

# Cultural Adaptation



Image from google

## Culture Shock

- Physical or emotional discomfort a person feels after arriving to a new country
- Common difficulties surrounding newcomers are:
  - Employment
  - Language
    - May not speak the language
  - Weather
  - Missing support from homeland
  - **Adapting to new culture**
    - Does not understand how to do things or know what is appropriate behaviour
  - Financial constraints
  - Recognition of professional credentials
  - Social supports
    - Lack of interactions, isolation
  - Access to professional help
  - Discrimination or racism
  - Finding quality housing
    - High cost of rent
  - Access to education/training
  - Raising children
  - Childcare and school System
  - Transit system
  - **Navigating the food environment**

