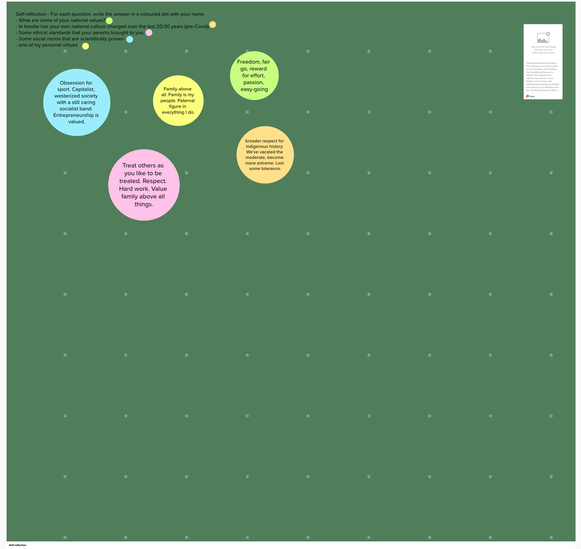
What's your purpose for being in this class?
What are your objectives?
What would you like to learn?

Process objectives



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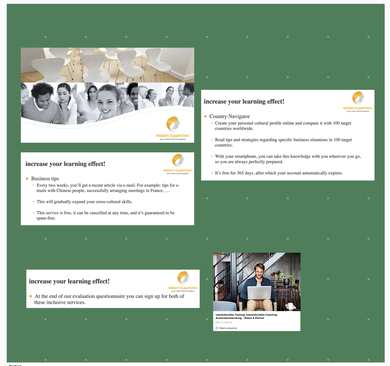


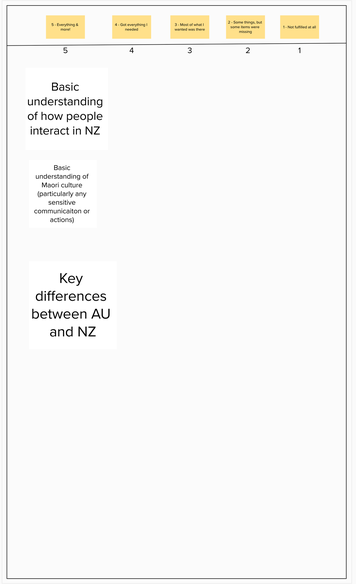
Culture Shock…disorientation experienced when suddenly subjected to an unfamiliar culture or way of life.

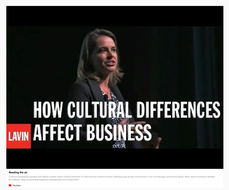
Signs and symptoms

- a feeling of sadness and loneliness
- headaches, pains, and allergies
- insomnia or sleeping too much
- feelings of anger, depression, vulnerability
- idealizing your own culture
- trying too hard to adapt
- the smallest problems seem overwhelming
- overwhelming sense of homesickness
- feeling lost or confused
- questioning your decision to move to this place

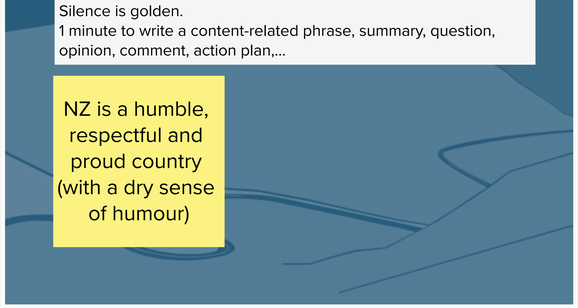
How can you help?

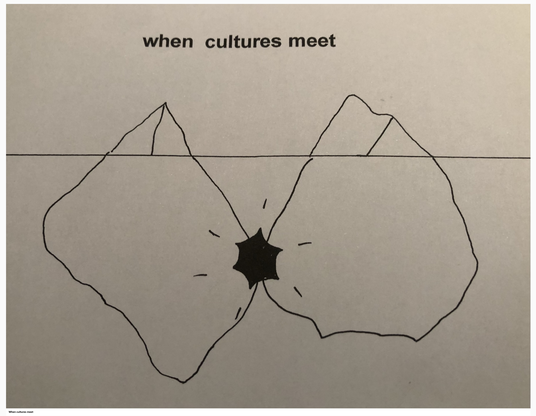
- Get informed about their culture, and discuss with them how it differs from your own
- Help them recognize and acknowledge their culture shock and the symptoms
- Make sure they know it is normal
- Make sure they know it is a phase
- Encourage them and help them if you can to build a good support network
- Encourage them to create a routine for themselves
- Other?





Reading Rec ed





When cultures meet

New Zealand Team Finalised for Paris 2024 Olympic Games

The New Zealand Team for the Paris 2024 Olympic Games has been finalised, with 195 athletes set to wear the fern and compete for New Zealand at the Games. The team will compete across more sports than ever before at the Olympic Games, with New Zealand's athletes to contest 23 sports. The Games will mark New Zealand's Olympic debut in kiteboarding and speed climbing. The team is close to gender equal, made up of 98 males and 97 females. Auckland has produced the largest number of athletes, with 58 team members hailing from the region.

Canterbury is next with 24, Wellington 18, the Waikato 17, and Bay of Plenty 14.
The team members come from a wide range of cultural backgrounds, including athletes with Samoan, Tongan, French, Australian, Fijian, Chinese, Korean, Dutch, Indian, South African and American heritage. Māori athletes make up 17.4% of the team (34 athletes). New Zealand's youngest athlete is footballer Milly Clegg who is just 18 years old, while equestrian athlete Tim Price is the oldest team member at 45.

New Zealand Olympic Team

New Zealand Olympic Team

Language is the window through which we see the world.

Certificate

Summary

1. Train your reptile brain to step down
2. Knowledge leads to understanding. More knowledge leads to more understanding.
3. Two people speaking English doesn't always mean they are speaking the same language!
4. Never assume anything:
   Don't be afraid to Ask
   Don't be afraid toTell
5. Be aware, switch off your autopilot!

Summary

Final reviews NZ