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Master's Thesis Presentation
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Cultural Dimensions of Adaptation

Everyday Experiences of
Migrants in the Czech
Republic

Why I Chose This Topic

Migration is often discussed politically or statistically.

But adaptation happens in everyday life — through relationships, routines, emotions, and small interactions.

What does it actually feel like to build a life in a new country?



Why Adaptation Matters

- Migration increasingly shapes Czech society
- Integration is not only economic or legal
- Feelings of belonging influence quality of life
- Social acceptance plays an important role

Research Aim

- Understand everyday experiences of migrants in the Czech Republic
- Identify factors influencing adaptation
- Explore relations with the majority society

Methodology

- Qualitative research
- Semi-structured interviews
- Focus on lived experiences and personal narratives

What Shapes Adaptation?

Language

Economic
stability

Institutions

Relationships

Social
support

Cultural
openness

Language helps people
function — but not
always belong.

Communication with
institutions

Everyday confidence

Loneliness despite fluency

Everyday Life & Invisible Stress

- Bureaucracy and paperwork
- Housing insecurity
- Employment instability
- Emotional exhaustion
- Pressure to adapt

Relationships & Belonging

- Friendships and social acceptance
- Feeling between cultures
- Stereotypes and prejudice
- Adaptation ≠ assimilation

Different Experiences

**Adaptation is
individual**

**Experiences
depend on
personality,
background, and
support systems**

**There is no
universal migrant
experience**

Main Findings

1. Adaptation is multidimensional

2. Language alone is insufficient

3. Social acceptance matters deeply

4. Belonging develops gradually



Conclusion

Successful adaptation is not about completely losing one identity and replacing it with another.

It is about creating a stable and meaningful life while navigating between cultures.

Discussion

- **What can society learn from migrant experiences?**
- **Why is integration a mutual process?**
- **How can communities create more open and supportive spaces?**

Thank You!

I'd love to hear your thoughts & experiences.

If you have any questions or want to share something with me, please reach out to nugmanovabates@gmail.com