

Unit 10

Student's book

الصدمة الثقافية Culture Shock

Key words

cultural	ثقافي	custom	عادة	reactions	ردود فعل	Adaption	تكيف
experience	تجربة	symptoms	اعراض	honeymoon	شهر عسل	contributes	مساهمات
unfamiliar	غير مألوف	homesickness	الحنين للوطن	frustration	احباط	integration	اندماج
lead to	يؤدي	disturbances	اضطراب	rejection	رفض	balance	توازن
abroad	خارج	excessive	مفرط	adjustment	تأقلم	relief	راحة

جديدة مع بلد أجنبي إلى ينتقلون عندما قد الناس يمر بها تجربة هي الثقافية ثقافة الصدمة

Culture shock is an **experience** people may have when they move to a **foreign** country with a new **cultural**

الشعور إلى تؤدي يمكن أن البيئة غير المألوفة هذه بيئتهم عن تختلف التي بيئة

environment, which is different from their own. These **unfamiliar** surroundings can **lead to** a feeling of being a

العادة في أشياء مختلفة يواجه فإنه في الخارج الدراسة يبدأ الطالب عندما على سبيل المثال بالضيق قليلاً

little bit lost. For example, when a student starts studying **abroad**, he/she experiences different things in **custom**,

شديد, الملل, الغضب: تتضمن صدمة التنقل اعراض العديد يوجد. الطعام واللباس dress and food. There are many **symptoms** of **transition shock** including: **anger, boredom,** extreme

تستمر الأعراض في بعض الأحيان لثقافة المضيف وردود الفعل الانتقادية المفرطة و اضطرابات الأكل والحنين للوطن

homesickness, eating **disturbances** and **excessive** critical **reactions** to host culture. Sometimes the symptoms last

، شهور حتى أو لأسابيع تستمر في أغلب الأحيان ولكنها لأيام قليلة فقط just few days, but more often they last weeks or even months.

شهر العسل في البداية سيكون لديهم مراحل أربع خلال؛ ما يتحرك عادة من الصدمة الثقافية الذين يعانون الأشخاص

People experiencing culture shock usually move through **four stages**; they will **initially** have the **honeymoon**

سوف بعد ذلك مثير و جديد كل شيء بأن بشعور إيجابي ب تتميز التي مرحلة يكون هنالك

stage which is characterized by a positive feeling that everything is new and exciting. Then there will be the

ثقافة المنزل على إضفاء الطابع الرومانسي فضلاً عن الثقافة الجديدة برفض تتميز وقد مرحلة الإحباط

frustration stage, it may be marked by **rejection** of the new culture, as well as **romanticizing** one's home culture.

في الشعور و يبدؤون ، مرحلة التكيف سيبدأ الناس السكان المحليين من المساعدة وربما بعض الوقت مع بعد ذلك ولكن

But then, with some time and perhaps help from **locals**, people will start the **adjustment stage** and begin to feel

التي المرحلة النهائية هي والقبول التكيف البيئة الجديدة مع الراحة من او لإلمام بمزيد

more familiar and **comfortable** with the new environment. **Adaption** and acceptance is the final **stage** which

الاندماج الناجح في تساهم

contributes to the successful **integration**.

توازنه الخاص يجد أن يجب على كل شخص الصدمة الثقافية مع للتعامل حل سحري لا يوجد في الواقع

In fact, there is no **magic solution** for dealing with culture shock. Everyone has to find his or her own **balance**

الصدمة الثقافية ماهية معرفة فإن ، بعبارة أخرى . البلد المضيف وقيم الوطن قيم بين

between the values of home country and those of the host country. **In other words**, knowing what **culture shock**

وتعطي شخصية الفرد تشكل ل التجربة هذه الارتياح شعورك على تحديد على والقدرة

is and being able to **identify** your feelings is a **relief**. This experience shapes one's personality and gives an

الجميل بشكل لا يصدق هذا على ومترابطون جميعاً متشابهون فإننا اختلافاتنا على الرغم درساً لا يقدر بثمن

invaluable lesson that despite our **differences**, we are all similar and **interconnected** on this **incredibly** beautiful

الكوكب

planet.

Choose the correct answer:

1- Which of the following sentences isn't true?

- A- When people move to unfamiliar country, they might have culture shock.
- B- When people move to a different country, they might have a culture shock.
- C- When people move to their own country, they might have a culture shock.
- D- When people move to a strange country, they might have a culture shock.

2- One of the transition shock symptoms is -----

- A- anger b- boredom c- homesickness d- all answers

3- In the ----- stage of people begin to feel more confident and relaxed.

- A- honeymoon b- frustration c- adjustment d- adaption and acceptance

4- People can reduce the impact of culture shock when they -----

- A- find their balance between the values of home and those of the host country.
- B- come back to their own country.
- C- reject the values of the host country.
- D- refuse the values of their home country.

5- The last stage of culture shock is -----

- A- frustration b- honeymoon c- adaption and acceptance d- adjustment

Match the words with their definitions.

1-A change in the way that someone behaves or thinks.

- a-Adjustment b-Frustration c-Disturbance d-Integration

2.The feeling of being annoyed because you cannot control a situation.

- a-Adjustment b-Frustration c-Disturbance d-Integration

3. In unhappy and worried mental state.

- a-Adjustment b-Frustration c-Disturbance d-Integration

4-The process of fitting into a community.

- a-Adjustment b-Frustration c-Disturbance d-Integration

5. A strong, sad feeling of missing one's home when physically away.

- a-Invaluable b-Homesickness c-Disturbance d-Integration

6-Extremely useful.

- d-Invaluable b-Homesickness c-Disturbance d-Integration

Read the text again and decide whether these statements are true or false.

- 1- Culture shock is an experience people may have when they move to a **familiar** country.
- 2- When a student starts studying abroad, he/she experiences **same** things in custom, dress and food.
- 3- Sometimes the symptoms last just few days, but more often they last weeks or even months.
- 4- Adaption and acceptance is the **first** stage which contributes to the successful integration.

Unit 10

Workbook

Culture Shock

Key words

diary	مذكرات	chilly	شديد البرودة	sap	عصارة
challenge	تحدي	interconnected	متراصة	Get used	يعتاد
mild	معتدل	beneath	اسفل	judgments	احكام
average	متوسط	maple	القيقب	accept	يقبل

مأخوذة المقاطع التالية مونتريال في تدرس بسوريا حلب من طالبة ديانا فبراير:

February 17: Diana, a student from Aleppo, Syria, is studying in Montreal. The following passages are taken

كندا في الأشهر الستة الأولى لها خلال مذكراتها من
from her **diary** during her first six months in Canada.

البحر الأبيض المتوسط لدينا سوريا في يمثل تحدياً قد مناخ مختلف تماماً ذات بلد
إلى الانتقال

Moving to a country with a very different **climate** could be a **challenge**! In Syria we have a **Mediterranean**

متوسط درجة الحرارة ومثلج بارد جدا الشتاء كندا في هنا شتاء ممطر معتدل مع
طقس

weather, with **mild**, rainy winters. Here in Canada winter is very cold and snowy. Temperature **average** is

معظم لأن مشكلة لم تكن لكنها البرد بشأن قلقلة للغاية كنت درجة 20 الرقمين
الفردى بين
between the single digits and the -20s. I was very **worried about** the cold. But it wasn't a problem because most

البرودة شديد الطقس يكون عندما دافئة تبقى كيف تعرف المدينة هذه في الواقع مدفئة بشكل جيد
هنا المباني
buildings here are well heated. Actually this city knows how to stay warm. When the weather gets too **chilly**, I

كم 32 من لأكثر تمتد والتي مونتريال أسفل الأنفاق المترابطة من سلسلة مدينة تحت الأرض
أتوجه إلى

head to the Underground City – a series of **interconnected** tunnels **beneath** Montreal which **run for over** 32 kms.

محطات مترو وسبع و البنوك الجامعات مراكز والتسوق تربط الأنفاق

The **tunnels** connect shopping malls, universities, banks and seven metro stations.

الأطعمة هونفسه حقا ليس ولكنه لذيذ هنا الطعام كثيراً لطهي أمي أشتاق
أبريل

April 10: I miss my mom's cooking a lot, the food here is delicious but it's not really the same. Foods, typically

مدهشة أكثر الزبدة و فطائر مونتريال وخبز البوتين من ضمنها لكندا أطباق وطنية
تعتبر

considered national dishes of Canada, include poutine, Montreal bagels and butter tarts. My most amazing

و إنتاج يتم شراب القيقب عند الموسم إنه شهر مارس نهاية في وعادة وقت السكر كانت تجربة

experience was Sugar time, usually at the end of March. It is the **season** when **maple syrup** is produced, and

شراب القيقب لإنتاج يتم يغلى عصارة القيقب مكان في تنظيمها الحفلات بعض

some parties are **organized in** "la cabane à sucre", a place where maple **sap** is boiled to produce maple syrup. It

الذي الكراميل الحلوى مثل يصبح الثلج على توضع القطرات ودرجة 100فوق تسخينه يتم

is heated above 100 degrees, and the drops are placed on the snow. It becomes like a candy, a caramel that is

عصا على يتم تقديمه served on a stick!

تجنب علمتني الأشهر الستة هذه خلال تجربتي صعب ثقافة مختلفة على التعود يوليو

July 31 : **Getting used** to different culture is difficult. My experience during these six months taught me to **avoid**

في أقيم ثقافة أخرى في الناس وجهة نظر فهم محاولة و الأحكام السريعة

quick **judgments** and try to understand the **point of view** of the people in another culture. I'm staying in a

سريعة أتخذ ألا لي قالوا . كثيرا عن يعلموني الذين عائلة كيبك مع مبنى

building with a **Quebecois** family who are teaching me about Montreal a lot. They told me not to make quick

للتكيف الوقت الكافي يأخذون لا الناس حق على كانوا ذلك أردت لوحتى الفور على أغادر ألا وقرارات

decisions, and not to leave **right away** even if I wanted to. They were right! People don't take the time to **adapt**,

يعودون فقط و الثقافة الجديدة يقبلون لا فهم لذا so they don't **accept** the new culture and just go back.

choose the correct answer a, b, or c.

1. Diana wears heavy clothes when it is very cold in Canada.

a- True b- False c- not given

2. In Canada, people can go shopping underground.

a- True b- False c- not given

3. Montreal has been a destination for many immigrants.

a- True b- False c- not given

4. Maple syrup is prepared in Canada around the year.

a- True b- False c- not given

5. The people Diana lived with taught her to take more time when making decisions.

a- True b- False c- not given

Progress Test 3

(workbook)

Reading Body Language قراءة لغة الجسد

Key words

Communication	تواصل	Handshaking	المصافحة	facial	وجهي
verbal	لفظي	favorable	محبذ	disgust	اشمئزاز
non-verbal	غير لفظي	interpret	يفسر	interested	مهم
gestures	ايماءات	aggressive	عدائي	Avoiding	تجنب
expressions	تعابير	bow	ينحني	sensitive	حساس

استخدام بلفظي غير أو , الآخرين إلى للتكلم ل اللغة استخدام بلفظي يكون يمكن الناس بين التواصل

Communication between people can be verbal by using a language to speak to others, or non-verbal by using

مختلفة يستخدم العالم من أجزاء مختلفة في الناس . تعابير الوجه أو الايماءات مثل لغة الجسد

the body language such as gestures or facial expressions. People in different parts of the world use different

الى مكان من معاني مختلفة لها ربما الايماءات هذه و لفظي الغير التواصل ال ايماءات

gestures to communicate non-verbally and these gestures may have different meanings from one place to

المصافحة ل , مع ذلك . العالم حول شائعة تعتبر , على سبيل المثال , المصافحة . آخر

another. Handshaking, for instance, is considered common around the world. However, to shake hands with

بينما , الثقة يعبر و الثقافة الغربية في محبذ و مقبول شيء ما التحية بينما الآخرين

others while greeting is something accepted and favorable in Western culture and expresses confidence, while

تفسير يمكن هذا . بقوة المصافحة يفضلون لا , مثلا اليابان في الأقصى الشرق في الناس

people in the Far East, in Japan for example, do not prefer shaking hands strongly. This can be interpreted as

عالمية تعبر غالبا , تعابير الوجه حول التكلم . بدلا ينحنون هم , عدواني

aggressive; they bow instead. Talking about facial expressions, they are mostly considered to be universal and

لغضب و الاشمئزاز, الخوف , المفاجأة , الحزن , السعادة تعابير . نطاق واسع معروفة و مقبولة

they are accepted and known widely. Expressing happiness, sadness, surprise, fear, disgust and anger are the

الشخص بينما بعيدا النظر , مثلا , لغة لفظية غير أخرى الاتصال البصري . العالم حول كل نفسها

same all over the world. Eye contact is another non-verbal language. For example, looking away while a person

و الرؤساء ل احترام إشارة الاتصال العين تجنب . مهتم غير انت يعني معك يتكلم

is talking to you means that you are not **interested**. **Avoiding** eye contact is a sign of respect for bosses and

يجعلك يمكن ثقافات مختلفة من الايماءات قليل حتى فهم . العالم أجزاء عديدة كبار السن

elders in many parts of the world. Understanding even a few gestures from different cultures can make you a

الايماءات المحلية حول تعلم . حساس ثقافيا تكون ان حاول . تسافر عندما المرة القادمة لذا . متواصل جيد

good communicator. So, next time when you travel, try to be culturally **sensitive**. Learn about the local gestures

يتكلم جسديك دع و
and let your body talk.

Choose the correct answer a, b, c or d.

1. Expressed in spoken words.

a-Verbal b-Aggressive c-shake hands d-sensitive

2-Behaving in an angry threatening way.

a-Verbal b-Aggressive c-shake hands d-sensitive

3.A motion of hand or body to express a thought or a feeling.

a-Verbal b-Aggressive c-shake hands d-sensitive

4-Communication between people can only be verbal by using a language.

a-True b- False c- not mentioned d- Both a and b

5-Expressing happiness, sadness, surprise, fear, disgust and anger are the different all over the world.

a-True b- False c- not mentioned d- Both a and b

6-People in the Far East, in China for example, do not prefer shaking hands strongly.

a-True b- False c- not mentioned d- Both a and b

IDIOMS

Idiom	meaning	Key words
To have a wide face	محبوب be well liked	اصدقاء Friends
To give someone pumpkins	يخذل turn someone down	يدرس بجد Study hard يدعو لحفلة invite to a party
To break bread with	يبنى علاقة قوية be a close friend to	صداقة Friendship meet
lose face	يتم انتقاده be disrespected	خطأ Mistake
Save face	يحفظ ماء وجهه avoid embarrassment	زملاء Colleagues

1-I think we'll be good **friends**. We both have

a- a wide face b- lost face c- broken bread d- saved face

2- You have to **study hard** in order notyour parents.....

a- save face b- lose face c- break bread with d- to give pumpkins

3- You can't everyone you **meet** in life.

a- have a wide face b- lose face c- break bread with d- save face

4. I don't want to ruin my **friendship** with him for we have **with** each other.

a- a wide face b- lost face c- broken bread d- saved face

5. He thinks he would if he admitted the **mistake**.

a- have a wide face b- lose face c- break bread with d- save face

6. She has many friends; everyone at work likes her. She has

a- a wide face b- lost face c- broken bread d- saved face

7. I wanted to with my **colleagues** by explaining why I've been late.

a- have a wide face b- lose face c- break bread d- save face

8. He invited her to the party, **but** she

a- saved his face b- lost his face c- broke bread with him d- gave him pumpkins



Pronunciation

Question intonation

1- In **wh-questions**, we use *falling intonation*; the speaker's voice **rises** then **falls** on the last content word.

(if being asked for the first time, or asking for information we don't know)

□ □

e.g. *What's the time?*

2- In Yes/ No questions, we use rising intonation; the speaker's voice rises on the **last content word** or **phrase**. (if we are checking information we think we already know, our voice goes up at the end)

□ *Have you got a pen?*

3- Question tags expecting confirmation, we use *falling* intonation.

□

e.g. *You're French, aren't you?*

4- Question tags showing less certainty, we use rising intonation.

e.g. *You're French, aren't you?*

5- In questions that offer choices, the speaker's voice *rises* on the **first choice(s)**, and *falls* on the last choice.

□ □

e.g. *Do you prefer reading poetry or prose?*



Grammar

Modals (obligation/ lack of obligation)

الالتزام او عدم الالتزام و النصيحة

امثلة	الاستخدام	الافعال الناقصة
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الاثبات	Must يجب - اجباري	-الاجبار يكون من المتكلم نفسه. -القوانين والتعليمات المكتوبة. -التعبير عن الآراء وقول ما هو ضروري. - النصيحة القوية.	- I must remember to send him a birthday gift. - Passengers must fasten their seat belts. (The obligation is imposed by the airline who wrote the notice.) - I haven't spoken to Sandra for ages. I must call her. -You must stop smoking.
	Has / have to يجب - اختياري	-الاجبار يكون من الآخر (خارجي). من أجل تطبيق القانون ولا يمكن تغييرها	-We have to get up early tomorrow to catch the plane. (The time of the plane is the reason for the obligation) -She has to get a visa to inter the country.
	Should ينبغي - نصيحة	اعطاء النصائح والتوصيات	- You should apologise to the boss for being late. (advice) - You should get a good map of London before you go there. (recommendation)
النفى	mustn't لا يجب	تستخدم للتعبير عن المنع او التحريم	-You mustn't wait here. (You are not allowed to wait here) = negative obligation -You mustn't eat in the class.
	don't / doesn't have to لا يجب	للتعبير عن عدم الضرورة للقيام بعمل ما. لا حاجة للقيام به.	-You don't have to wait here. (It is not necessary for you to wait here, but you can if you want to) = no obligation -He doesn't have to get up early on Fridays.
	shouldn't لا ينبغي	اعطاء النصيحة لعدم القيام بعمل ما , ربما لأنه سيء.	You shouldn't smoke.
صنع الماضي	<p>1-To express obligation in the past, use had to: -I had to report the incident to the police. -Did you have to get a visa?</p> <p>2-To criticise actions in the past, use should + perfect infinitive. Should in the past means that the subject did not do the right thing. -I should have stayed at home. (= I didn't stay at home and my behaviour was wrong.)</p> <p>3- Must + perfect infinitive is not used to talk about past obligation. It is used to make deductions (استنتاج) about the past. -She must have left early. لا بد انها غادرت باكرا .</p>		

Choose the correct answer:

1 – We use.....to express **personal obligation**.

- a- should b- must c- have to / has to

2-We useto express **general obligation**: a law, a rule at school or work.

- a- should b- must c- have to / has to

3- We use..... to give an **opinion** or a **recommendation**.

- a-should b- must c-have to / has to

4-..... expresses **negative advice**.

- a- shouldn't b-mustn't c-don't/ doesn't have to

5 -..... is used to express **absence of obligation**.

- a-shouldn't b- mustn't c-don't/ doesn't have to

6 means you are not allowed to do this, it's against the **rules**.

- a-shouldn't b-mustn't c-don't have to d-doesn't have to

7- You disturb other players, but you don't have to be silent. (rules in the club)

a-mustn't b-shouldn't c-don't have to d-doesn't have to

8- You finish on time, but you don't have to start on time. (rules in the club)

a-must b-should c-have to d-has to

9- You don't have to play with club balls, but if you do, you take them home. (rules in the club)

a-mustn't b-shouldn't c-don't have to d-doesn't have to

10 You mustn't eat or drink outside the canteen, but you to buy your food in it if you don't want to.

a-mustn't b-shouldn't c-don't have d-doesn't have

11- You have a shower, and you must wear clean clothes. (in the club)

a-must b-should c-have to d-has to

12 .In Britain, you drive on the left. (rule)

a-must b-should c-have to d- has to

13 . He has a **backache**. He carry heavy things. (advice)

a-must b-should c-doesn't have to d-shouldn't

14 . I'm very **hungry**. I eat something. (strong necessity)

a-must b-should c-have to d- has to

15 . You use your mobile phone in a **gas station**. (written rule)

a-mustn't b-should c-don't have to d-shouldn't

16 . Tom doesn't study enough. He **study** harder.

a-must b-should c-has to d- have to

17 . If he has a credit card, he pay for something in **cash**. He can use the card.

a-mustn't b-shouldn't c-hasn't to d-doesn't have to

18-You.....**visit** the lake near the collage. It's beautiful.

a-must b-should c-have to d- has to

Everyday English

Surprise الاندهاش

a. You're kidding!

f. Do you seriously expect me to believe that?

- b. I'm not surprised.
- c. That's totally ridiculous.
- d. I'll take word for it.
- e. You could have fooled me.

- g. I'll believe that when I see it.
- h. No wonder.
- i. You're going to do WHAT??
- j. That's absolutely amazing!
- k. A new job?

Paul: Jack's got a new job.

Carla: **A new job?!** Good for him.

Paul: Apparently, he's promoted.

Carla: Is he? **How amazing!**

Paul: Yes. He told me that last week. He's going to work in the main office.

Carla: **In the main office?** That's interesting!

Paul: Yes. He's travelling to Spain tomorrow.

Carla: Oh, **that's incredible!** What about his family?

Paul: They're travelling with him, too.

Carla: **Are you serious?**

Paul: Sure. They'll have a flat in the centre of Madrid.

Carla: **You're kidding!** I'll call him now.

1- Your brother has won a lottery.(Express surprise)

- a- Ok. I can do that.
- b- Maybe you are right.
- c- How amazing!
- d- I am sorry about what happened.

2- A friend won a school competition last week. .(Express surprise)

- a- OK. I can do that.
- b- Maybe you are right.
- c- Oh that's incredible!
- d- I am sorry about what happened.

3- Your friend's family is going to spend their holiday on the beach. .(Express surprise)

- a- OK. I can do that.
- b- Maybe you are right.
- c- On the beach?
- d- I am sorry about what happened.

4. A friend tells you she's going to have her hair dyed orange. .(Express surprise)

- a. You're kidding!
- b- OK. I can do that.
- c- Maybe you are right.
- d- congratulations.

5. Your partner is late for your date as usual, but promises to be on time next time. .(Express surprise)

- a-I'll take word for it.
- b- OK. I can do that.
- c- Maybe you are right.
- d- Congratulations!

6. A taxi driver tells you that you have to pay double fare. .(Express surprise)

- a- OK. I can do that.
- b- Maybe you are right.
- c- Congratulations.
- d- That's totally ridiculous.

7. Someone tells you that their dog can sing pop songs. .(Express surprise)

- a- OK. I can do that
- b- Maybe you are right
- c- Congratulations.
- d- Do you seriously expect me to believe that?

8. Your friend tells you that he's tired ... you know that he's always staying up late. .(Express surprise)

- a- OK. I can do that
- b- Maybe you are right.
- c- Congratulations.
- d- No wonder.

9. Someone tells you that he's just seen Misse at the local supermarket. .(Express surprise)

- a- OK. I can do that.
- b- Maybe you are right
- c- congratulations.
- d- I'll believe that when I see it.

Writing

Many people visit your country, but they don't know a lot about it. Write an article to help them be culturally aware of your country.

Syria is a wonderful book and those who do not travel to it, read only a page about this **great country**. It is full of many historical and cultural areas that **attract** many **visitors**. Syria is home to one of the oldest **civilizations** in the world, with a rich **artistic** and cultural **heritage**. Syrians are **well known** with their warm **hospitality** and **kindness**. **Weddings** are **occasions** for the whole family, relatives and friends who **participate** in the party as a **folk** customs. Syria is one of the Arab world's centers for **cultural** and **traditions**, especially in the field of classical Arab music and in **literature**. As for **architecture**, we can see **traditional houses** of the old cities which **dates back** to the ancient times all over the country. Once you come to Syria you will never forget its **wonderful landscapes** and friendly people.

