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
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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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

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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.**

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<thead>
<tr>
<th>Title</th>
<th>URL</th>
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<tbody>
<tr>
<td><strong>Prague</strong></td>
<td><img src="https://www.youtube.com/watch?v=BFKzX7u-3yg" alt="YouTube Video" /></td>
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<td><em>Rick Steven’s Europe</em></td>
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<td><strong>Rest of CZ</strong></td>
<td><img src="https://www.youtube.com/watch?v=OkyWd9rFhg8" alt="YouTube Video" /></td>
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<td><strong>Some info on CZ</strong></td>
<td><img src="https://www.youtube.com/watch?v=9AH-VlyzS5A" alt="YouTube Video" /></td>
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<td><em>Victoria’s Channel</em></td>
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<td><strong>Expats on “What I should have known before…”</strong></td>
<td><img src="https://www.youtube.com/watch?v=okRrCA3R3bA" alt="YouTube Video" /></td>
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<tr>
<td><strong>10 Facts about CZ</strong></td>
<td><img src="https://www.youtube.com/watch?v=8LvF7R8WCYE" alt="YouTube Video" /></td>
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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!