CULTURE SHOCK
AND
HOW TO SURVIVE IT

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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

THE PROCESS OF ADJUSTMENT

HOME COUNTRY

Leaving Home

Arrival In Australia

Culture Shock

Feeling Unhappy

Arrival In Home Country

Adjusting

Completion Of Studies

Leaving Australia

Adaption To Life In Home Country

Re-Adjusting

the „W“ Curve
THE CZECHS
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
HOWEVER:

• 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 **#1 Zoo in Europe, #4 in the world** in 2015  
  (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”
WHEN FIRST AID DOESN`T WORK

**Talk / Write / Sing**
Feeling and Thinking is not all!

**Find a trustworthy person from your „new home“**
Roommate, Classmate, Friend
Study Coordinator
Me 😊
Psychologist from Academical Counselling Centre
matej.hochel@vse.cz
http://fph.vse.cz/akademicke-centrum/psychologicka-poradna/for-foreign-students/
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 + Minessotans)*

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!

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