

# Cultural Adaptation And Cultural Shock, A Case Study Of West African Students In University Of Tuebingen

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Photo by: www.euractiv.com  
Members qualified for the study for my master thesis was on international students from western part of Africa. The picture portrays the countries in West Africa. With the special focus on cultural adaption, individual experiences on cultural shock and how the culture in Germany has changed their personality.

**METHODOLOGY:**  
I conducted a research on cultural adaption, cultural shock and personality with different methods: participant observation with students in their lecturer halls, dorms and around the university. The second method I used was a structured interview with bachelor's, masters and PhD candidates. Including sharing a questionnaires via emails and WhatsApp.



West African students with other African students at the African Student Union (ASU) meeting, to discuss about upcoming programs or event for the semester and the development of the group.

**MY EXPERIENCE:**  
I conducted my fieldwork research in university of Tuebingen from September 2018 to April 2019. Throughout my Mobility semester I attended gatherings like afro-beat parties, birthday parties, meetings organized by African students. I had knowledge on the African meal they prepare, the type of clothes they wear and their life here in Tuebingen. As I'm also an international student from West Africa, it came to my notice that most of my experiences are different from that of the other students. My fieldwork enlightened me on their cultures in their homeland and individual experiences on cultural shock. I had an eye opening experience. My overall experience was effervescent, thrilling and interesting.



Ghanaian students coming together from their busy schedule on a public holiday to enjoy a popular Ghanaian dish called "omo-tuo and groundnut soup' (rice balls and peanut butter soup).

**FINDINGS:**

- Their different opinions on what culture is and their point of view of what defines culture best.
- Found out briefly about their culture in their homeland and what they find interesting about it.
- The impact of migration on their life, their experiences and what they like about Tuebingen
- Also discovered what they understand by cultural adaptation, and the process involved in adapting to culture
- Their cultural shock experience and how to manage cultural shock.
- What they do daily in their life here in Tuebingen and their network of friends.
- Discovered what they noticed has changed about them (identity) and what are the negative and positive changes.

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