

## Use of Time Differs with Cultures

<i>5 minutes before -</i>			
<b>Appointed Time -</b>	Servants on time	Everyone on time	degrees of lateness
<i>5 minutes after -</i>		Mumbled apology advisable	
<i>10 minutes after -</i>	Servants late	Slight apology necessary	
<i>15 minutes after -</i>		Mildly insulting	
<i>20 minutes after -</i>		Full apology required	
<i>30 minutes after -</i>		Rude	
<i>45 minutes after -</i>			
<i>1 hour after -</i>	Equals on time	Very insulting	
<i>1 hour, 15 minutes later -</i>	Equals late	Unforgivable	
	<b>Arab Time</b>	<b>American Time</b>	

From Paul g. Hiebert, *Cultural Anthropology*, 2<sup>nd</sup> ed. (Grand Rapids: Baker, 1983), p. 34