

Cultural Immersion Symptom Bank

- Ability to communicate effectively within culture
- Ability to correctly use public transportation
- Acceptance of and/or joy in accomplishing the previously “difficult” everyday tasks
- Adventure
- Angry about injustices of the culture
- Anxiety
- Appreciation for culture
- Appreciation of geography
- Becoming aware of cultural differences that bother you
- Communication Frustration
- Compassionate to new arrivals
- Competition among group members
- Confusion about language
- Creation of “new” identity, composed of new and own cultural heritage
- Cultural Immersion
- Desire to learn more about new culture
- Difficulties with legal requirements
- Difficulties with specific JVI tasks/requirements
- Difficulties with Transportation
- Discovery
- Disillusionment with culture
- Embarrassment
- Enjoyment of the customs of food, drink, etc.
- Excessive concern with cleanliness
- Excitement
- Extreme concern over health
- Fantasizing about past relationships
- Fascination
- Fear of being cheated
- Fear of Public Transportation.
- Feeling a lack of solidarity
- Feeling at home in community
- Feeling comfortable within JVI community
- Feeling like you are meeting Job Expectations
- Feeling solidarity with community
- Fragmentation of identity “Who Am I?”
- Frustration about difficulty of everyday activities
- Frustration with job
- Gratitude for culture
- Helplessness
- Hopefulness
- Hostility towards host culture
- Idealized remembrances of the home culture
- Inclination to delve in and test what has been learned
- Incorporation of community’s beliefs into your life.
- Independence
- Insecurity about communication abilities
- Insecurity about safety
- Integration and acceptance by community
- Integration through *developed* relationships
- Integration through *developing* relationships.
- Irritation
- Joking with derogatory remarks about host culture
- Language Acquisition
- Language/ communication frustrations
- Learning enough about culture to host gatherings
- Learning how to communicate in culture
- Loneliness
- No overpowering longing for home
- Observing general happenings in the community
- Recognizing Culture Shock
- Refusal to learn new language
- Sadness about missing home
- Sense of happiness about new environment
- Sense of humor regained after loss
- Shaping a new identity within host culture
- Small joys of discussion and discernment within JVI community
- Still attached to American “home”