



Culture shock and How to Survive It

Kateřina Půbalová

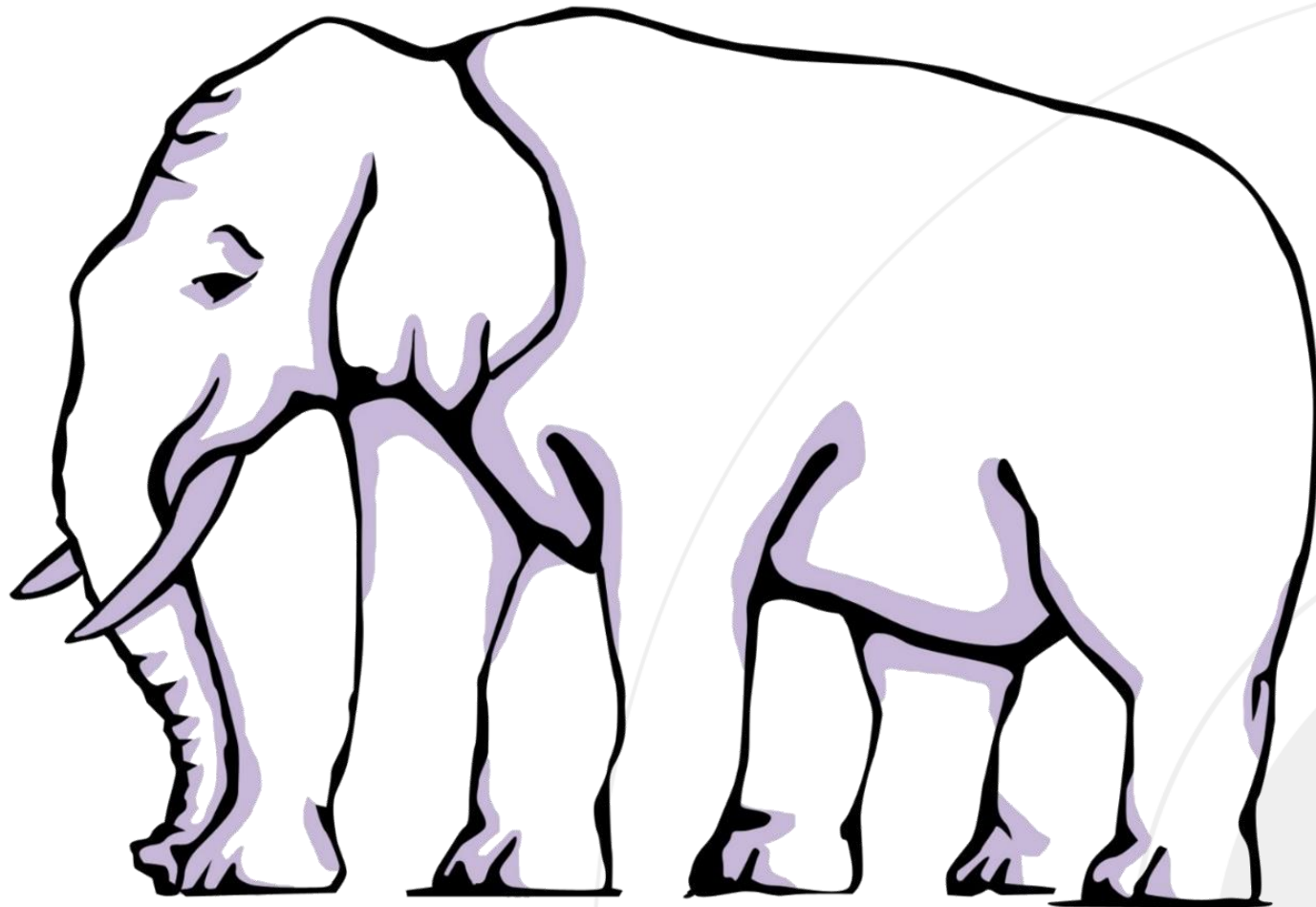
Department of Managerial Psychology
and Sociology

Faculty of Business Administration

Your Experience

Your expectations?

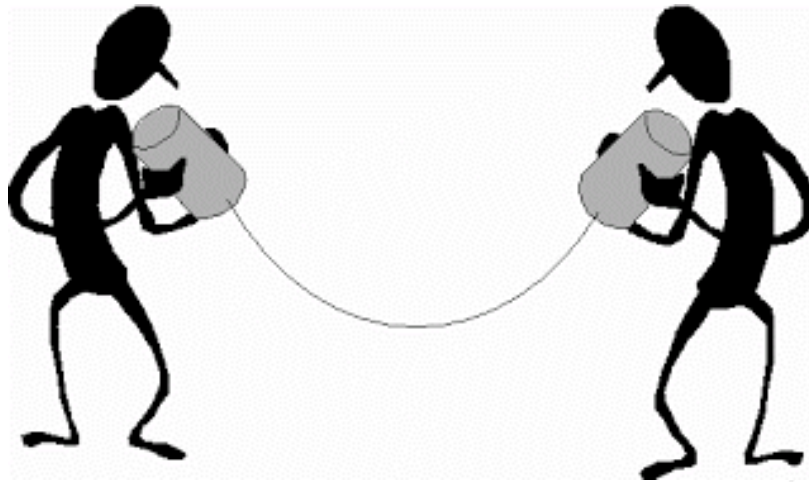
What is **culture** and why do we talk about it?



Inter-cultural Communication

Verbal

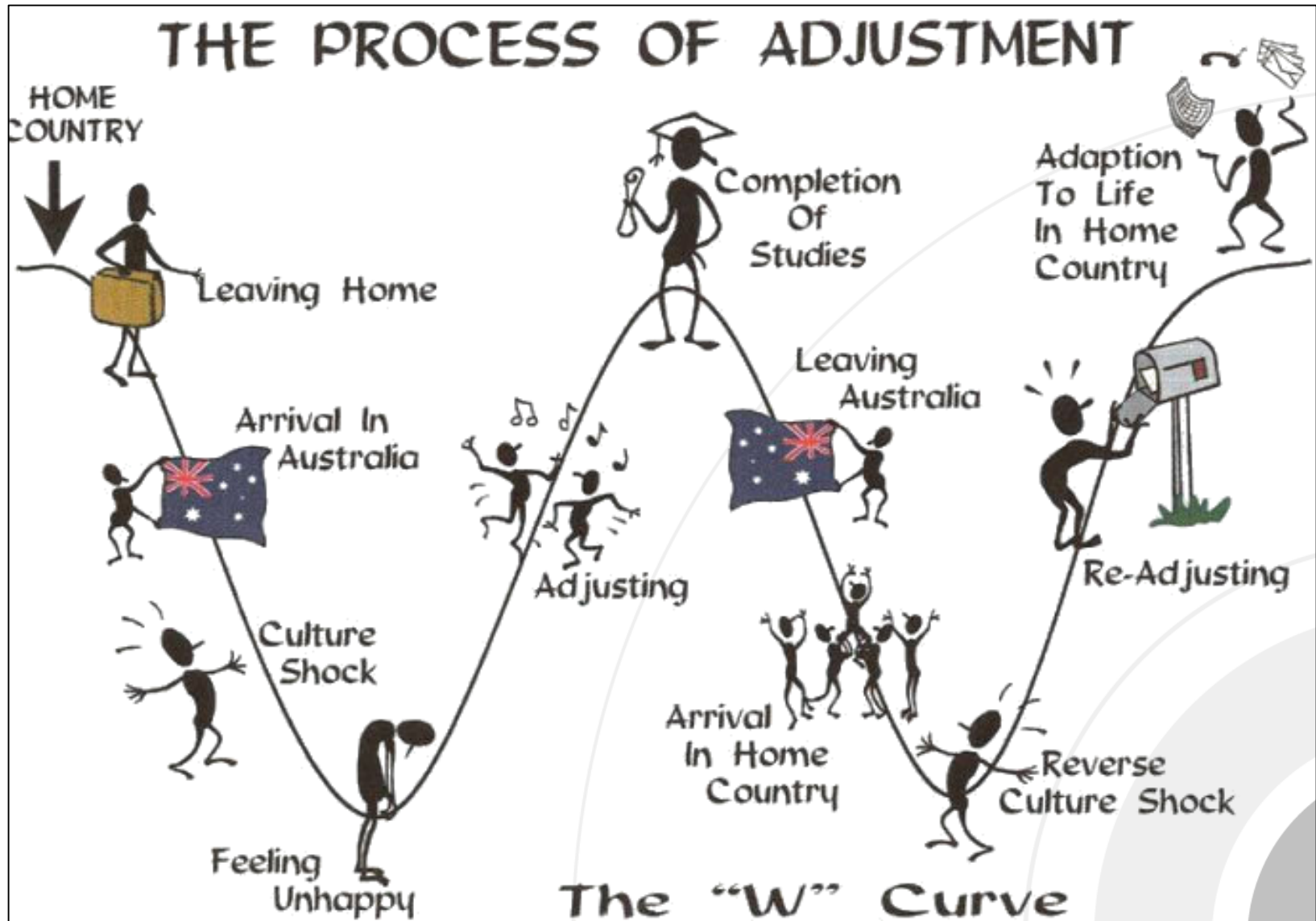
Nonverbal



Culture Shock

A decorative graphic in the bottom right corner consisting of several overlapping semi-circles of varying shades of gray, creating a layered, wave-like effect.

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

What You should know?



What You should know?



What You should know?



What You should know?



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”**

Try to enjoy the differences!

Whom to contact in need

- Find a trustworthy person from your „new home“
 - **Your Buddy**
 - **Roommate, Classmate, Friend**
 - **Study Coordinator**
 - **Me 😊**
 - Kateřina Půbalová
 - RB 302, katerina.pubalova@vse.cz (come in consulting hours or write me an email, we will figure it out together!)
 - **Psychologist from Academical Counselling Centre**

Academical Counselling Centre

- <http://fph.vse.cz/akademicke-centrum/psychologicka-poradna/for-foreign-students/>
- Contact the relevant psychologists in case of need
- 1st dates:

Date	Time	Who	Room
13 / 2	10:00 – 12:00	PhDr. Pavlína Honsová	RB 302
27 / 2	12:30 – 14:30	PhDr. Pavlína Honsová	RB 302

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=OkyWd9rFhg8>

- **Some info on CZ**

Victoria's Channel

<https://www.youtube.com/watch?v=9AH-VlyzS5A>

- **Expats on “What I should have known before...”**

<https://www.youtube.com/watch?v=0kRrCA3R3bA>

- **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!