Have you ever lived abroad? When living overseas in a place where people speak a different language, 1 can be difficult to make yourself understood even in 2 (relative)simple but important areas of life, like shopping and getting around town. It can be really upset trying to [ask](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=ask&k0=ask&kdi0=0&luki=1&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0) for something in a store or to tell the taxi driver 3 you are going.

Sometimes you may be at a 4 (lose) as to what to do; sometimes you are certain that people understand you 5 they are just pretending that they don’t; and other times they make a very 6 (consider) effort to communicate with you.

You should also be prepared to make changes in the diet and get accustomed to 7 local foods and the [limited](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=limited&k0=limited&kdi0=0&luki=2&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0) selection of familiar foods in the [store](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=store&k0=store&kdi0=0&luki=4&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0)s and restaurants. You may not have the nice variety of [very](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=very&k0=very&kdi0=0&luki=5&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0) large and grocery stores you had back home.

Besides, you will experience some stress and anxiety 8 you are living in a different culture with different values 9 your own. You may find that some of your cherished and deeply 10 ([hold](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=hold&k0=hold&kdi0=0&luki=3&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0)) values about life [may](http://cpro.baidu.com/cpro/ui/uijs.php?app_id=0&c=news&cf=1001&ch=0&di=128&fv=11&is_app=0&jk=3076d737fdc63ca4&k=may&k0=may&kdi0=0&luki=6&n=10&p=baidu&q=myoa_cpr&rb=0&rs=1&seller_id=1&sid=a43cc6fd37d77630&ssp2=1&stid=0&t=tpclicked3_hc&tu=u1832599&u=http%3A%2F%2Fwww%2Egkstk%2Ecom%2Fp%2Dw843080%2Ehtml&urlid=0) not be equally important to members of your new host culture.

1. it 2. relatively 3. where 4. loss 5. but 6. considerable 7. the 8. when / if 9. from 10. held