

# Transcript

## INTRODUCTION

00:00 Hello and welcome back to the English with Rhys podcast! My name is Rhys. I'm a master's level English teacher from the UK, and I'm here to help you level up your English.

So, in today's episode, we are going to be talking about culture shock. That's when you go to a new place, and everything seems strange. We're going to be levelling up our vocabulary today about our feelings and our experiences, and we'll even take some time to talk about the present continuous, a tense that I used a lot in this episode.

As always, my serious and dedicated members can get this episode in the podcast course. If you don't know what that is, we have a course on  
01:00 englishwithrhys.com, where you can listen to each of these episodes and practice and learn new things as you listen. If you're interested in that, there's a link in the description. There is also a link for the free transcript, so you can read along as you listen. Or if you're watching this as a video, just turn on the subtitles.

## MAIN PART

Before I start talking about culture shock, I think it's important that we understand the key vocabulary. I've put the vocabulary into two groups: feelings and experiences. We'll focus on feelings for now. Here's your first word:

Frustration

02:00 F-R-U-S-T-R-A-T-I-O-N. Frustration is the feeling of being upset or annoyed because things are not going as you expected.

Annoyed

A-N-N-O-Y-E-D. Annoy means a little bit angry or bothered by something.

Confused

C-O-N-F-U-S-E-D. Confused means not able to understand something clearly.

Comfortable

03:00 C-O-M-F-O-R-T-A-B-L-E. Be careful with that one; the spelling and how we say it are a little bit different. Comfortable means feeling relaxed and at ease with your surroundings—that's the place around you.

Curious

C-U-R-I-O-U-S. Curious means wanting to know more about something because it's interesting or unusual.

And there are your five words for describing your feelings. I'm going to talk for about five minutes now about culture shock, and as I talk, I would like you to listen for these feelings words.

04:00 Let's get started! Culture shock is not just about getting off a plane and feeling surprised or confused. Actually, it's a mix of many different feelings that people can have when they move to a new country. Different people talk about culture shock in different ways, but most people agree that there are four stages: honeymoon, frustration, adjustment, and new normal.

First off, you've got the honeymoon period. Things are new, fun, and intriguing. You're enjoying the new food, meeting new people, and seeing how everything is different. Even small things like going to the shop are interesting because it's all part of your adventure. You might try new foods that you don't have at home.

05:00 Some food might seem strange, but it's fun to try it! Maybe someone will ask to take a picture with you because you look different. For now, you feel happy and curious about the new culture.

After some time, you move on to the next stage: frustration. This is when you start to feel annoyed or confused. For example, you might buy a chocolate drink, but when you drink it, it's actually bean soup. It might be funny the first time, but not when it happens again and again—it becomes frustrating. Things that are easy at home become difficult here. You feel like you're doing everything wrong. People look at you differently; you can't read signs, and you can't speak the language well enough to understand what's happening around you. You're surrounded by people, but you feel alone.

06:00 Maybe you're thinking of going home, but this is an important time. Traveling and moving to new places is not just about being happy all the time; it's about learning new things and facing challenges. If you stay and try, you will grow and become stronger.

Next is the adjustment stage. This is when things start to get easier. You learn more of the language so you can talk to people and understand. You stop making the same mistakes, like buying the wrong food. You might even make some local friends. You start to feel more connected to the place and feel a bit more confident.

Then finally, you reach the last stage: new normal. At this point, you don't feel like a visitor anymore. You understand the culture, a good amount of the language,  
07:00 and how to live in this new place. It becomes your new normal life. You've successfully adapted, and you feel comfortable.

Okay, so let's look at those words again. We had: frustration, annoyed, confused, and curious.

Frustration means feeling upset because something is not working or going the way you want. Here's an example: I felt frustrated because I couldn't fix the problem.

Annoyed means feeling irritated or slightly angry about something. She was annoyed by the loud music coming from the house next door.

Confused means you're not sure about what's happening, or you're unsure about how to understand something. He was confused by the directions they gave him.

08:00 Comfortable means feeling at ease and not worried or stressed. I finally feel comfortable when I speak English.

Curious means wanting to learn or discover more because something grabs your attention. Kids are often curious about everything around them.

So those are five words that we often use in everyday English to talk about how we are feeling. Earlier, I said that there were two groups of vocabulary: feelings and experiences. We're going to talk about experiences now. Your first word is:

Intriguing

09:00 I-N-T-R-I-G-U-I-N-G. Intriguing means that something is very interesting or mysterious.

Adjust

A-D-J-U-S-T. To adjust means to get used to something new. The noun is adjustment.

Adapt

A-D-A-P-T. Adapt means to change or adjust to new conditions.

Adventure

10:00 A-D-V-E-N-T-U-R-E. An adventure is a fun and exciting experience, often in a new place.

## Challenge

C-H-A-L-L-E-N-G-E. A challenge is something difficult that you need to use effort to fix or get past.

So, we are going to listen to that same speech about culture shock, and as we do, try to listen for these five words to describe our experiences.

Let's go! Culture shock is not just about getting off a plane and feeling surprised or confused. Actually, it's a mix of many different feelings that people can have  
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First off, you've got the honeymoon period. Things are new, fun, and intriguing. You're enjoying the new food, meeting new people, and seeing how everything is different. Even small things like going to the shop are interesting because it's all part of your adventure. You might try new foods that you don't have at home. Some food might seem strange, but it's fun to try it! Maybe someone will ask to take a picture with you because you look different. For now, you feel happy and curious about the new culture.

After some time, you move on to the next stage: frustration. This is when you  
12:00 start to feel annoyed or confused. For example, you might buy a chocolate drink, but when you drink it, it's actually bean soup. It might be funny the first time, but not when it happens again and again—it becomes frustrating. Things that are easy at home become difficult here. You feel like you're doing everything wrong.

People look at you differently; you can't read signs, and you can't speak the language well enough to understand what's happening around you. You're surrounded by people, but you feel alone. Maybe you're thinking of going home, but this is an important time. Traveling and moving to new places is not just about being happy all the time; it's about learning new things and facing challenges. If you stay and try, you will grow and become stronger.

13:00 Next is the adjustment stage. This is when things start to get easier. You learn more of the language so you can talk to people and understand. You stop making the same mistakes, like buying the wrong food. You might even make some local friends. You start to feel more connected to the place and feel a bit more confident.

Then finally, you reach the last stage: new normal. At this point, you don't feel like a visitor anymore. You understand the culture, a good amount of the language, and how to live in this new place. It becomes your new normal life. You've successfully adapted, and you feel comfortable.

14:00 Okay, I hope you listened to those five words to describe your experiences. I'm going to give you some more examples now because when you get more examples, you are more likely to remember it and understand it.

Intriguing means something that grabs your attention and makes you feel curious. Here's an example: The way people celebrate holidays here is so intriguing to me.

Adjust means slowly getting used to new situations or surroundings. For example, it took me a while, but I'm starting to adjust to my new job.

An adventure is an exciting or unusual experience, often involving something new. For example, moving to a new country felt like a big adventure at first.

15:00 Challenges are difficult tasks or problems that need extra effort to overcome. Learning the language was one of the biggest challenges for me.

To adapt means to change or become comfortable in new conditions or situations. For example, it took some time, but I finally adapted to the new culture.

Now let's talk about grammar. The grammar point that I'd like to talk about today is called the present continuous.

I used the present continuous a lot when I talked about culture shock. Here are some sentences from that speech.

"You're enjoying the new food, meeting new people, and seeing how everything is different". "You're feeling happy and curious about the new culture". "You're thinking of going home."

16:00 All of these sentences use the present continuous. And we usually use the present continuous for things happening now or around now.

But this story isn't happening now. It's an idea, it's unreal. So why did I use it?



Well, using the present continuous or the present simple is a common storytelling technique. When you tell a story, if you use a present tense, then it makes the reader or the listener feel like they're there. They're more engaged, they care about the story more, and they enjoy it more too.

So, using the present continuous is important. Let's talk about how to make the present continuous. You only really need two parts: the verb "to be" and the verb "17:00 -ing." The verb "to be" is am, is, or are. For example, I am, she is, they are.

And a verb "-ing" could be running, cooking, or playing. So, a good sentence might be: I am playing; she is playing; they are playing. If we want to make it negative, we only need "not": they are not playing. Or to make a question, we just take the verb "to be" and put it at the start of the sentence: Are they playing?

If you want to know more about the present continuous, like how to use it for the future, for example, I made a YouTube video all about that. All you need to do is search "present continuous" on my YouTube channel.

## IN CONCLUSION

18:00 Now you should have some more vocabulary for talking about more emotions and  
0 experiences, and you should be a little familiar with the present continuous.

Now I'd like to tell you a little bit about my own experience with culture shock. As many of you know, I spent my 20s traveling around the world, teaching English.

The first country I went to was China. I was just 21 when I went to China. Now, I feel like 21 is quite young, but back then, I felt like I was a full adult and I could do anything.

So, I took on a big challenge: I went to a country where I didn't speak the language, and of course, I couldn't read it. After I arrived, I realised that there were many more challenges around me. Even though it was challenging, I enjoyed it—at least in the honeymoon phase.

19:00 At first, every little thing was exciting. When I went to the shop to buy water, it had some challenges, which I enjoyed. I had to figure out what to say to the person behind the counter, I had to count my money with notes that I barely had any experience with, and I had to check my change, too.

When I rode my bicycle to work, people would stare at me because I looked different. Sometimes people would ask to take a photo with me. At first, I kind of enjoyed it because I felt like I was famous or something. But as I got into the frustration stage, I didn't enjoy it anymore. I just felt like, "Why can't I fit in here?" I felt like I looked different; people were never going to stop staring at me.

20:00 I kept making mistakes in my day-to-day life. For example, when I ordered something, I would get the wrong thing given to me. So that was quite frustrating. But I kept pushing, and I kept trying and just living my life. Eventually, I started to make some friends. I started to learn a few more phrases in Chinese, and I learned why I was getting things wrong all the time. Life started to become a little easier.

It still had its challenges, of course, but it did get easier. I didn't stay in China for too long the first time—only six months—but I think that that was quite an important time in my life to have these challenges that I couldn't just ask someone else to solve for me. It was all down to me, and I think that was so, so important.

So now you know a little bit about me. I'd like to know a little bit about you. Have you ever experienced culture shock? Have you ever lived in another country? If you haven't, which country would you live in? Are there any countries you really want to visit? Are there any countries you would prefer to avoid? Let me know in the comments.

21:0

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I'm going to jump in and help you with your English and chat with you a little bit. I've been Rhys from englishwithrhys.com. If you enjoyed this podcast, make sure you follow and subscribe so you can get more English lessons in the future. And if you're not already, check out the podcast course link in the description.

Last thing before I go: I would love to thank my dedicated members—Alina, Alexandra, Vladyslav, Balnur, and Jana. Thank you so much for your support!

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