

Culture Shock is Good for You

Diagnosing the Symptoms

- **Culture Shock:** based on what you have heard/read/experienced, how would you define it?

- What "symptoms" have you experienced already? What "symptoms" are you expecting to come?

- **Cultural Integration:** What is your image of this term? What are your feelings about it?

Processing the Toxins

- Name the one thing that bothers you most about Japan:

- Name the 2nd and 3rd place contenders:

Understanding Your Comfort Zone

- What do you miss most about your home country?

