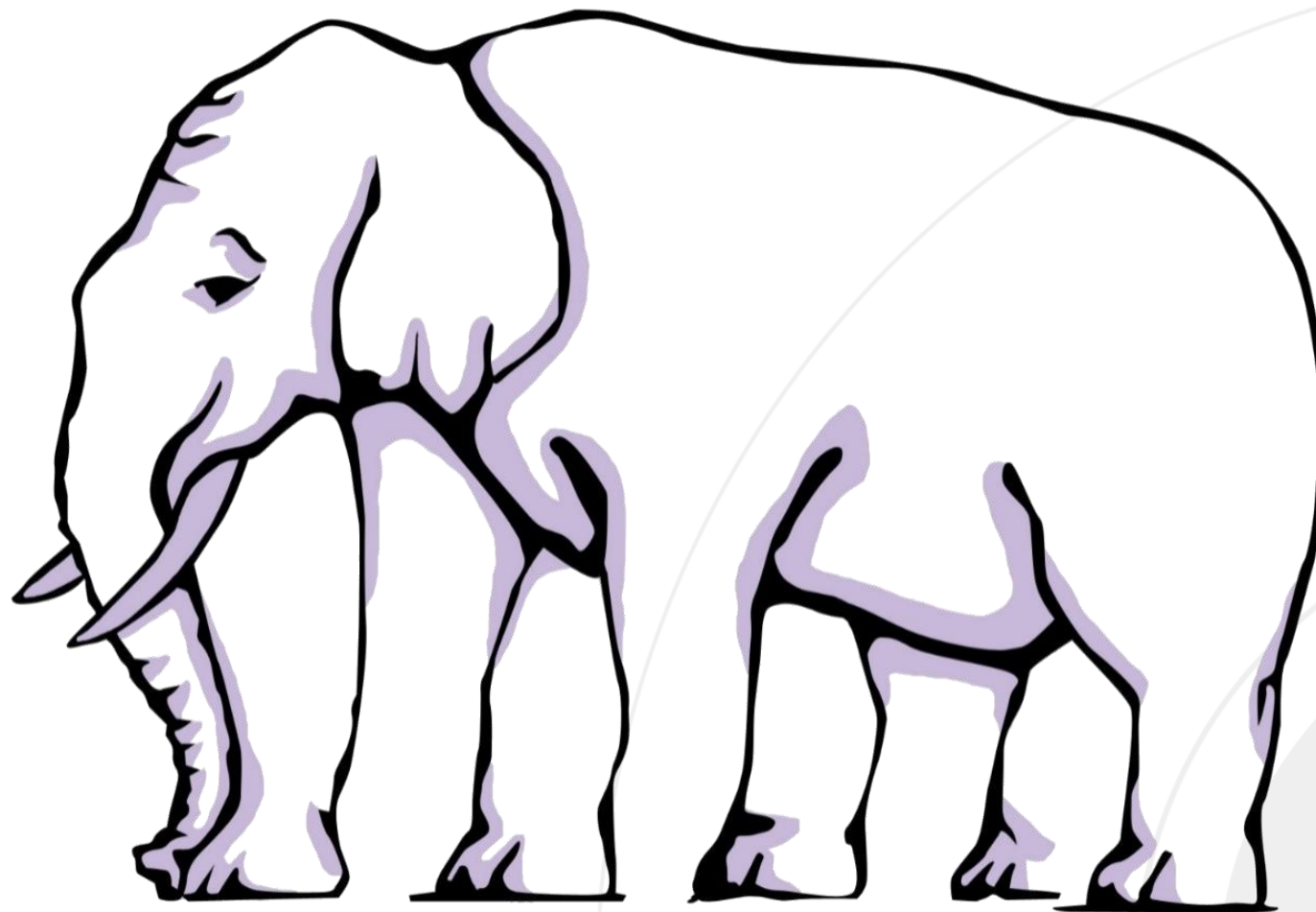




# **Culture shock and How to Survive It**

# Your Expectations?

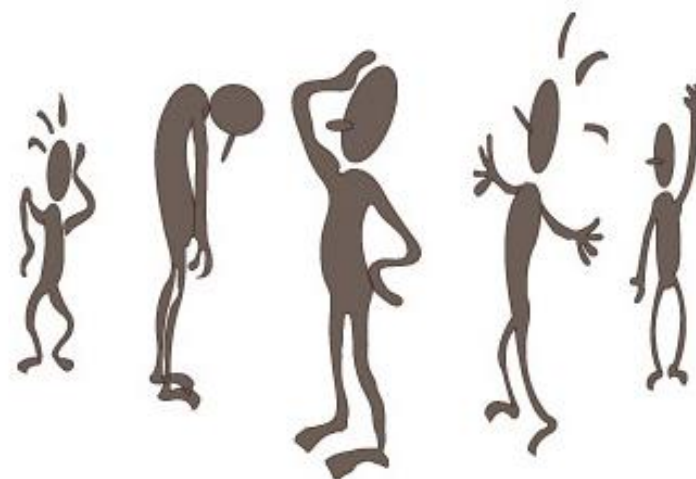
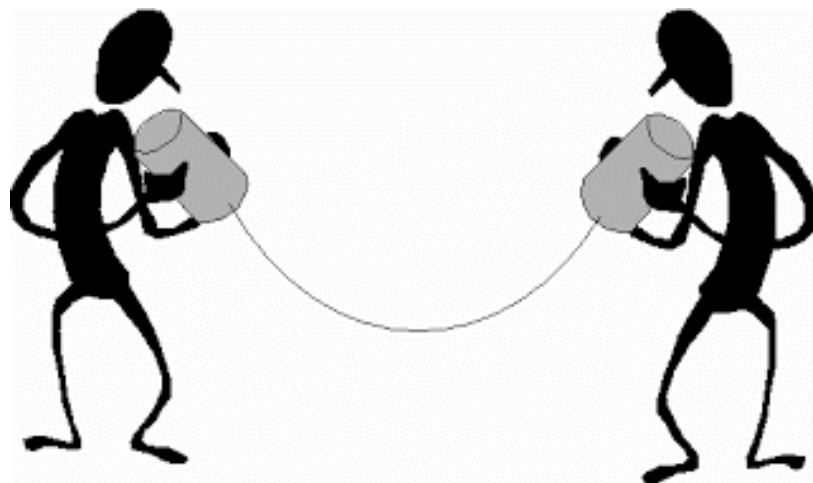
# What is culture and why do we talk about it?



# Inter-cultural Communication

Verbal

Nonverbal



**So what do you know  
about us?**

# **FUN FACTS & TRIVIA ABOUT CZECH REPUBLIC**

[https://www.youtube.com/watch?v=lg\\_8M0x5zMs](https://www.youtube.com/watch?v=lg_8M0x5zMs)

**What can you  
expect?**



# What to expect?

- **IN AVERAGE (!!!)**
- „Bad level“ of English
- Black humour
- Closed (takes time to really „open“)
- Creative
  - repairing, building, etc.
- Love for hiking, trekking, adventure
- (Life) Scepticism
- Afraid of new



# Czech Republic Easter tradition

- <https://www.youtube.com/watch?v=ic8DF260y9Y>

## Also:

- Czech Republic ranked **#9 safest country in the world**  
(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 2018  
(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

**(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**
- **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
  - PhDr. Mgr. Pavlína Honsová ([pavlina.honsova@vse.cz](mailto:pavlina.honsova@vse.cz))
  - Mgr. Nikola Frollová ([nikola.frollova@vse.cz](mailto:nikola.frollova@vse.cz))
  - Doc. PhDr. Daniela Pauknerová, Ph.D. ([daniela.pauknerova@vse.cz](mailto:daniela.pauknerova@vse.cz))
- Upcoming dates:

Date	Name	Time	Room
13/2	Pavlína Honsová	2:30 – 4:30 PM	RB 302
27/2	Pavlína Honsová	2:30 – 4:30 PM	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!**

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