

Select Readings, Second Edition
Intermediate, Chapter 6 Test

Read the passage and answer the questions that follow.

Home Sweet Home?

by Uhlrike Henning

Everybody knows about experiencing culture shock when you visit a place with different customs, food, and language. However, as a student going to the U.S. for several years of study, nobody warned me of the shock I would feel upon returning home. *Reverse culture shock* is the name given to the feeling of not fitting in when you return home after an extended period of time abroad.

Believe me, as I discovered firsthand, reverse culture shock can be worse than the culture shock experienced when traveling to a foreign country. I felt lost and depressed. It took me a long time to get back into the swing of things. And the main reason was because I wasn't prepared. I never expected it. The best way to beat reverse culture shock is to know how it might strike. Here are a few things I wish I had known before returning home:

Nobody cares about your travels. It's a fact. While those years abroad may be the most life-changing years of your life, they don't mean anything to the people who did not experience them. So, if you are lucky enough to have a friend or a relative who does take interest, appreciate them. But, basically, keep your experiences to yourself unless someone asks. And don't get upset if the questions never come.

Be prepared for boredom. While you were abroad, everything was new. Performing mundane tasks or simply listening to everyday conversations in a country where you cannot speak the language well can seem exotic or even exciting. It may take a while to get used to how boring the 'normal' things can be when you return home.

People might not understand the 'new' you. It's not uncommon for people who live abroad for many years to adopt some new ideas or ways of thinking. More often than not, they become more open-minded and understanding of the world around them. Just remember, though, that people who have not left their homeland and who have not had the experiences you have had will probably look at you like you have arrived from another planet.

The worst feeling of all, however, might be that of being trapped. After returning to Germany from the United States, I suddenly felt like I might never be able to leave Germany again. Obviously, that was not true, but the feeling at the time was intense.

Just like culture shock, you can survive reverse culture shock. Just be prepared and do your best to get on with your life once you return home.

1. What is the topic of the reading?
 - A. Culture shock
 - B. Reverse culture shock
 - C. Studying abroad

- D. Going home
2. What is the main idea of paragraph 2?
 - A. When you go to another country to live, you feel depressed.
 - B. Going abroad to live requires a lot of preparation.
 - C. Most people don't expect to experience culture shock.
 - D. Reverse culture shock can be much worse than culture shock.
 3. What can you infer about the writer's feelings in paragraph 3?
 - A. She was angry because no one worried about her while she was away.
 - B. She felt lost because no one spoke her language.
 - C. She was upset because no one really wanted to hear about her time abroad.
 - D. She was anxious because her life changed so much while abroad.
 4. According to the passage, if a person asks you about your travels, you should _____.
 - A. take an interest
 - B. expect them to
 - C. ask them
 - D. appreciate them
 5. In paragraph 4, "mundane" is closest in meaning to _____.
 - A. extraordinary
 - B. routine
 - C. formal
 - D. odd
 6. In paragraph 5, we can infer that _____.
 - A. the writer became more open-minded while she was abroad
 - B. the writer felt customs in the U.S. were very strange
 - C. most of the writer's friends have never left their homeland
 - D. the writer felt people in the U.S. were more open-minded
 7. What does the writer mean by 'trapped' in paragraph 6?
 - A. Unable to go home
 - B. Unable to leave the U.S.
 - C. Unable to leave Germany
 - D. Unable to travel outside her home
 8. What does the writer say is the worst part of reverse culture shock?
 - A. Being bored
 - B. Feeling trapped
 - C. Nobody understanding the 'new' you
 - D. Nobody wanting to hear about your travels
 9. The writer wishes she had _____.
 - A. spent more time in the U.S.
 - B. prepared herself for reverse culture shock before going home
 - C. told more people about her time abroad when she got home
 - D. adopted some new ways of thinking while abroad
 10. What is the author's main purpose in writing this article?
 - A. To explain her feelings so her friends and family would understand her better
 - B. To tell others about reverse culture shock so they can try to avoid it
 - C. Get on with her life and stop thinking about her time abroad
 - D. Get other people to adopt new ways of thinking about the world