

# Life in Communities

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With today's special guest

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# Class Outline

Day 4: What are some details you might not have thought of?

- Some good lists
- Immersion and Culture Shock
- Living in your new household
- Physical health in a foreign culture
- Emotional health in the “fishbowl”

# Links to some lists

- A good packing list for researchers:
  - <http://www.stanford.edu/~popolvuh/field-checklist.htm>
- Syllabi for field methods and language revitalization
  - <http://projects.chass.utoronto.ca/lingfieldwork/syllabi.html>
- A short bibliography
  - (download from our workshop website)

# Immersion and culture shock

- Ups and downs: the culture shock cycle
  - The “honeymoon”: this is *\*so\* \*COOL\**!
  - The despair of disappointment
  - Recovering and finding a balance
- Details: Food, technology, privacy...
- Personal space
- Finding a sustainable daily rhythm

# Household Management

- Living with a family — maybe even being “adopted” — versus living separately
- Issues to consider:
  - food
  - cooking
  - water
  - hygiene
  - laundry

# Physical health in a foreign culture

- Unaccustomed diseases
- (Lack of) Access to trained medical caregivers
- Taking responsibility:

*Where There Is No Doctor*

- Emergency plans?

# Emotional health in the fishbowl

- Friendship, alienation, and being foreign
- Love and lust: What do you do with your sexual needs?
- Grief: Death(s) & impotence in the face of greater powers

What else  
have you wondered about?



# EVALUATIONS

Please hand these in before you leave

# THANK YOU

For working with us!