

What was the Biggest Culture Shock I faced in the Netherlands?

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No sooner, had I landed in the Netherlands than I noticed the first striking difference between the Netherlands and my home country- the **cycling culture**. In the Netherlands, not driving a car, but biking is the most common means of getting from point A to point B. All international students experience a Dutch culture shock. Some get completely flabbergasted and disappointed by it, while others even try to promote a certain behaviour in their home countries!



How did my encounter with the **cycling culture** look like?

If you look 2.423 km away, in the South of Bulgaria where I come from, you will spot nothing else, but mountains. You can already imagine how fun it would be to cycle in the mountains!

Actually, it was! However, only on the main flat road of my village. As a pastime when I was 10-12 years old. In the city, I was scared because of the loads of cars and hilly streets leading to home. Not even a bus went through these hilly streets!

Once I stepped on a Dutch land, I thankfully recalled my childhood years. I got used to cycling quickly.

Nevertheless, my boyfriend still says he is scared to ride along with me. I'm also scared to ride in the most bustling cities, especially when everybody is hurrying for work!



How to embrace Dutch culture shocks easier?

No matter the experience, you can apply these tips to feel better:

- **Talk** about the shock with other internationals
- Take your **time to adapt**
- **Be grateful** for the chance to explore a new culture
- Do something that **reminds you of home**



At the end of the day, rest assured that you made your life richer by coming to a new country- you filled it with more experiences!