Culture Shock and How to Overcome It
The four phases of adaptation abroad:

1. **Honeymoon Stage**: “This place is fantastic!”
2. **Anxiety Stage**: “Things are confusing.”
3. **Rejection Stage**: “Nothing works around here.”
4. **Adjustment Stage**: “Okay, I’m figuring it out. This makes sense.”

Speed up your adaptation by using these tips:

1. **Go with the flow**: Understand your host culture, don’t judge it.
2. **Participate**: Go outside, be engaged, socialize with locals.
3. **Use your voice**: Make an effort to speak, even if you make mistakes.
4. **Connect with locals**: Don’t stick to expats; Meet the local community.
5. **Be curious**: You’re a student of your host culture, so stay interested!
6. **Take a break**: Treat yourself to a pizza or an English language movie. Use online networks to stay in touch with friends and family.

Dealing with culture shock builds valuable international skills.

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How to Survive Your First International Internship
In order to succeed in an internship abroad, master these habits!

1. **To-do lists & personal management systems**: Dedicate 10% of your day to planning. Your boss will admire your organizational skills!
2. **Be a perfectionist**: Ensure that every email & document is error-free.
3. **Think big**: Learn about project planning & management techniques.
4. **People skills are crucial**: Be respectful, tactful, generous & communicative. Take criticism in stride.
5. **Get to like bureaucracy**: Remember: Your job is to make the system work, not to struggle with it.
6. **Start small**: Don’t take on large projects when you arrive. Choose small projects that you can achieve successfully.
7. **Expect challenges**: Be patient. No internship is perfect. Stay focused on outcomes.
8. **International work is all about communication**: Write well, speak eloquently, listen, observe and be aware of others.

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Marketing Your International Experience
Learn how to discuss your experience abroad with employers

1. **Know your skills & experience**: Make a list of your destinations, languages, professional experiences, cross-cultural & country-specific skills.
2. **Be professional**: Focus on successes abroad. Avoid shocking stories.
3. **Use an elevator pitch**: This is a two-paragraph professional response to the phrase “Tell me about yourself.” The first paragraph should focus on hard skills, and the second on soft skills.
4. **Build career stories**: Write 2-3 stories highlighting your experience on cross-cultural teams and your understanding of host & home cultures.
5. **When talking to international employers**, focus on your professional goals rather than your travel or adventure goals.
6. **When talking to domestic employers**, show that you’re reliable, happy to be back and eager to work at home.