

NAME : M yousaf Khan

Student ID : 15467

Subject : Intro to Interculture  
Communication

Semester : MSAC (3<sup>rd</sup>).

Instructor : Mehboob Akim.

NOTE :- Attempt all Questions :-

Answer 2 :- what is Interculture adaption ?

Interculture adaption :-

Workplaces and societies all over the world are becoming more and more culturally diverse. Many people are regularly in their life-course in contact with someone who has different cultural background and they are facing new challenges in their everyday communication.

To better cope with the situation one needs a deeper understanding of the processes of Interculture adaption, Intercultural communication and Intercultural learning. Intercultural interactions are crucial part of Intercultural learning and

## Understanding.

For Example :-

Students. all over the world are participating in various exchange programmes and they have to adapt to a new cultural environment. It is important to know what kind of challenges they face and how they learn new cultural practices.

## Stages of Interculture adaption:-

Four stages of Interculture adaption.

1:- Honeymoon phase :-

Excitement and fascination with the new culture.

This is where they will overlook minor problems and look forward to learn new things.

2:- Crisis period :- (culture shock)

This is where excitement turns to disappointment and there are more and more differences that occur.

3:- Adjustment Phase :-

This is where they learn to accept the culture and to change their negative attitude to a positive one.

4:- Acceptance and adaption phase :-

This is where they will feel at home and become involved in activities and may enjoy some of that country's customs.



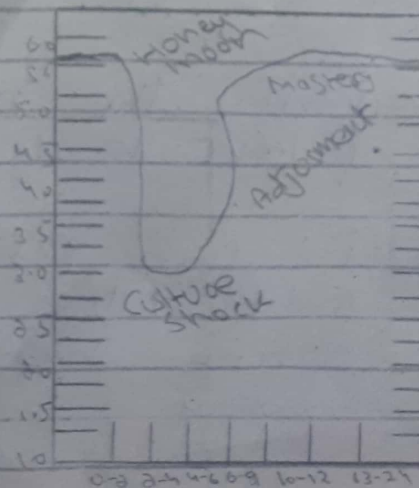
## Oberg's U-shaped Continuum:-

Kaleva Oberg, who coined the term Culture Shock in the mid 1950s, defines Culture Shock As "The Anxiety that results from losing all over familiar signs and symbols of social intercourse."

According to Oberg, A person is not born with a culture but only with the capacity to understand it and use it.

## Oberg's U-shaped Continuum

diagram:-



Answer 3:-

Adapting new culture :-

Adapting to new culture ~~most~~ ~~is~~ can be difficult, especially when moving abroad. Most people who live in a foreign country for some time go through an adjustment period during which "culture shock" is experienced - once culture shock is understood, its effects can be minimised dramatically.

Learn the language :-

Learning the national language's spoken in your country will (adopted)

help you communicate, and reduce the effects of culture shock and misunderstanding.

prepare for cultural differences:-

The more you know about the culture, the more prepared you will be for a different way of life, and the easier it will be for you to cope with new ideas and experiences.

Be - open minded :-

Be - open to accepting cultural differences and alternative ways of doing things.

Be patient :-

Adapting to a new culture and country takes time.

Be patient with yourself and allow yourself to make mistakes and learn from them as you go along.

## Communicating effectively with Strangers:-

1. go out alone:-

Don't always go to events with a friend, or family member, go alone, so you are forced to meet other people. if you go with someone familiar with you are more likely to stay and talk to the person you already know.

Find and discuss common interests:-

Learning about your new friend and sharing information about yourself should naturally lead to finding some common interests.

Know when to end the convo:-

Whether the conversation is a flop or success, know when to wrap it up, if you



know easily on that you don't want to keep talking to someone, find a smooth, painless way to move on and meet someone else.

### Managing Conflict with Strangers:-

Few of us enjoy dealing with conflicts either with friends, or strangers. This is particularly true when the conflict becomes hostile and when strong feelings become involved - Resolving can be mentally exhausting and emotionally draining. But it's important to realize that conflict that requires resolution is neither good or bad. There can be positive and negative outcomes.

The important point is to manage the conflict, not to suppress conflict and not to let conflict escalate out of control.

## Developing relations with strangers:

people are to establish intimate friendships with others - to create and maintain friendships, people engage in a variety of behaviours, include revealing information about themselves and responding in a supportive manner to information that the friend reveal to them.

The key is basically this.

spend time around them.

Find a reason to be around them. the more you are around the more comfortable you'll be and you can decide ~~whether~~ whether you have enough in common you want to continue the friendship.

Be there for them in hard times. laugh with them in the good times. be honest with them and be yourself.

Answer 1 :-

What is Inter-cultural sensitivity :-  
Definition :-

Cultural sensitivity is being aware that cultural differences and similarities between people exist without assigning them a value - positive or negative, better or worse, right or wrong.

Introduction :-

people who work with young people that come from different cultural backgrounds face with various challenges and often might not know how to react or don't understand why people react in a certain way. Intercultural sensitivity can be conceptualized as an individual's ability to develop a positive emotion towards understanding and appreciating cultural differences.



It reveals that Intercultural ~~Sensitivity~~ sensitive person must have a desire to motivate them to understand, appreciate and accept differences among cultures and to produce a positive outcome from intercultural interactions.

Developmental model of Intercultural sensitivity :-

Stage 1 Denial :-

Denial of Cultural difference indicates an experience in which cultural difference is not perceived at all, or it is perceived only in very broad categories "Foreigner" or "Minority".

Stage 2 Defense :-

Defense against Cultural difference indicates an experience in which cultural difference is perceived in stereotyped and polarized ways.



Cultures are organized into "us and them," where typically the "us" is superior and the term "them" is inferior.

people at defense are threatened by cultural difference, so they tend to be highly critical of other cultures and likely to blame cultural difference for general ills of society.

### Stage 3 Minimization:-

minimization of culture difference indicates an experience in which elements of one's own cultural world view perceived as universal. However, minimization obscures deep cultural differences, including the masking of dominant culture privileges by a false assumption of equal opportunity.

### Stage 4. Acceptance:-

Acceptance of a cultural,

difference indicates an experience in which ~~one~~ their own culture is experienced as just one of a number of equally complex world views.

Acceptance does not mean

agreement - Cultural difference

may be judged negatively.

People at acceptance are

curious about and respectful

toward cultural difference,

but their knowledge of

other cultures does not

yet allow them to easily

adapt their behaviors to

different cultural contexts

Stage 5 Adaption:-

Adaption to cultural difference

indicates the experience

of generating appropriate

alternative behavior in a

different cultural context.

People at adaptation can

enact their intercultural

sensitivity as intercultural

communication components



## Stage 6 Integration:

Integration of cultural differences indicates an experience of self that is expanded to include the movement in and out of different cultural worldviews. People with a predominant integration position often are dealing with issues related to their own "cultural primality". This primality can be used to construct cultural bridges and to conduct sophisticated cross-cultural mediation.

## Answer 5 :-

### Cultural adaptation:-

mainly refers to the fact ~~that~~ that individuals or groups respond to external needs when transforming from home environment into the host country. That is increasing

the level of adaptability among people is conducive to meet the demands of a new culture.

This adaptation may or may not impose the 'fit' in the relationship between the individual and their environment.

Therefore adaptation is not intended to the individual who will become more inclined to their environment. They may also resist to change the environment.

~~Psy~~

Psychological adaptation:

Psychological adaptation is proposed on the basis of emotional reactions, referring to the degree of well being and life satisfaction in the process of cross cultural interactions.

For example:-



When students enter into foreign countries, they usually suffer from culture shock issues at the early stage that is they temporarily forget their own cultural habits due to environmental

changes, and continue to accept new cultures until they again 'wake up' of their own culture, during which students will experience the process of psychological adaptation.

Factors affecting Psychological Adaptation:

Social Support:

Social support usually refers to emotional and instrumental support.

A kind of information that can make people feel they are loved, respected and a feeling of belonging to a social group that is responsible for each other.

Socio cultural adaptation:-

It's defined as the ability to adapt to local society and cultural environment; including the process of studying and applying the host's country's knowledge and skills

Factors effecting socio-cultural adaptation

The previous experience plays a positive role in reducing people's stress when engaging with a new environment and thus suffering from cultural shock problems.

Answer 4 :-

Future of Intercultural Communication :-

The understanding of people towards involving personal (moving) interactions worldwide

~~These~~

Other forms of the communication such as Skype allow us to communicate and connect with others. The new ~~reality~~ reality of the digital age has implications for forming new socially meaningful structures within the context of culture.

The future of intercultural communication is bright and the people are connected by easy travel, mass media and electronic communication.