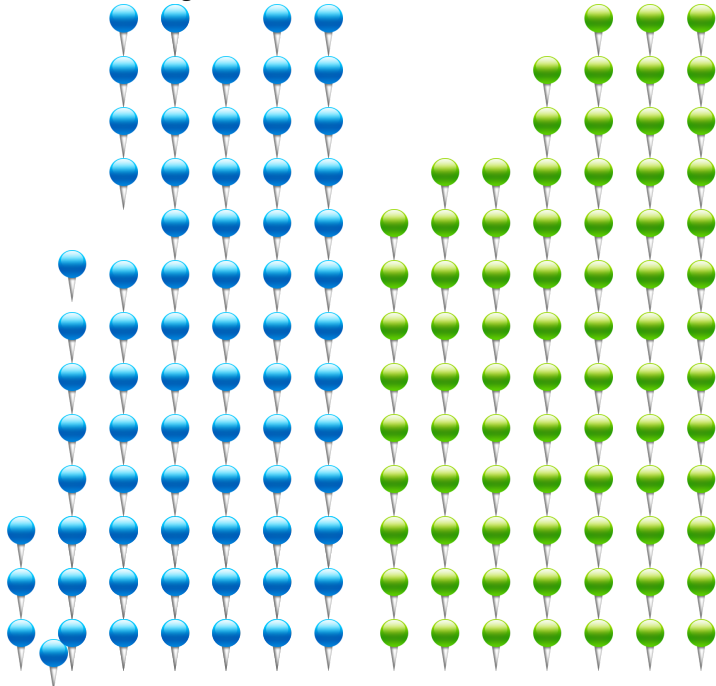




Choose a pin:
 Blue for Bachelor/ undergrad
 Green for Master/ graduate





Lovely dish!!



Pastries

bread
dumplings



Beer is cheaper than water

Alponse Mucha



Type something



older people are
"mad" when we
speak english or
don't speak
czech

not so
welcoming
people

Aschenbrödel

learn basics of Czech

new connections and friends

new friends

See and get to know a proper european city

Meet international students

friends, party, travel, network!

meet lots of international students

get to know more places outside of the "touristy" ones

new friends

make friends

Learn how to adjust to new cultures well

improve my english

Visit a lot of amazing arquitecture, clubs,

meeting nice people

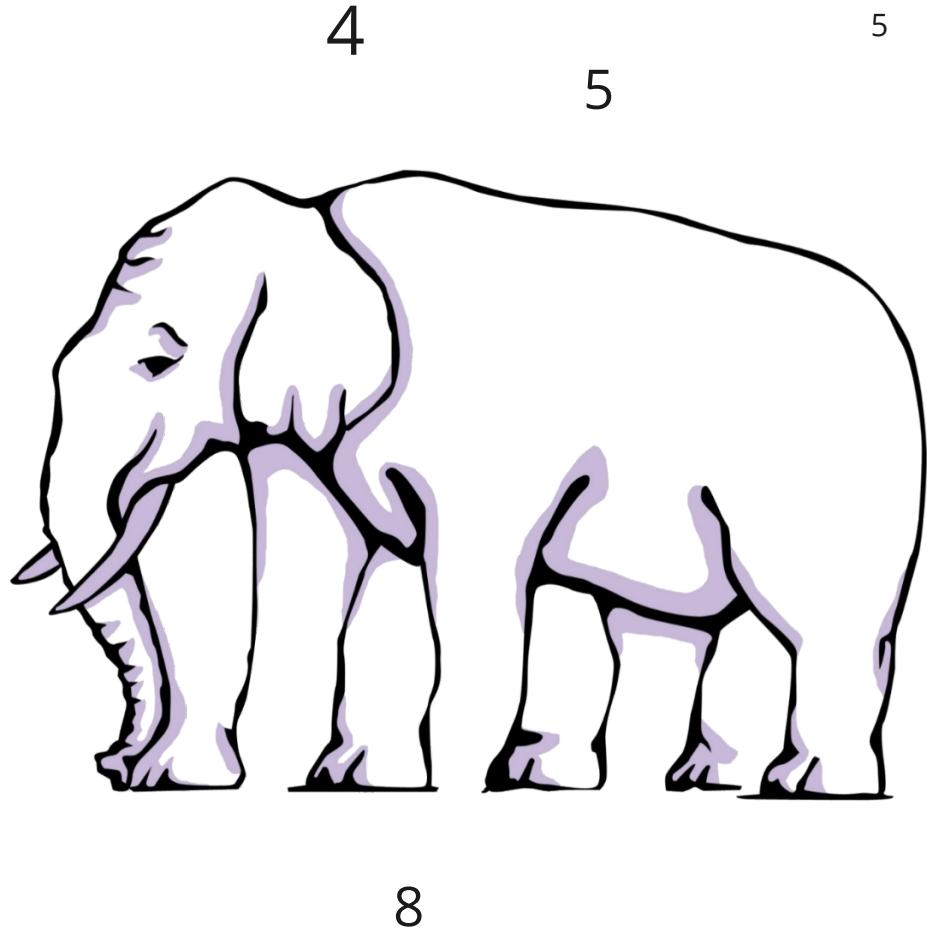
visit other european countries

Get to know a lot of new people

get to know the city / country

have a good semester with good grades

5



4

What do you see? How many legs does the elephant have?

5

The thing/ behavior, etc. we see is still the same, but we perceive and explain it differently

Some interesting videos:
[Here](#) or [here](#)

In Average



Which says
almost nothing

- „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

Some videos to check

- What it 's like studying in CZ (Study in the Czech Republic) – some tips [here](#) or [here](#)
- Some interesting videos about the country: [here](#) or [here](#)
- Tips about Prague
 1. [Study in Prague](#)
 2. [Honest guide](#)



▪ **Prague** <https://www.youtube.com/watch?v=BFKzX7u-3yg>
Rick Steven's Europe

▪ **Best of CZ**
<https://www.youtube.com/watch?v=OkyWdgrFhg8>
Rick Steven's Europe

▪ **Expats on "What I should have known before..."**
<https://www.youtube.com/watch?v=okRrCA3R3bA>

▪ **10 Facts about CZ**
<https://www.youtube.com/watch?v=8LvF7R8WCYE>

▪ **Girl in Czechland**
<https://girlinczechland.wordpress.com/>
last post 2014, but brilliant!

▪ **Czechesotans** <http://czechesotans.blogspot.cz/>
(Czech Culture + Minnesotans)

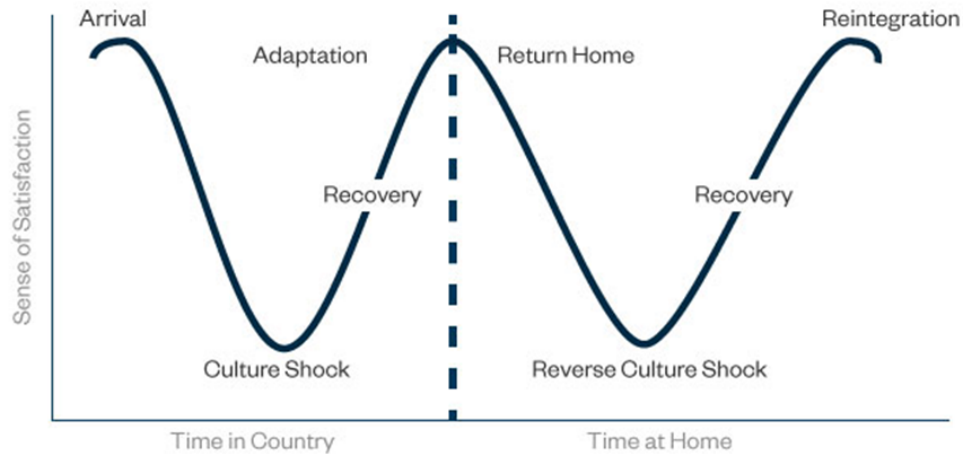
▪ **Jennifer Lyn King** <https://jennifer-lyn.com/2013/06/25/the-expat-experience-5-things-i-learned-4-years-in-prague/>
(The Expat Experience: 5 Things I Learned from 4 Years in Prague, 06/2013)

▪ **Weird things in Prague**
<http://www.weirdthingsinprague.com/>

▪ **Or find your own „hero“:**
<http://www.expatsblog.com/blogs/czech-republic/prague>

- Czech Republic ranked **#12 safest country in the world and 8th safest country in Europe** in 2023
Global Peace Index (GPI) - British Institute for Economics and Peace (IEP)
- Prague voted the **most beautiful city** by TimeOutGroup and **#6 in the World's Best Cities Ranking by British Magazine Time Out** in 2021
- Prague ranked **#15** in the World among cities for Expats to Move to Post COVID-19 (MoverDB.com)
- Czech Republic Ranked **# 25th** on the Legatum**Prosperity Index™**
- Prague Zoo ranked **#7 in the world** in 2021 (TripAdvisor)





■ Phases:

- **Honeymoon:** excitement, happy feeling, ready to tackle obstacles
- **Negotiation/ Culture Shock:** stress, unhappy feelings, having to deal with problems and differences
- **Adaptation:** getting used to other culture, good orientation
- **Mastery:** adaptation to other culture, habits, mastering differences
- Reverse Culture Shock: after coming back to home country!!!

Source: <https://www.interexchange.org/articles/visit-the-usa/reverse-culture-shock/>

How to manage your culture shock, subtle it and enjoy your stay as much as possible
Also some tips how to take care about your mental health

How to Survive Other Culture(s)

- **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"**

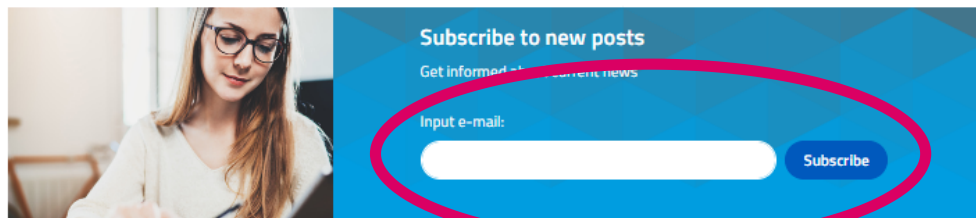
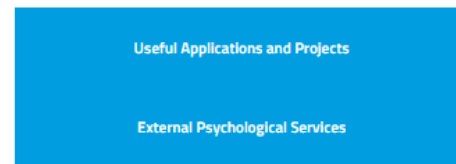
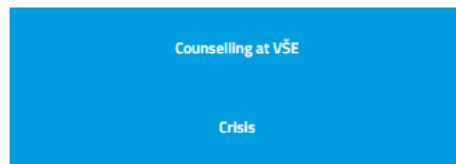
(Try to) enjoy the differences! 😊



Whom to contact in need?

- Find a trustworthy person from your „new home“
 - **Your Buddy**
 - **Roommate, Classmate, Friend**
 - **Study Coordinator**
 - **Me** (write me an email, we will figure it out together!)
 - **Psychologist from Academical Counselling Centre**

All information about the counselling and registration via <https://ac.vse.cz/english/>



30. 1. 2024
Mental Health Day



29. 1. 2024
NEW: Psychological Counselling for February



5. 1. 2024
NEW: Psychological Counselling for January



23. 12. 2023
Information for students and employees on crisis lines and psychological support options



18. 12. 2023
Merry Christmas and Happy New Year 2024



8. 12. 2023
Psychological Counselling During Christmas and Exam Period

Consultation date	Name / type of consultation	Language	Form:	Consultant	Registration
09.02.2024 15:00 - 16:00	Psychological Counselling Psychological Counselling	English	online	Nicolas Say	free capacity: 1 for students and staff
09.02.2024 16:00 - 17:00	Psychological Counselling Psychological Counselling	English	online	Nicolas Say	free capacity: 1 for students and staff

Culture Shock and How To Survive It?

Kateřina Půbalová

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Department of Managerial Psychology and Sociology

Faculty of Business Administration

1. Register and agree to conditions



The registration system is hidden, only you and the counsellor can see the name of a registered client

2. Filter the language and other options

Offered consultations

--all types-- English --all forms-- --all registration types-- filter [cancel filter](#)

3. Choose the timeslot. You can even subscribe to the waiting list

Consultation date	Name / type of consultation	Language	Form:	Consultant	Registration	Actions
09.02.2024 15:00 - 16:00	Psychological Counselling Psychological Counselling	English	online	Nicolas Say	free capacity: 1 for students and staff	show
09.02.2024 16:00 - 17:00	Psychological Counselling Psychological Counselling	English	online	Nicolas Say	free capacity: 1 for students and staff	show
23.02.2024 15:00 - 16:00	Psychological Counselling Psychological Counselling	English	in person	Nicolas Say	registration of alternates for students and staff	show
23.02.2024 16:00 - 17:00	Psychological Counselling Psychological Counselling	English	in person	Nicolas Say	registration of alternates for students and staff	show

