

CULTURE SHOCK AND HOW TO SURVIVE IT

Kateřina Půbalová

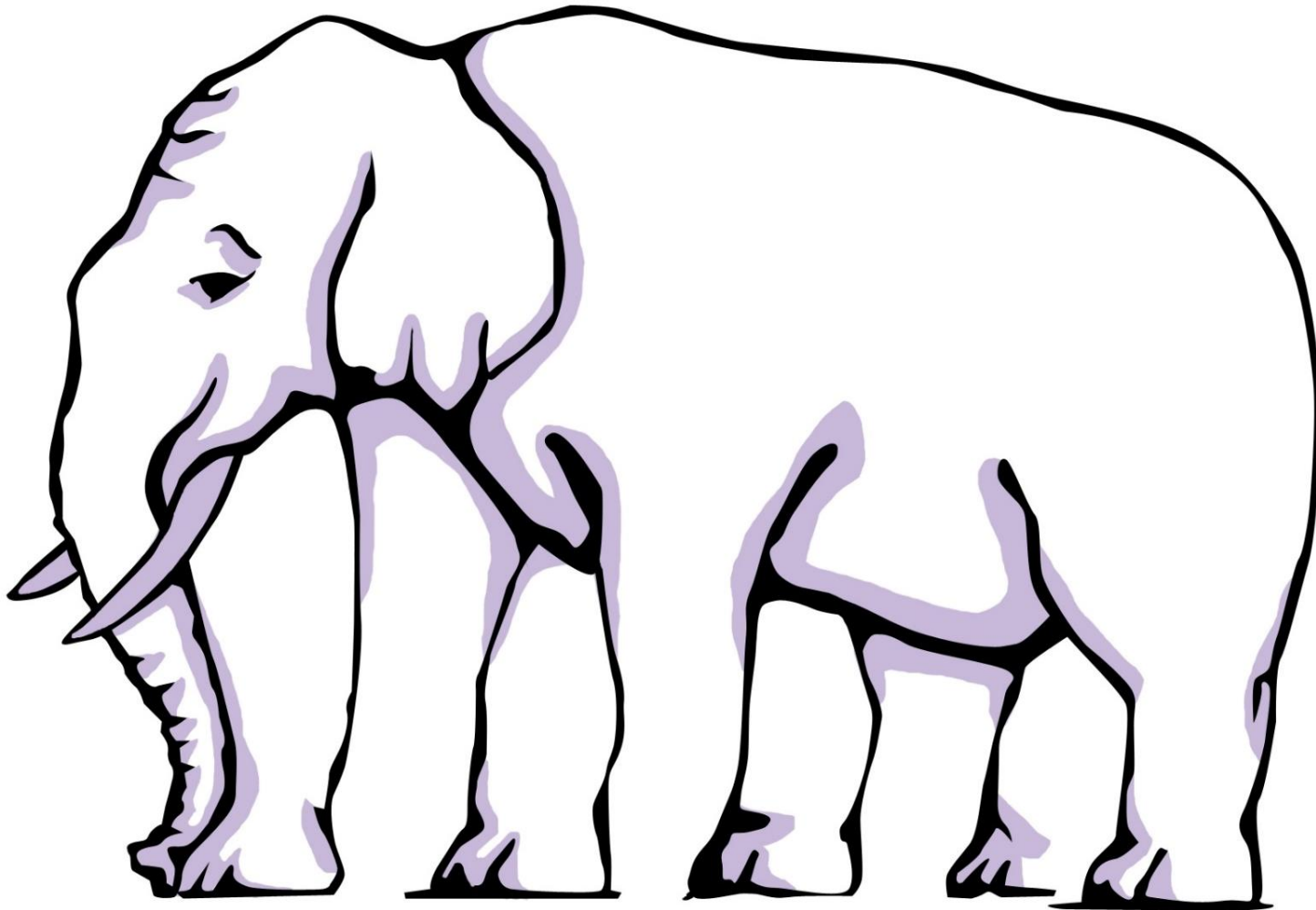
Department of Managerial Psychology and Sociology

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YOUR EXPERIENCE

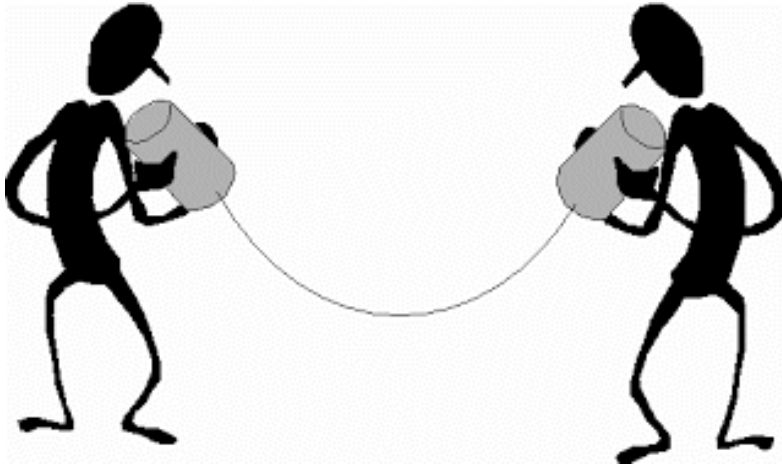
Your expectations?

WHAT IS CULTURE AND WHY DO WE TALK ABOUT IT?



INTER-CULTURAL COMMUNICATION

Verbal

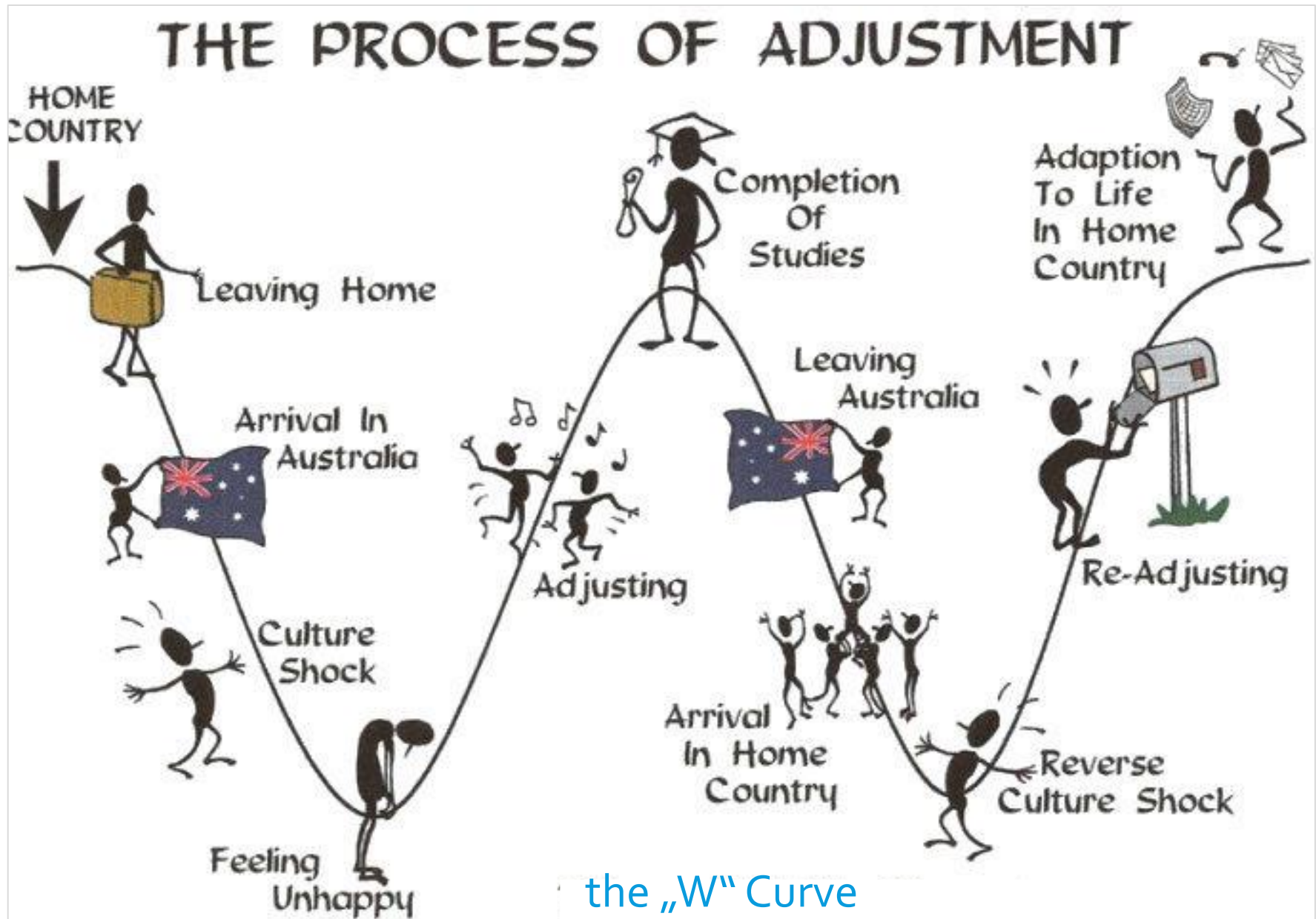


Nonverbal



CULTURE SHOCK

CULTURE SHOCK



WHAT CAN YOU EXPECT?

WHAT TO EXPECT?

IN AVERAGE (!!!)

- „Bad level“ of English
- Black humour
- Closed (takes time to really „open“)
- Creative
 - repairing, building, DIY stuff
- Love for hiking, trekking, adventure
- (Life) Scepticism
- Afraid of new

ALSO:

- Czech Republic ranked **#6 safest country in the world** in 2016
(Global Peace Index: Institute for Economics and Peace)
- Prague ranked **#4 best city for youth expat life** in 2012
(Daily Telegraph)
- Prague Zoo ranked **#5 in the world** in 2017
(TripAdvisor)

SURVIVAL KIT

HOW TO SURVIVE OTHER CULTURE



Tolerate

Do not judge differences and different approach

Do not try to reshape the others

It is a waste of energy, you are the foreigner there

Don't be ashamed

When making things differently

Ask and discuss

Why others do and see things differently

Use technique of "seven breath"

WHOM TO CONTACT IN NEED

Find a trustworthy person from your „new home“

- **Your Buddy**
- **Roommate, Classmate, Friend**
- **Study Coordinator**
- **Me 😊**

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- **Psychologist from Academic Counselling Centre**

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<http://fph.vse.cz/akademicke-centrum/psychologicka-poradna/for-foreign-students/>

SOME MORE VIDEOS ABOUT THE CZECH CULTURE AND NATURE, ETC.

Prague

Rick Steven's Europe

<https://www.youtube.com/watch?v=BFKzX7u-3yg>

Rest of CZ

Rick Steven's Europe

<https://www.youtube.com/watch?v=OkyWdgrFhg8>

Some info on CZ

Victoria's Channel

<https://www.youtube.com/watch?v=gAH-VlyzS5A>

Expats on "What I should have known before..."

<https://www.youtube.com/watch?v=okRrCA3R3bA>

10 Facts about CZ

<https://www.youtube.com/watch?v=8LvF7R8WCYE>

HOW TO SEE CZECHS WITH DIFFERENT „GLASSES“?

Girl in Czechland <http://girlinczechland.com/>
last post 2014, but brilliant!

Czechesotans <http://czechesotans.blogspot.cz/>
(Czech Culture + Minnessotans)

Jennifer Lyn King <http://www.jenniferlynking.com>
(The Expat Experience: 5 Things I Learned from 4 Years in Prague, 06/2013)

Weird things in Prague <http://www.weirdthingsinprague.com/>

Or find your own „hero“:
<http://www.expatsblog.com/blogs/czech-republic/prague>

GOOD LUCK!