

# THE U. CURVE OF THE EXPAT ADAPTATION

## 1 - BEFORE DEPARTURE ARRIVAL IN THE NEW COUNTRY

Excitement  
Going towards the unknown  
New project

## 2 - HONEYMOON

Logistic phase  
Discovery  
New people

## 3 - PRE-DEPRESSION BEGINNING OF THE CULTURE SHOCK

Starting to miss friends & family  
Starting to settle down and notice the  
negative sides of the new place  
Reality steps in

## 4 - REJECTION PHASE DEPRESSION CRISIS

"I hate everything".  
Feeling of loneliness.

## 7 - MASTERING INTEGRATION STAGE

"This is home", "I am happy".  
Feeling of gratitude for where I live.  
Feeling serenity.

## 6 - ADAPTATION STAGE

"I feel almost like it's home"  
Socialising is good, feeling of belonging  
To a community. Enjoying activities.

## 5 - ADJUSTMENT STAGE RECOVERY

"It's not so bad after all"  
Acceptance, feeling of satisfaction  
for what has been achieved

