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
Culture Shock

THE PROCESS OF ADJUSTMENT

HOME COUNTRY

Leaving Home

Arrival In Australia

Culture Shock

Feeling Unhappy

Adaption To Life In Home Country

Completion Of Studies

Leaving Australia

Re-Adjusting

The “W” Curve
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”
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

- Contact the relevant psychologists in case of need
- 1st dates:

<table>
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<th>Date</th>
<th>Time</th>
<th>Who</th>
<th>Room</th>
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<td>10:00 – 12:00</td>
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<td>RB 302</td>
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<td>27 / 2</td>
<td>12:30 – 14:30</td>
<td>PhDr. Pavlína Honsová</td>
<td>RB 302</td>
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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://girlniczechland.com/](http://girlniczechland.com/)
  *last post 2014, but brilliant!*

- **Czechesotans**  [http://czechesotans.blogspot.cz/](http://czechesotans.blogspot.cz/)
  *(Czech Culture + Minessotans)*

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


Good Luck!