

### Calling or video chatting a friend or family member.



HublCL

Watching a movie or reading a book in your native language.





Watching a movie or reading a book from an unfamiliar culture.



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Journaling about your feelings.





# Confiding in a friend about your feelings.



### Exploring or trying something new within your host culture.





Reaching out to your study abroad coordinator and asking them for advice.

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Writing down what you love about your host culture.





### Trying to make local friends/get involved in the local community.

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## Hubicl

## Learning the language (if applicable).





Code switching to another way of communicating.

Hubicl

Asking questions about behaviors or cultural phenomena that seem unfamiliar/strange.





Making a list of goals that you want to accomplish, or revisiting your goals and assessing your

progress.

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Trying to get to know new teammates as people, not just work partners.



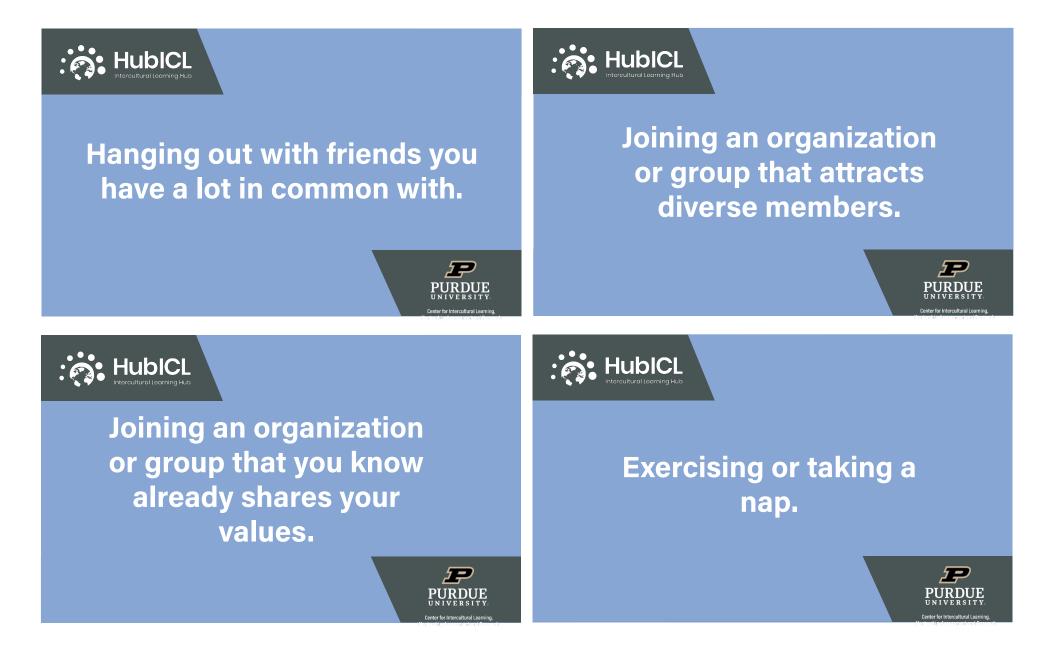


Visiting a new part of town that you're unfamiliar with.

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Introducing yourself to someone who doesn't look or speak like you.







Sharing a beverage or meal with a co-worker or peer from a different cultural background.



HubICL

## Seeking a roommate who's culturally different from you.





Reflecting on or investigating your own cultural background to develop more self-awareness.

Practice a hobby that is familiar or comfortable to you.





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### Searching for information on an unfamiliar culture.

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Searching for patterns in local culture and draw some conclusions about what you're experiencing (check with an

insider).





Practicing mindfulness or meditation.

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Inviting someone outside of your social group to one of your usual social functions.

