

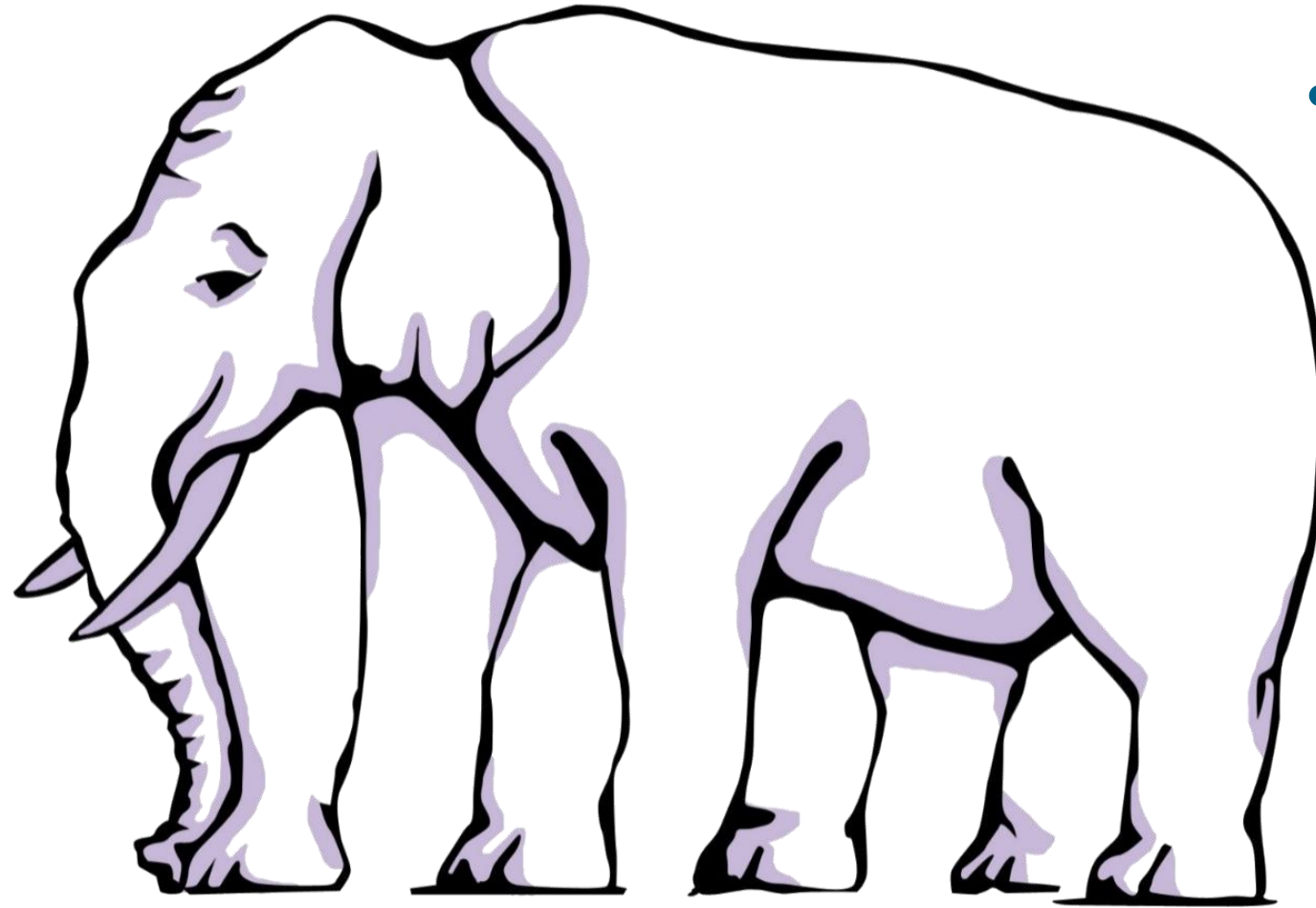


Culture Shock and How to Survive It

Kateřina Půbalová | Winter 2021

Department of Managerial Psychology and Sociology | Faculty of Business Administration

Culture – why do we talk about it



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

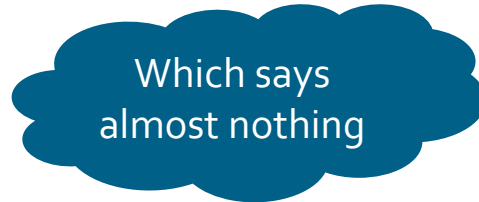
The thing/ behavior, etc. we see is still the same, but we perceive and explain it differently

Czech Culture

And some explanation about us

Czech Culture

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

Some videos to check

- What it's like studying in CZ (Study in the Czech Republic) – some tips [here](#) or [here](#)
- Tips about Prague
 - [Study in Prague](#)
 - [Honest guide](#)
- [Top 10 places to visit in CZ](#)

Some other useful information about CZ

- Czech Republic ranked **#9 safest country in the world** in 2021
(Global Peace Index (GPI) - British Institute for Economics and Peace (IEP))
- Prague ranked **#4 best city for youth expat life** in 2012
(Daily Telegraph) and **#15** in the World among cities for Expats to Move to Post COVID-19 (MoverDB.com)
- Prague Zoo ranked **#7 in the world** in 2021
(TripAdvisor)

Some more videos and blogs about Czech Culture

■ **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 + Minnessotans)

■ **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>

Culture Shock

Information, How to Survive it, How is COVID changing everything

Phases of Culture Shock



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

- 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!!!

Survival Kit

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

- **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 Academic Counselling Centre**

Academical Counselling Centre

- <https://ac.vse.cz/english/>
- Contact the relevant psychologists in case of need
 - PhDr. Mgr. Pavlína Honsová (pavlina.honsova@vse.cz)
 - Mgr. Nikola Frollová (nikola.frollova@vse.cz)
 - PhDr. Lenka Šilerová, Ph.D. (lenka.silerova@vse.cz)
 - Doc. PhDr. Daniela Pauknerová, Ph.D. (daniela.pauknerova@vse.cz)

Upcoming dates for the winter semester

- Counselling provided both online and in-person

Date	Name	Time	Room
23/9	Pavλίna Honsov	01:00 – 03:00 PM	RB 302/ online
27/9	Lenka řilerov	12:00 – 02:00 PM	RB 301/ online
7/10	Nikola Frollov	09:00 – 11:00 AM	RB 423/ online
14/10	Pavλίna Honsov	01:00 – 03:00 PM	RB 302/ online

Dealing with Culture Shock in Covid-19 times

- Uncertainty, possible fast changes of situation, less social events...
 - You might deal with anxiety, homesickness, insecurity, etc.
- What to do:
 - Keep calm and don't panic!
 - If you are "lost" and need advice, do not hesitate to ask relevant person
 - Keep contact with your Buddy, meet other Czech students so you have contacts with locals
 - Keep contact with your family and friends at home
 - Modern technologies work great! 👍
 - Contact our psychologists





Good Luck!



GOOD LUCK!!!

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