



<https://cleverexpat.com/future-expats-meetup/>

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Expat culture shocks

- The honeymoon stage
 - Exhilarating
 - Charming
 - Cultural excitement
 - Novelty
 - Food, friends, and fun
 - Expat connections
- The frustration stage
 - Language barriers
 - Shifting expectations
 - Loneliness
 - Homesickness
 - Uphill battle
 - Finding and reaching important services
- The adaptation stage
 - Finding new routines
 - Finding new friends
 - Feeling more adjusted
 - Accepting the “learner” mindset
 - Knowing what to expect
 - Reaching out for help
- The acceptance stage
 - Adjusting to new norms
 - “Recovery” of identity
 - Comfortable
 - Productive
 - Engaged
- Repatriation?

Resources

The expat adjustment cycle:
How to minimize culture shock

<https://mobilityexchange.mercer.com/insights/article/the-expat-adjustment-cycle-how-to-minimize-culture-shock>

What is Culture Shock and How Does it Affect Expats?

<https://www.william-russell.com/blog/what-is-culture-shock-definition-stages-expats/>

How to manage culture shock

<https://www.expatica.com/living/integration/culture-shock-108735/>

The 5 Stages of Culture Shock and How They Impact Travelers

<https://thecureforcuriosity.com/the-5-stages-of-culture-shock/>

Monthly resource:



Culture Smart! Books and resources

Country-by-country guides for specific destinations

<https://amzn.to/3LO8fe2>