Short Description of your topic: ADAPTING TO LIFE IN DIFFERENT CULTURES Once in a while, people may move from one region to another, where cultures may differ based on behaviors and practices. It is this form of cultural practices that define cultures and make them stand out from the rest (Scherger, 2009). When people move to new areas, they must be prepared to acknowledge the culture, failure to which conflicts may occur. According to (Bochner 2003), many people who live in foreign countries usually go through an adjustment process during which they experience "culture shock." However, once the culture is understood, the effects of culture shock can be minimized. Therefore, with this in mind, this study will aim to establish the impact of culture on foreigners and how such foreigners can address culture shock and integrate themselves into their new environments. When foreigners move to new countries, stereotypes and attitudes are some of the major factors that impact their ability to adapt to their new environments. For instance, from a stereotypical perspective, foreigners may negatively view foreign cultures, therefore failing to abide by the set rules (Yeung and Kashima, 2011). In such situations, conflicts are bound to occur since foreigners may be viewed as people of conflicting interests. On the other hand, attitudes towards cultures may also determine how foreigners view foreign cultures. Any form of negative attitudes towards cultures will make it hard for the foreigner to adapt or acknowledge the cultures practiced. It is due to such conflicts that intercultural communication may come in handy. According to (Kolinko 2019), intercultural communication is the non​‌‍‍‍‍‌‌‌‌‌‍‍‌‌‍‍‍‍‍‍​-verbal and verbal interaction between two individuals from different cultures. This form of communication is essential because it helps foreigners and residents understand each other and formulate ways of improving their relationships. Additionally, with intercultural communication, instances of stereotypes and negative attitudes can be addressed since the involved individuals will be able to understand each other rather than rely on perceptions to pass judgments on cultural practices. Bibliography Bochner, S., 2003. Culture Shock Due to Contact with Unfamiliar Cultures. Online Readings in Psychology and Culture, 8(1). Kolinko, M., 2019. Intercultural Communication: from Distinction to Inclusion. Intercultural Communication, 1(6), pp.189-212. Scherger, S., 2009. Cultural practices, age and the life course. Cultural Trends, 18(1), pp.23-45. Yeung, V. and Kashima, Y., 2011. Culture and Stereotype Communication. Journal of Cross-Cultural Psychology, 43(3), pp.446-463. PLEASE ALSO NOTE After my supervisor went through the above topic, below are some of the suggestions that was said to me 1. make sure you use the right term, e.g (cultural shock, talk about assimilation and alcateration, make sure you use term to describe the phenomenom.. PLEASE I ALSO WANT YOU TO do more for me that is the reason choose 2;1 (please i want better grade) I want a writer that is an expert in my line of interest 2. it is a bit too broad. i would recommend that you focus on research about CULTURAL SHOCK and STEREOTYPE in the UK OR ONE PARTICULAR ETHNIC GROUP e.g how sierraleones are treated in the UK, FOcus on migrant or ethnic culture 3, also have an accurate definition/clarity 4. find research article that is specific about CULTURAL SHOCK IN THE UK LEARN ABOUT THE TERM THAT ASSOCIATE WITH CULTURAL SHOCK PLEASE I WANT YOU TO DO YOUR BEST FOR ME O​‌‍‍‍‍‌‌‌‌‌‍‍‌‌‍‍‍‍‍‍​K