U-CURVE OF CULTURAL ADJUSTMENT

The graph below shows the common phases of cultural adjustment that most people experience when moving to or visiting a new place. It is important to note that the length and intensity of each phase will vary, and that a newcomer may skip a phase altogether (such as those who plan to move on to another destination and do not go through the honeymoon phase) or go through the U-Curve, or portions of the U-Curve, several times.

**HONEYMOON PHASE**
Feelings of excitement and happiness, when everything is new and exciting and good. This often occurs soon after arrival in a new place.

**CULTURE SHOCK PHASE**
Feelings of worry, confusion, and anger as the newcomer tries to function in an unfamiliar and often strange place.

**ADJUSTMENT PHASE**
Feelings settle down as the newcomer comes out of culture shock and starts to feel more comfortable and confident in the new place.

**MASTERY PHASE**
A feeling of comfort with the new life and culture, although there are still difficult periods sometimes.