

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

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

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

**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.**

**Writing down what you love  
about your host culture.**

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

**Learning the language (if applicable).**

**Code switching to another way of communicating.**

**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.**



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**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.**



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**Hanging out with friends you  
have a lot in common with.**

**Joining an organization  
or group that attracts  
diverse members.**

**Joining an organization  
or group that you know  
already shares your  
values.**

**Exercising or taking a  
nap.**

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

**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.**

**Searching for information on an unfamiliar culture.**

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

**Practicing mindfulness or meditation.**

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