

# CULTURE SHOCK AND HOW TO SURVIVE IT

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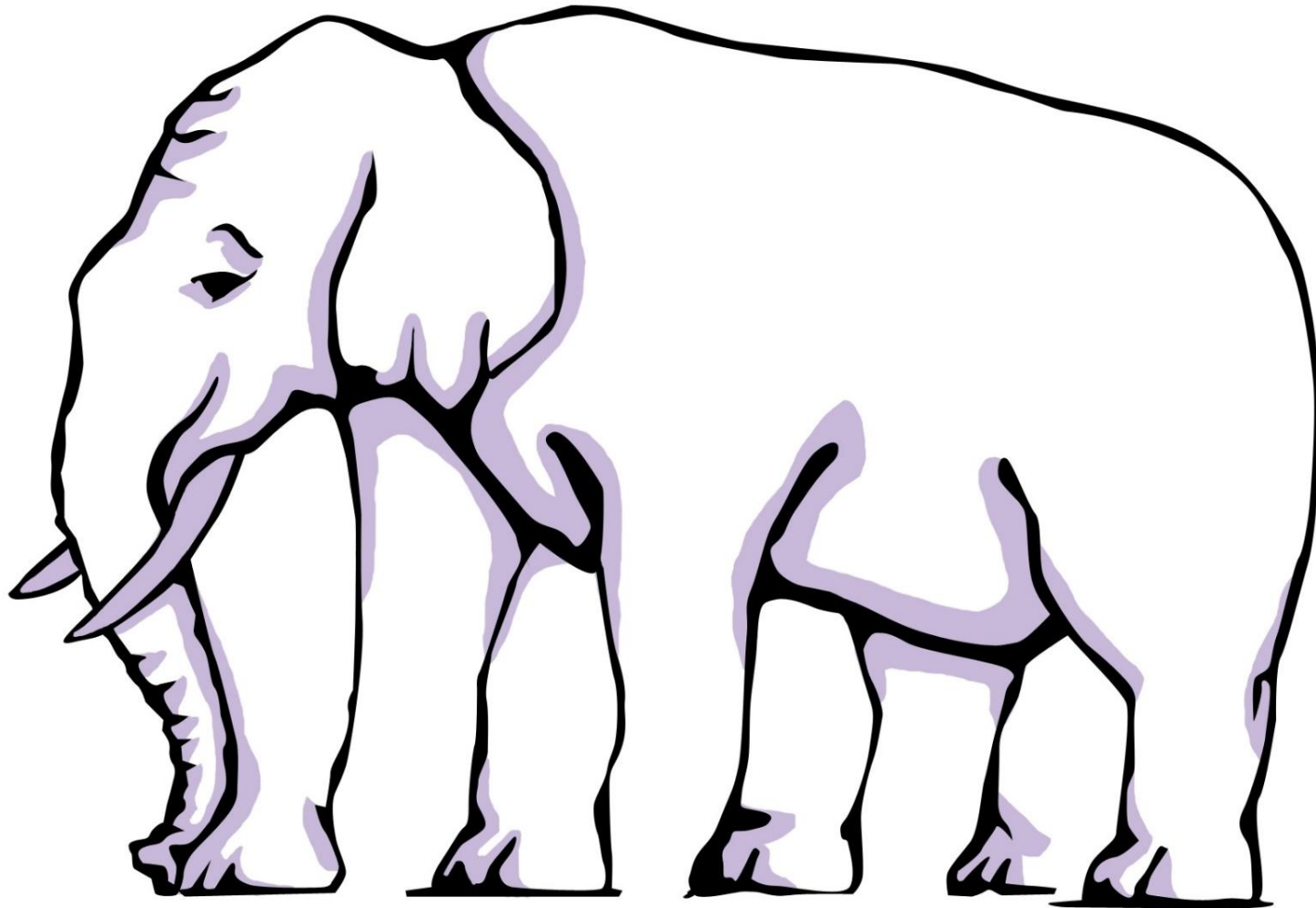
Department of Managerial Psychology and Sociology

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# YOUR EXPERIENCE

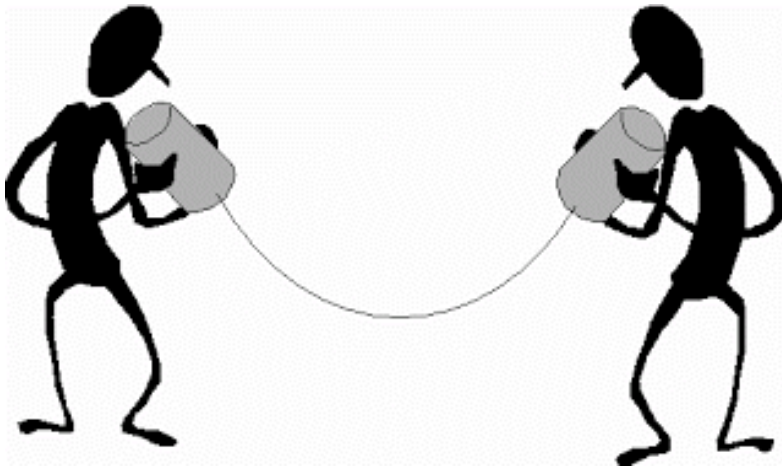
Your expectations?

# WHAT IS CULTURE AND WHY DO WE TALK ABOUT IT?



# INTER-CULTURAL COMMUNICATION

Verbal



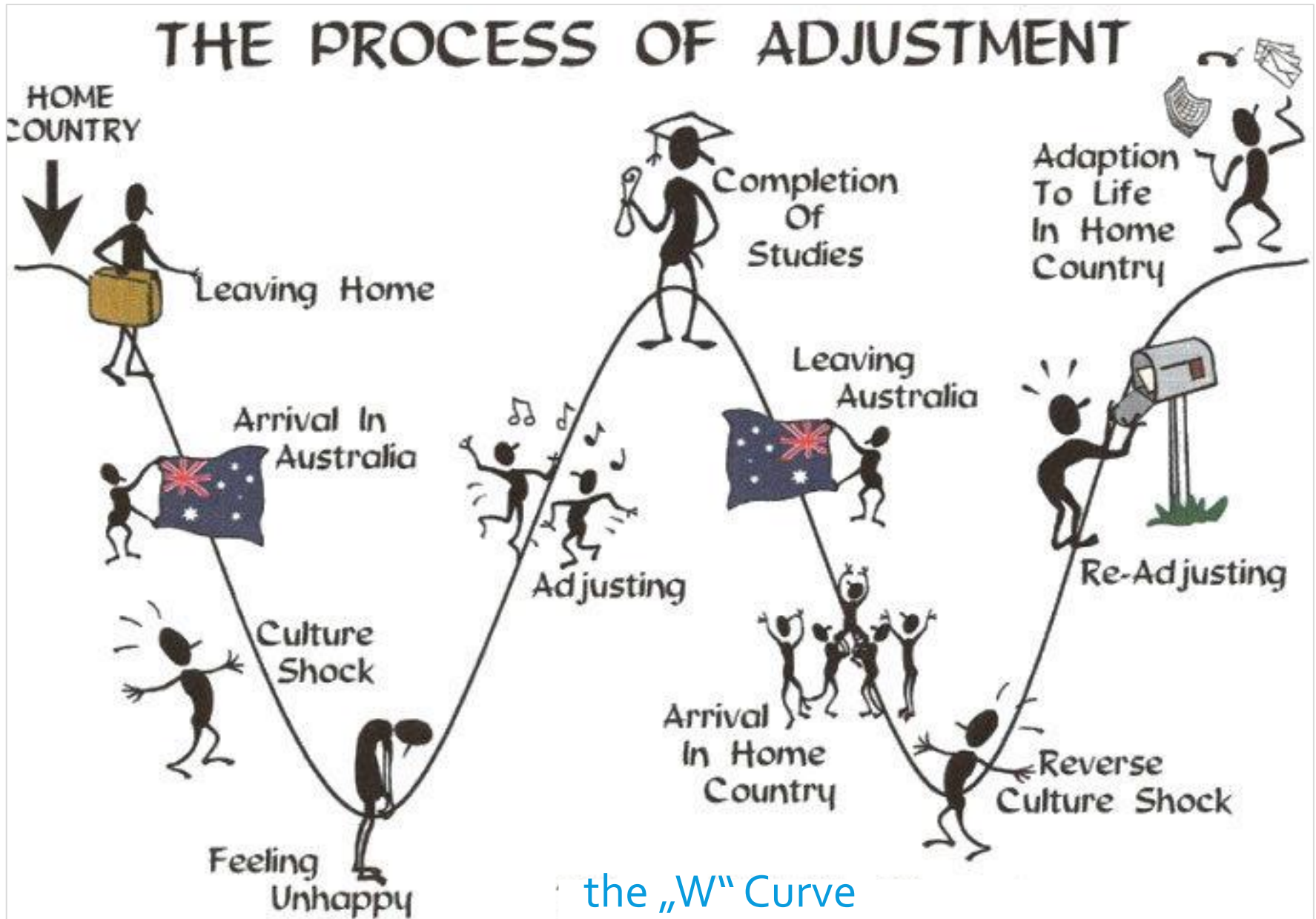
Nonverbal



# CULTURE SHOCK

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## THE PROCESS OF ADJUSTMENT



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
- Affraid 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"

(try to) enjoy the differences! 😊

# 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 Academic Counselling Centre

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<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 + 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!

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