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## **ADAPTATION OF A SPECIALIST IN A FOREIGN-SPEAKING SOCIETY**

*Introduction.* Moving abroad is a bold and serious step in the life of any person. Unfortunately, for many specialists it is associated with stress and a long process of adaptation, preventing immediate enjoyment to new impressions. Most people suffer from psychological problems that are difficult to overcome. Psychologists claim that adaptation in a foreign-speaking country is estimated at the maximum on the scale of stress. What to say about young specialists who move abroad without sufficient experience and willpower?

*Aim.* A complex adaptation in another country is rather a norm than an exception to the rule. However, you can survive this process with maximum comfort. I want to share the ways that will help to adapt a specialist in a new environment.

*Main part.* So, you should speak the language of the country where you are going to move very well. Knowledge is the key to successful adaptation. You should practice your ability to speak a foreign language communicating with native speakers on the Internet or with a tutor.

The main enemy in speaking English is fear of saying something wrong. Some people are embarrassed by their accent in English.

So, you should know how to overcome the language barrier in English.

Firstly, do not be a perfectionist, allow yourself to make mistakes.

Secondly, speak slowly, but build the sentences correctly, choose the right words. In this case, your speech will be understood, but speed does not contribute to understanding.

Thirdly, don't be afraid of asking ask your interlocutor when you don't understand what he is talking about.

In addition to compulsory study of the national language, there are several rules for quickly and easily getting used to another country:

- learn the characteristics of language and idioms. You will get better understanding of the locals ;

- learn local traditions and mentality in advance. You must become a member of society and respect the values of people who live around you ;

- Do not give up your habits and traditions. If you like playing bowling on Fridays, make it a tradition in another country;

- Be interested in the specifics of corporate behaviour in the business environment. You must be aware of the corporate rules of your company;

- forget about the stereotypes that take place in your home country.

- accept your work and life as they are. Try to match the new environment.

*Conclusions.* The task of getting used abroad is one of the most difficult in life. People like to share their lives, knowledge, culture. You should only ask and you will be taught how to be useful in your new environment.

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