

Methods and techniques for adaptation to the national psychology of the host country

1. Acquaintance with traditions, habits, customs of the host country
2. Acquaintance with the need to comply with the established rules
3. Creating the feeling of need to accept and observe customs
4. Involvement in groups for traditional crafts
5. Inclusion in interest groups close to those of the host country
6. Supporting social inclusion, through familiarization with typical traditional holidays of the host country

Cultural adaptation is a long process of readjustment to a new environment, at the end of which the individual feels comfortable; a process through which the rules and customs of the new cultural context are learned. There are two models of cultural adaptation: U-shaped model of cultural adjustment - describes relatively predictable phases of acculturation, through which immigrants pass, i.e. adaptation in the new cultural situation for them: excitement and anticipation / culture shock / disorientation / identity crisis / adaptation. Gallahorn and Gallahorn's W-shaped model: After the initial period of discovery, there is a time when the exhilaration of learning about a new culture is gradually replaced by culture shock, which is a feeling arising from the realization of insufficient knowledge to cope in the new cultural setting. This feeling is not always related to insufficient foreign language skills or knowledge of the host country's culture. Immigrants also do not always realize that they lack the knowledge to cope with the unknown reality. On the contrary, it is inherent - precisely because of the lack of knowledge - the confidence that there are no actual obstacles to their problem-free adaptation.



1. Acquaintance with traditions, habits, customs of the host country

Familiarity with the ethnology and traditions of the host country ensures the reduction of the culture shock that migrants and refugees go through. The sudden change from the familiar to the unknown is a challenge for them. Having the information about the new beginning reduces the stress of the new culture they have to accept.



2. Acquaintance with the need to comply with the established rules

Familiarity with and acceptance of established social and official rules and orders creates a sense of peaceful living and ensures the safety of both society and migrants and refugees.



3. Creating the feeling of need to accept and observe customs

Accepting and following the customs of the host country creates a sense of continuity and integration is more painless. Socialization is a set of processes and one is acceptance of created loved ones and the need to accept and respect them



4. Involvement in groups for traditional crafts

Inclusion in interest groups and folk customs improves integration and facilitates the process of acceptance and familiarization with the folk psychology of the host country. Such groups help the individual to integrate more easily and to go through the process more pleasantly.



5. Inclusion in interest groups close to those of the host country

Participation in interest groups preserves the individual rights of the refugee/migrant to satisfy his personal interests, but without violating those of the new society. At the same time, it allows to get acquainted with the folk psychology of the host state.



6. Supporting social inclusion, through familiarization with typical traditional holidays of the host country

Typical national holidays and traditions are the easiest way for the refugee/migrant to get to know and touch the folk psychology of the new society. In these moments of adherence to tradition, the individual can glimpse the new culture, rules and conditions of the host country.