

# The Essential Guide To Customs Culture

Don't just see the sights—get to know the people. Sweden is a strikingly beautiful country with a reverence for the natural environment. Its extremes in geography, climate, and history have given rise to a population that values honesty, self-sufficiency, and harmony. Swedes are a rights-driven, modern, and tech-savvy people who also retain a deep respect for their own cultural legacy. A good background knowledge of the beliefs and values that make up the Swedish way of life will prove

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invaluable for anyone hoping to do more than just scratch the surface. Culture Smart! Sweden offers insights into the lives and personalities of the Swedes today, along with tips on socializing, communication, and how to make the most of your time there. Have a richer and more meaningful experience abroad through a better understanding of the local culture. Chapters on history, values, attitudes, and traditions will help you to better understand your hosts, while tips on etiquette and communicating will help you to navigate unfamiliar situations and avoid faux pas.

Set aside your preconceptions of postcard scenery, chocolate, cheese, faceless bankers, and spotless cities.

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The real Switzerland is anything but bland. This small, multilingual, and fiercely independent country in the heart of Europe is full of surprises. Culture Smart! Switzerland reveals the human dimension of this enigmatic country. It provides an historical overview, explores Swiss values and attitudes, and looks at the cultural continuity of festivals and traditions.

Serbia, a landlocked country at the crossroads of Central and Southeastern Europe, covers the southern part of the Pannonian plain and the central part of the Balkans. The dominant power in the former Yugoslavia, it has had a bad press in the West. However, the truth is much more nuanced and interesting than that portrayed by the

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media. Serbia is a country with wonderful scenery, architectural riches, and a vibrant arts scene, waiting to be discovered by Westerners. Serbs are proud, passionate, and generous people with an independent streak. They have always had to fight for survival, first against the Ottoman Turks and then against the Habsburg Empire. Following the First World War, they took the lead in forming independent Yugoslavia. They resisted Hitler heroically. Under Tito's rule Yugoslavia steered an independent course. After his death the multinational state disintegrated amid bitter conflict. The war over the secession of the province of Kosovo saw Serbia bombed by NATO forces for two and a half

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months. The Serbian people's reaction to their hardline Communist regime was the Bulldozer Revolution—a campaign of civil resistance that returned the country to democracy in 2000. Against this turbulent backdrop, the visitor to Serbia needs to be well informed and sensitive to people's feelings. Culture Smart! Serbia introduces you to a diverse, complex, and dynamic society. It offers background information on Serbian history and customs, and essential advice on what to expect and how to behave in different circumstances. If you show interest and respect, you will receive a warm welcome and lasting loyalty in return.

Culture Smart! Costa Rica explains how to avoid cultural

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gaffes when out and about in the country. Giving the historical, political and cultural background, the guide reveals how to read body language and be aware of potential pitfalls in communication, and at the same time provide the cultural essentials business travellers need to successfully develop working relations in Costa Rica. Culture Smart! Costa Rica enables the reader to get the most out of trip, whether on business, or pleasure. Culture Smart! provides rare insights, and practical guidance, into cultures. The values, behaviour and customs of peoples have been formed over centuries which is why the unique information in Culture Smart! guides do not date in the same way as ordinary travel

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guides. Culture Smart! enables you to step into a world untouched by other guidebooks.

Culture Smart! provides essential information on attitudes, beliefs and behavior in different countries, ensuring that you arrive at your destination aware of basic manners, common courtesies, and sensitive issues. These concise guides tell you what to expect, how to behave, and how to establish a rapport with your hosts. This inside knowledge will enable you to steer clear of embarrassing gaffes and mistakes, feel confident in unfamiliar situations, and develop trust, friendships, and successful business relationships. Culture Smart! offers illuminating insights into the culture and society of

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a particular country. It will help you to turn your visit-whether on business or for pleasure-into a memorable and enriching experience. Contents include \* customs, values, and traditions \* historical, religious, and political background \* life at home \* leisure, social, and cultural life \* eating and drinking \* do's, don'ts, and taboos \* business practices \* communication, spoken and unspoken

Known as the pearl of the Indian Ocean, this resource-rich, lovely island just off the southern tip of India is full of contrast and diversity. Despite the lingering tension between the different religious and ethnic groups in the wake of a bloody civil war, and the glaring inequality



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between the wealthy elite and rural villagers, all Sri Lankans share a great respect for family, home, and friendship, and pride in their beautiful country. In return, politeness, respect, and a genuine attempt to understand their culture, and acceptance of their relaxed pace of life, are key to gaining their acceptance. Whether visiting for business or for pleasure, Culture Smart! Sri Lanka is the ideal travel companion. By offering insights into Sri Lankan daily life, at home and in the workplace, and describing what Sri Lankans enjoy and how they interact socially, this volume will greatly enrich any experience among this resilient, welcoming people. Culture Smart! provides essential information on

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values, and traditions \* historical, religious, and political background \* life at home \* leisure, social, and cultural life \* eating and drinking \* do's, don'ts, and taboos \* business practices \* communication, spoken and unspoken "Culture Smart has come to the rescue of hapless travellers." Sunday Times Travel "... the perfect introduction to the weird, wonderful and downright odd quirks and customs of various countries." Global Travel "...full of fascinating-as well as common-sense-tips to help you avoid embarrassing faux pas." Observer "...as useful as they are entertaining." Easyjet Magazine "...offer glimpses into the psyche of a faraway world." New York Times

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Each region, caste, and community in India has its own culture, reflecting unique histories shaped by conquest, creativity, and religion. Steeped in ancient traditions and intensely passionate about their culture, Indians are ingenious, creative world leaders in cutting-edge science and technology. Culture Smart! India will show you how to navigate often profound cultural differences and build relationships.

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Sweden is a strikingly beautiful country with virtually no poverty and a profound reverence for the environment. Its extremes in geography, climate, and history have given rise to a national personality that avoids ostentation and confrontation. The end result is a person who is modest, reserved, and romantically nationalistic, though there is much more to be discovered. While the younger generation has readily embraced new ideas and social change, Swedes retain a deep respect for their own cultural legacy. A good background knowledge of the

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beliefs and values that make up the Swedish way of life will prove invaluable for anyone hoping to do more than just scratch the surface.

Bulgaria, situated in southeastern Europe on the Black Sea, is one of Europe's best-hidden secrets. A haven for nature and history buffs, this beautiful sunny country welcomes the traveler with bread and salt, a red rose, and ? wooden vessel full of sparkling wine. These three emblems of ancient treasures, rose oil, and natural beauty symbolize its distinctive culture. This youngest member of the European Union has been riding a roller-coaster of radical transformation since emerging from the Eastern Bloc and becoming a market economy twenty years ago, changing dramatically in many

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ways and yet preserving its own particular charm and slow-paced way of life. Invasions and waves of migration, dating back to neolithic and classical times, have contributed to a unique cultural mosaic. The country boasts the oldest hoard of gold treasure in the world. The seventh-century Bulgarian empire dominated the Balkans and was a powerhouse of Slavonic culture. Later, Ottoman conquest and Soviet influence left their mark on the national psyche. Culture Smart! Bulgaria provides a key to understanding the Bulgarian people. It outlines their long and complex history, shows you what everyday life is like there today, and offers advice on what to expect and how to behave in different circumstances. This is a small country of proud and persevering people. More than the

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golden sands of the "Bulgarian Riviera," the vast thickly forested expanses of the Rhodopes or the Rila and Pirin ranges with their snow-capped peaks and emerald-green lakes, the music and dances and the warmth and cordiality of the Bulgarians will conquer your heart and bring you back time and again.

For thousands of years, the Chinese believed that they had created a perfect social system based on Confucian values, tempered by the "Mandate of Heaven." Since the twentieth century, change has taken place in Chinese society at an unprecedented speed, as the country experienced the turmoil of civil war and revolution before emerging on to the world stage as a global superpower. Culture Smart! China puts these



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changes into an historical context, explains cultural attitudes, and guides you through the maze of unfamiliar social situations.

This revised and updated edition of Culture Smart! Ukraine reveals a country in the throes of change. The euphoria of the famous Orange Revolution has vanished. The momentum for reform has been checked and the forces of authoritarianism have returned. Even so, modernization continues apace and people are eager to be seen as European. The recent political instability highlights the contradictions of Ukrainian society. Ukrainians are proud of their roots, and reticent about the traumas of their past; the country participates in international space programs and produces the world's largest aircraft, but

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still lives in a world of superstitions. The Ukrainian way of life is intertwined with ancient customs, the old Soviet legacy, and the search for a new European identity. What strikes visitors to this fascinating and important country is the heady mix of ancient history and youthful energy, the resilience of the people, and their generosity of spirit. For the twentieth anniversary of its independence, Ukraine received quite a present—hosting the key matches of Euro 2012. Now it has a game of its own: to show the world that it is a serious player. This new edition of Culture Smart! Ukraine will enable you to visit the country with open eyes. It describes the history that has shaped the Ukrainian psyche, explains present-day values and attitudes, and offers practical advice on what to expect and

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how to behave. It aims to make you feel at ease, whether you are shopping in a market, dining out, or attending a business meeting.

The people of this land of white summer nights and pristine lakes are famous for their *sisu*, a form of enterprising stoicism. Shaped by the harsh physical beauty around them, the Finns can be melancholy, yet have a great sense of humor and they love to dance, sing, and perform. Culture Smart! Finland offers you a deeper, more rewarding experience of this beautiful land. "Cool Britannia" is alive and well today. British culture is at the top of its game--in fashion, popular music, art and entertainment, science and technology, new inventions, and in the rediscovered skills and excellence in engineering that make

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it Germany's leading trading partner in Europe. As a family of nations, the British are inventive, reflective, good humored, funny, focused, and tenacious. Today's multicultural Britain is managing the challenges of integrating minorities in a way that remains true to its fundamental values and beliefs as a fair and open society, one that continues to see itself as a model for others to follow. Since the first edition of this guide appeared, Britain has faced huge and accelerated change in its cultural, economic, and political life. In ten years immigration has added a further five million to its population. Confidence in its banks and regulatory structures was shaken by the global financial crisis. The very unity of the United Kingdom was tested in 2014 in the referendum on Scottish independence, and

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although those wishing to retain the Union triumphed, it prompted a debate about national identities and rights, and the prospect of a new "fairer" settlement for the English. While the desire of Scottish nationalists for independence remains as strong as ever, the surge in support for the UK Independence Party (which wants Britain to leave the EU) may well result in a new form of power sharing in parliament. This revised and updated edition of Culture Smart! Britain examines the impact of these issues on British society and guides the reader through the quirks, customs, values, and changing ways of British life. It is a must-read for the record-breaking numbers of visitors coming to these islands.

An illuminating and practical guide to Bulgarian culture and

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society. It will help you turn your visit whether its for business of for pleasure into a memorable and enriching experience.

Contents include: local customs and traditions; the impact of history, religion and politics; the Bulgarians at home, work and play; eating and drinking Bulgarian style; dos, don'ts and taboos; business practices; communication, spoken and unspoken, and many practical tips for managing the unexpected.

Italy delights and stimulates with its magnificent cities and monuments, its stunningly beautiful landscapes, the glory of its art and architecture, the richness and variety of its food, the elegance of its design and fashion, and the vitality and charm of its people. Italian style and culture have been exported all

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over the world. What is it like at home? Almost ten years after the 2008 banking crisis, Italy struggles to maintain its standard of living, the stability of the currency, and its ability to provide jobs for its school leavers and university graduates, many of whom now leave to work elsewhere in Europe. In addition, the influx of refugees from southeast Europe and across the Mediterranean is putting pressure on both its security and its economy. How are traditional Italian society and politics changing to deal with these challenges, with its most famous political personality of the last ten years, the former prime minister Silvio Berlusconi, still apparently waiting in the wings? The Italians are the most European-minded of nations, having emerged from a long history of regional fragmentation. Culture

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Smart! Italy introduces you to their history and culture and offers an insider's guide to their daily lives, passions, and preoccupations. This is your chance to get to know them better.

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[The Essential Guide to Customs & Culture](#)

The exquisite art forms, elegant culture, military prowess, and technological precision of the Japanese



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have long been the envy of friend and foe alike. Even as Japan adapts to a rapidly changing world, its traditional culture and consensus-based philosophy have proved resilient. Culture Smart! Japan will broaden your perception and understanding of this complex, rich, and dynamic society.

A land of mountains, hills, and fertile plains, Romania is a tourist destination waiting to be discovered. Despite some unflattering headlines in the Western media, it is a rich and complex country: a place whose cities are home to beautiful parks and vibrant cultural scenes; whose people welcome guests warmly into their homes, sharing the best of whatever they have, and

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party into the night, suffused by Latin joie de vivre. Since the violent collapse of communism over a quarter of a century ago, Romania has changed dramatically, as its people have embraced freedom, capitalism, and, yes, conspicuous consumption. The horses and carts still trundle the streets, but perhaps now overtaken by an SUV. Small-scale farmers still offer their organic wares, but now may be next to trendy super-clubs. The global economic crisis delivered a reality check, and the Romania emerging from those chastening years puts greater value on stability and civility--encapsulated by the war on corruption and a long-awaited public smoking ban. Buffeted over time

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between three great powers--the West, Russia, and Turkey--Romania betrays the cultural influences of each, and it can be a difficult place to get a handle on. Culture Smart! Romania provides an indispensable tool for the foreign visitor, digging deep behind the clichés, explaining many of the behavioral quirks of the people, smoothing your path toward better understanding, and outlining the many attractions--cultural, social, and geographical--that await you in this underexplored part of Europe.

Culture Smart ! Turkey provides essential information on attitudes, beliefs and behaviour in TURKEY, ensuring that you arrive at your destination aware of basic

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manners, common courtesies, and sensitive issues.

This concise guide will tell you what to exp

Culture Smart ! Ecuador provides essential information on attitudes, beliefs and behaviour in the Ecuador, ensuring that you arrive at your destination aware of basic manners, common courtesies, and sensitive issues. This concise guide will tell you what

Culture Smart! Mexico takes you to the heart of Mexican society. It describes how people socialize and meet members of the opposite sex, the dynamics of daily life, the central importance of family, and the annual cycle of Catholic feasts and fiestas. For business travelers there are key sections on the economy and

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vital insights into the general business culture. The third-largest country in Latin America, Mexico is hugely diverse, having both rural backwaters where time seems to have stood still and manic urban centers like Mexico City, one of the most densely populated and exciting cities in the world. Famed for its well-preserved archaeological sites, cobblestoned colonial towns, and beautiful beaches, it is a major magnet for tourists. Mexico also has a name as a creative powerhouse in the region, with world-renowned artists such as Frida Kahlo and Diego Rivera, a cinema industry that has been producing award-winning movies since the Golden Age of the 1940s, and a

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literary scene second to none in Latin America. This complex and fascinating country is the place where European and American civilizations first clashed. The repercussions of the meeting in 1519 between the Spanish conquistador Hernâan Cortâes and the Aztec Emperor Montezuma II, and the subsequent devastation wrought by the Spanish conquest, is still felt today, reflected in attitudes toward race and national identity. News reports about Narcos and the ongoing attempts in the USA to keep out Mexican migrants seeking a better life north of the border should be seen in the wider context of a developing country going through great social and economic

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changes. --Publisher

Home to the historic Ashanti empire, Ghana was the first African country to achieve independence. Known as the "Gateway to Africa," it is a stable democracy that welcomes around a million visitors a year, who invariably come away with glowing reports of a fertile land and tropical beauty. It is the Ghanaian people, however, who make the biggest impression. Their genuine hospitality and love of peace means Ghana is among the friendliest and safest countries in Africa. They are respectful toward each other, strong followers of tradition, and have deep familial and communal values. Visitors are warmly welcomed but are expected

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to be sympathetic to local customs and beliefs, and to follow certain codes of conduct. Culture Smart! Ghana describes the complexities and nuances of Ghanaian society with clarity and humor. Akwaaba!

Guide to Afghan culture and society, to turn your visit into a memorable and enriching experience.

Slovakia has struggled with a low international profile. Often overlooked as the Czech Republic's little sister, it is a young country with an old culture and history, and a people who are proudly Central (not Eastern) European. Although for much of the twentieth century Czechs and Slovaks lived together in one state, there are important differences between them, differences



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that ultimately contributed to separation in 1993 and the rebirth of a sovereign Slovak state. Generally speaking, the Slovaks are more “Slavic” than the Czechs—their pace of life is slower, and their spare time is more often filled with friends, family, and music. They are known to be resistant to change, yet change has been a constant in the state’s short economic and political history—from the fall of communism in the Velvet Revolution of late 1989, to the Velvet Divorce of Czechoslovakia in 1993, to widespread economic diversification, expansion, and global influence, to European Union membership in 2004, and the adoption of the euro in 2009— and they have adapted with quiet

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optimism. Slovakia has been referred to as the economic “tiger” of Europe, and now that it has EU membership and a healthy industrial economy, Europeans are starting to take notice. Its popularity as a tourist destination has been growing rapidly in recent years. Slovaks call their country the Heart of Europe—a term that describes not only their geography but the Slovak character, which is warm, deeply hospitable, and immensely proud. Visitors who step outside Bratislava’s Staré mesto (Old Town) and take the time to explore the country beyond will discover a landscape of plains, meadows, mountains, natural spas, and hundreds of ancient castles, and a people at once

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modest, stoical, humorous, and responsive. This book captures the essence of what makes the Slovak people unique and explains something of the quirks and memorable aspects of their lifestyle. It opens a window onto their inner world, their customs and celebrations, and describes what to expect and how to behave in different situations. While the country is not without its frustrations for foreigners, most visitors succumb to its charms. Few have left without yearning to return to “the little big country.”

[Ghana - Culture Smart!](#)

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[The Essential Guide to Culture and Customs](#)

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Mention Denmark and some people will think of marauding Vikings with horned helmets or one of Denmark's more famous exports--Carlsberg beer--or the fairy tales of Hans Christian Andersen. But of the Danes themselves they may know very little. The Danes tend to be more

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relaxed and less formal than their fellow Scandinavians--and more independently minded. In fact, Denmark used to be referred to by its puritanical northern neighbors as "the loose woman to the south." This book gives an insider's perspective on Danish home, work, and social life, and on the Jantelov--the principles underpinning the traditional Scandinavian virtues of modesty, equality, and social cohesion, but

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which also warn against the dangers of individualism. This book offers many practical tips on travelers should conduct themselves in Denmark and what to expect in social situations. Readers will discover that, beneath their quiet northern reserve, the Danish people are friendly, fair-minded, civilized, and warm.

"The essential guide to customs & culture"--Cover.

The second-largest country in South

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America, Argentina has been through great changes in recent years. Its journey from dictatorship to democracy has left many scars, but these are largely eclipsed by the pride and resilience of the Argentinian people, who have developed a style, a language, and a joie de vivre that are all their own. The political maelstroms the country has experienced have had a profound effect on its economy, its people, and its relationship with the

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rest of the world. Despite this, the generosity, warmth, and openness of the Argentinians continue to place Argentina at the top of any list of must-visit countries. Its unique geography provides a plethora of enticing and captivating destinations, from the mesmerizing wonders of the glaciers or the bucolic landscapes of the Andes valleys to the buzz and excitement of Buenos Aires, famous for its nightlife, gastronomy, and cultural



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life. This new, updated edition of Culture Smart! Argentina looks at the attitudes and values of the people today and how they have adapted to the challenges and events over the last decade. From their immense pride in an Argentinian pope, to their passion for football and their constant striving for political and economic stability, this book provides a key to understanding the richness and complexity of Argentinian culture. It

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focuses on their attitude to life, business, and family to help you adapt to their working style and practices, so that you know how to behave appropriately and what to expect in return. It touches upon how Argentinian identity has been shaped over time and the reasons behind many of the traditions, beliefs, and norms of these complicated but amazing people. Iran is rarely out of the headlines, and there is likely to be a rush of

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interest from tourists and investors if the provisional framework agreement reached in April 2015 is implemented, lifting most sanctions in exchange for limits on its nuclear program for at least ten years. Western fascination with Iran is nothing new. For centuries, foreigners have been entranced by a country that is quite distinct from all others in the region. Iran is home to one of the world's oldest civilizations. Travelers have

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long been seduced by the echoes of the extraordinary ancient history contained in the word "Persia." But Iran is also a modern society that is experiencing great change. Although it is still feeling the effects of the Islamic Revolution of 1979, social restrictions have loosened considerably in recent years. Strict Islamic rules coexist with an increasingly dynamic society driven by an overwhelmingly young population. Animosity toward the West

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at a political level sits side-by-side with a wholehearted welcome for foreigners as individuals. Culture Smart! Iran takes you beyond the clichés to show how life in Iran really is and how you can feel comfortable in its society. It offers insights into a country full of surprises. Despite Iran's deep commitment to Islam, the pre-Islamic Zoroastrian past is still part of everyday culture. Its language, Farsi, shares linguistic roots with

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English and French. It is a country where one of the more genuine democracies in the Middle East is overlaid by an unelected theocracy. And where "no thank you" really does sometimes mean "yes please." If nothing else, this entrancing, beautiful, and sometimes infuriating place is a country whose inhabitants genuinely wish visitors Khosh amadi!--Welcome! There is a good reason why Uganda is called "the Pearl of Africa." Beyond

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the ideal climate, abundant wildlife, and spectacular natural beauty, the friendly and good-humored Ugandan people make this country different. Drawn from more than twenty tribes, they represent a tapestry of traditions, ethnicities, and cultures. As a society they are devoutly religious and conservative; as individuals they are surprisingly laid back. English is widely spoken but there are many cultural pitfalls to be

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aware of--differences in expectations, customs, and ways of behaving. "Cool Britannia" is alive and well today. British culture is at the top of its game—in fashion, popular music, art and entertainment, science and technology, new inventions, and in the rediscovered skills and excellence in engineering that make it Germany's leading trading partner in Europe. As a family of nations, the British are inventive, reflective, good humored,



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is a must-read for the record-breaking numbers of visitors coming to these islands.

Chile is a land of contrast and surprise, flanked by the Pacific Ocean on the west, the Andes to the east, the forbidding salt basins of the Atacama Desert to the north—with a verdant Central Valley and Cape Horn at its southern extremity. The Chilean people, too, are surprising: on one hand reserved, family-oriented, Catholic,

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and conservative; and on the other fun-loving, entrepreneurial, neoliberal, and modern. Their geographical isolation from the rest of the world, their colonial past, and the near 20years of repression under the military dictatorship of General Pinochet have had a profound influence on their character. Today, traditional Chilean values are being questioned by the younger generation. In fact, the country's position as the Latin

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American stronghold of Catholicism is being challenged by Chileans of all generations, and pressure has led to unprecedented changes in family and censorship law. Chile is also one of the fastest-growing economies in South America, and thanks to ambitious structural reforms, has sharply reduced its poverty rate in the past few years. Culture Smart! Chile provides vital information on what to expect and how to behave in this complex and dynamic

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society.

Bangladesh is a lush, green country situated on the fertile Ganges delta, adjacent to the Indian state of West Bengal. Although there are hilly areas in the northeast, this densely populated country is mostly flat, and criss-crossed by many rivers. Much of its coastline forms part of the world's largest mangrove forests, the Sundarbans, home to the Royal Bengal tiger and many other flora and

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fauna. Bangladesh is a young country with an ancient history. The province of Bengal was divided when India became independent in 1947, and its mainly Muslim eastern part became East Pakistan. This was followed by years of upheaval, and in 1971, after a freedom movement and a war, the east Bengali people finally gained independence as the People's Republic of Bangladesh. Most Bangladeshis live in rural areas, and the majority are



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Muslims. Historically they have lived in harmony with many other faiths. Bengali, or Bangla, is the lingua franca, and there are several regional dialects. Once the hub of the southern Silk Route, the Bengal delta region has a long and rich cultural tradition. Over the centuries it has been influenced by Hinduism, Jainism, Buddhism, Islam, and Christianity. It is a land of writers, saints, scientists, thinkers, composers,

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painters, and film-makers. It is famous for its music, dance, and drama; arts and crafts; folklore; languages and literature; philosophy and religion; festivals and celebrations; and its distinctive cuisine and culinary tradition. Bangladesh has been regularly hit by floods and cyclones, but, contrary to what the world usually hears about natural disasters and poverty, there is positive economic growth and the country is one of

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southeast Asia's largest exporters of garments to Western markets. Despite the hardships they endure the Bangladeshis are resilient, friendly, and hospitable, and welcome all visitors with a warm smile. This book introduces you to the people beyond the headlines, and offers invaluable advice on what to expect and how to behave in different situations, whether you are a tourist or traveling on business.

[Korea - Culture Smart!](#)

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The changes in Polish life, culture, economics, and development have been remarkable. And the pace of change shows little sign of abating. Through twenty-five years of post-Communist transformation and ten

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years as a member of the European Union, some Polish cities, like Warsaw, Kraków, Poznań, and Wrocław, have experienced an economic renaissance thanks largely to direct foreign investment, EU funds, and an influx of tourists. Much of the countryside, and cities like Łódź and Lublin, however, are shadows of their former selves. The mass emigration of Polish workers following European integration has had as significant an effect on Poland as it has on the destination countries, such as the UK. Despite a crisis of confidence in the country's direction, a swing toward political populism, and the tragic death of the Polish president in the Smolensk disaster of 2010, Poland is the only EU member not to have suffered economic contraction in

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the years following the 2007-08 global financial crisis. That Poland continues to develop in growth and influence is a testament to the legendary Polish resolve in the face of adversity. This new, updated edition of Culture Smart! Poland provides visitors with an insight into everyday life in today's Poland. From the country's rich and tragic history to the growth of a modern economy, from the rustic rural countryside to the Warsaw hipster scene, the reader will gain an appreciation of Polish culture much deeper than that to be found in conventional travel guides.

Italy delights and stimulates with its magnificent cities and monuments, its stunningly beautiful landscapes, the glory of its art and architecture, the richness and

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variety of its food, the elegance of its design and fashion, and the vitality and charm of its people. Italian style and culture have been exported all over the world. What is it like at home? Almost ten years after the 2008 banking crisis, Italy struggles to maintain its standard of living, the stability of the currency, and its ability to provide jobs for its school leavers and university graduates, many of whom now leave to work elsewhere in Europe. In addition, the influx of refugees from southeast Europe and across the Mediterranean is putting pressure on both its security and its economy. How are traditional Italian society and politics changing to deal with these challenges, with its most famous political personality of the last ten years, the former

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prime minister Silvio Berlusconi, still apparently waiting in the wings? The Italians are the most European-minded of nations, having emerged from a long history of regional fragmentation." Culture Smart! Italy" introduces you to their history and culture and offers an insider's guide to their daily lives, passions, and preoccupations. This is your chance to get to know them better."

Nestling in the foothills of the Himalayas, Nepal is a land of contrasts and incongruities—not least in the variety of its cultural, ethnic, and religious weave. Hindu and Buddhist values predominate and help to maintain social harmony despite the divisions between rich and poor, urban and rural, highlands and lowlands.



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Culture Smart! Nepal sets out to explain the complexities of Nepalese life, from home, to business, and the marketplace.

This completely new and up-to-date volume by American author Becky Stephens is unrivaled. It highlights the many subtle and not so subtle changes that are taking place in Indian society, describes and explains those areas of life where traditional attitudes and practices continue to prevail, and offers original insights, practical tips, and vital human information to guide you through the pitfalls and delights of this complex, vibrant, and increasingly important country. Culture Smart! UAE introduces you to the history and culture of the Emiratis with illustrated, easy-to-follow

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chapters on values and attitudes, communication, and daily life among others. This pocket-sized book will help travellers, expats, and business men/women know what to embrace and what to avoid, and will smooth your path toward full enjoyment of a fascinating experience. Traveling to or living in the United Arab Emirates is likely to involve moving beyond your cultural comfort zone, but do so and you will find a people whose embrace of modernity is exhilarating, and whose effort to combine the ancient and the modern is an intriguing example of globalization in action. Together with the legendary Arabic sense of hospitality and generosity, this makes the UAE an extremely rewarding place to visit. The UAE, on the southeastern

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coast of the Arabian Gulf, is at once one of the most conservative societies in the world and one of the most forward-looking. Only a couple of generations ago it was a poor desert land, a confederation of tribal sheikhdoms on the periphery of the Arab world, subsisting on pearl-diving and fishing. It was a British protectorate until independence in 1971, after which seven of the sheikhdoms, or emirates, united to form a federation, the UAE. The discovery of oil in the 1950s transformed the country's fortunes, and the UAE today is a land of contrasts, embracing skyscrapers, high-tech communications, luxury hotels, and international shopping malls, while its black-clad women are mostly kept securely out of sight. Their religion is mainstream

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Sunni Islam, however, not the puritanical fundamentalism of their Wahhabi neighbor. The UAE is a major player in the shifting alliances of the Middle East and the war against radical Islam. It aims to be a global leader in media and electronic commerce, yet it intends to do this while maintaining its own social systems and networks, and while slowly integrating women into public life without violating its core beliefs. The UAE's economy is the second-largest in the Arab world after Saudi Arabia, and it has the most advanced and developed infrastructure in the region. The greening of the desert is a long-term project that has required hundreds of thousands of migrant workers to develop the infrastructure. Indeed, expatriate workers

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make up about 90 percent of the country's workforce. New industries alongside oil and gas include banking, media, asset management, and tourism. Yet the UAE retains its Islamic identity, and the rhythm of daily life is accompanied by the cadences of the muezzin's calls to prayer, in the shade of the many mosques. Traveling to or living in the UAE is likely to involve moving beyond your cultural comfort zone, but do so and you will find a people whose embrace of modernity is exhilarating, and whose effort to combine the ancient and the modern is an intriguing example of globalization in action. Together with the legendary Arabic sense of hospitality and generosity, this makes the UAE an extremely rewarding place to visit. Culture Smart! UAE

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introduces you to the history and culture of the Emiratis, tells you what to embrace and what to avoid, and smooths your path toward full enjoyment of a fascinating experience.

Spain often conjures up a picture of rapacious conquistadores, fiery flamenco dancers, and brilliant artists. How closely does everyday life in modern Spain conform to these dramatic stereotypes? Culture Smart! Spain explores the complex human realities of contemporary Spanish life. It describes how Spain's history and geography have created regional differences, shared values, and attitudes, and reveals what the Spaniards are like at home and in business, how they socialize, and how to build lasting

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relationships with them.

Mongolia is landlocked between its neighbors China and Russia in the heart of Asia. For centuries after the disintegration of Genghis Khan's empire it was ruled by one or the other, but in 1990 the Mongols embraced democracy. Now, after two centuries of Manchu stagnation and seventy years of Soviet communism, they are rebuilding their national heritage. Rarely in the news but making progress toward a market economy, this resource-rich but infrastructure-poor country is a land of pioneers, and its greatest asset is the Mongol people, who are friendly, cooperative, ambitious, and well educated. English is now the first foreign language and the country's leaders are forging new partnerships

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with international investors. Travelers from across the world are drawn to the land of blue sky by its picturesque mountains and lakes, flower-carpeted steppes and stony deserts, home to the snow leopard, the wild horse and camel, and the Gobi bear. The broad pasturelands, with herds of grazing livestock, and the traditional lifestyle of the nomads contrast with the busy streets of the capital Ulan Bator, a bustling metropolis of over one million people, modern hotels, apartments, and shops, interspersed with Buddhist monasteries and temples, surrounded by crowded suburbs of traditional felt tents. Mongolia's many attractions range from dinosaur skeletons and the remains of ancient civilizations to relics and



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reenactments of the Genghis Khan era, and the traditional sports of wrestling, archery, and horse-racing. "Culture Smart! Mongolia" provides rare insights into contemporary Mongolian society, and offers practical tips on what to expect and how to conduct yourself in order to get the most out of your visit. Despite the undeniable challenges posed by modernity, these warm, tough, adaptable, and hospitable people welcome visitors and are open to the world."

Culture Smart! provides essential information on attitudes, beliefs and behavior in different countries, ensuring that you arrive at your destination aware of basic manners, common courtesies, and sensitive

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issues. These concise guides tell you what to expect, how to behave, and how to establish a rapport with your hosts. This inside knowledge will enable you to steer clear of embarrassing gaffes and mistakes, feel confident in unfamiliar situations, and develop trust, friendships, and successful business relationships. Culture Smart! offers illuminating insights into the culture and society of a particular country. It will help you to turn your visit-whether on business or for pleasure-into a memorable and enriching experience. Contents include \* customs, values, and traditions \* historical, religious, and political background \* life at home \* leisure, social, and cultural life \* eating and drinking \* dos, don'ts, and taboos \* business practices \*

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communication, spoken and unspoken "Culture Smart has come to the rescue of hapless travellers." Sunday Times Travel "... the perfect introduction to the weird, wonderful and downright odd quirks and customs of various countries." Global Travel "...full of fascinating- as well as common-sense-tips to help you avoid embarrassing faux pas." Observer "...as useful as they are entertaining." Easyjet Magazine "...offer glimpses into the psyche of a faraway world." New York Times

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