

# Fulbright Gateway Orientation

Funded by the U.S. Department of State and  
Administered by the Institute of International Education  
Presented by the Office of International Education, University of Colorado Boulder

**University of Colorado Boulder**  
**Boulder, Colorado, USA**

**August 1 - 5, 2011**



## Participant Handbook



Office of International Education  
UNIVERSITY OF COLORADO **BOULDER**

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## **Welcome from Larry Bell, Director of the Office of International Education at the University of Colorado Boulder**

*Welcome to the University of Colorado Boulder! We are extremely pleased to have you visiting our campus for this short time and hope that your stay is a pleasant enough time that it inspires you to come back for a longer visit.*

*Boulder is a terrific city that has all of the amenities you might need to have an enjoyable first week in the United States. The city is friendly and welcoming for visitors. At the foot of the Rocky Mountains, it is also a popular tourist destination. Boulder is known for its friendly people, outdoors activities, and educational values.*

*The University of Colorado Boulder is happy to help you start your academic program. We are the top research university in the region and look forward to helping you start your U.S. studies with some general background and preparation. We also hope to acquaint you with some of the differences in studying in an academic setting in the U.S. so that you are ready for real studies that begin in a few weeks.*

*This week with us will be a chance for you to learn about higher education in the U.S., prepare to start your serious academic programs, and ask questions about your program.*

*We hope you enjoy your stay, learn about the United States, get ready for academic programs, and rest up from your trip to the U.S.! The next year or more will be an important time for you as you move to a new stage of life and we are excited to help you get ready for that experience.*

## **Dinner options on Monday night**

Dinner on Monday night is on your own. See the descriptions of local restaurants in the section below on Wednesday night options as these would be good choices for Monday night as well.

The closest restaurants to Kittredge West are in the Basemar Shopping Center at the corner of Baseline Road and Broadway (see the Basemar listings on page 8).

## **Gateway Housing, Phones, Internet Access, Recycling, & Safety**

You will be housed in double rooms (i.e. two to a room) in [Kittredge West Hall](#) on the University of Colorado Campus. We will provide you with a guest account, so that you will have internet access.

Please note that:

1. There are no phones in the residence hall rooms.
2. Smoking is not permitted in any campus building.
3. Firearms, weapons, ammunition, fireworks, explosives and highly flammable materials are not allowed within housing facilities or on the grounds.
4. All individuals who are under the legal drinking age of 21 may not consume or possess alcohol. Individuals who are of legal drinking age may possess and consume alcohol only in the privacy of their room with the door closed. Alcohol cannot be consumed or carried in open containers on any street, sidewalk, alley, automobile, or public area on campus.

### **Using Computers on Campus:**

During your stay at the University of Colorado, you will have free wireless internet access from your personal laptop or other wireless device.

If you don't have a computer with you, you can use the public computers available on the second floor of Norlin library (open 7:30am - 6:30pm on weekdays).

### **Pay Phones for Long Distance Calling:**

While you are at the University of Colorado you will have access to two locations of pay phones. The closest pay phones are located outside Whole Foods at the Basemar Shopping Center. To get to Whole Foods, walk south to Broadway and Baseline. Cross the street towards Starbucks and turn left. Whole Foods is located in the shopping center at 2584 Baseline Road. Two payphones reside near the store exit and the Egg and I restaurant.

The other pay phones are located inside the University Memorial Center (UMC) for any long distance calling you wish to make. The phones are located behind the stairs on the main floor of the UMC. Enter from the UMC Dalton Trumbo Fountain Court entrance (east side) and walk directly back, past the ATM and Scarpie computers, towards "The Connection" bowling alley. The phones are on the back wall, on the right of the entrance to "The Connection". The UMC hours are 7am - 10pm.

### **Recycling:**

Established in 1976, CU Recycling is one of the oldest campus recycling programs in the country. You'll find recycling bins for paper products and drink containers all over campus. Please help us do our part for the environment by using the recycling bins!

### **Safety**

Boulder and the University of Colorado campus are relatively safe places, but you should always be aware of your surroundings. We especially suggest that you watch your personal belongings when out in public and that you don't walk around alone at night (always go with a buddy). Here is a short safety video that may be helpful:

<http://www.colorado.edu/police/safety/index.html>.

## ***Places of Interest on Campus***

### **ATM's**

There are a number of ATM's on campus. The closest to Kittredge West Hall is the ATM outside of the Planetarium. There are also ATM's at Regent Hall, the UMC (see below), the Student Recreation Center, and other locations.

### **University Memorial Center (UMC)**

This is our student center. This is where you'll find the CU Bookstore, a credit union, some ATM's, food courts, and general information about the university. UMC summer hours are:

**Monday - Thursday:** 7am - 10pm

**Friday:** 7am - 11pm

**Saturday:** 9am - 11pm

**Sunday:** Noon - 10pm

### **Student Recreation Center**

You will be able to use the Student Recreation Center located just north of Kittredge Hall (<http://www.colorado.edu/rec-center/>) for a charge of \$6/day. (On Tuesday, we will have a paid entry for you before and after the dinner time barbeque.)

The Rec Center is a state of the art facility with cardiovascular equipment, an indoor climbing wall, a free-weight room, multi-use gymnasiums, basketball courts, and handball/wall ball/racquetball courts, 2 squash courts, tennis courts, a badminton court, table tennis tables, a diving well, a 25-yard lap swimming pool, an ice arena, an indoor running track, a stationary bike studio, a rowing studio, and locker rooms and shower facilities with dry heat saunas (free locks and towels available). Hours during the Gateway week are 6am-10pm.

### **CU Museum**

The CU Museum, located off Broadway and College avenues, houses collections from the fields of Anthropology, Botany, Entomology, Paleobiology/Geology and Zoology. They currently are showing an exhibit of Navajo textiles that is quite amazing! Museum Hours on weekdays are 9:00 am - 5:00 pm.

## ***Tuesday night: Barbeque at the CU Recreation Center***

On Tuesday night, dinner will be served as a U.S.-style barbeque (BBQ) at our Student Recreation Center on campus. Dinner will be served at 7:00 pm at the Rec Center Pool-Patio. Before and after the dinner, you will be able to use the facilities of the Recreation Center (open until 10 pm – but you may leave any time after dinner). University of Colorado students will be your guides to the Rec Center.

Rec Center facilities include: pool; sauna; locker rooms and showers; weight room; cardio equipment; gym areas for basketball, volleyball, and badminton; an indoor walking/running track, and more.

## ***Wednesday night: Free Time and Dinner in Boulder***

You have \$35 for dinner in Boulder and transportation in Boulder around the city. You can find information about the bus system here: <http://www.rtd-denver.com/>. **Bus rides in Boulder cost \$2.25 oneway and you must have exact change.** One of the most common bus routes in Boulder is the HOP, which can take you from campus to the downtown Boulder area and to several shopping centers and back. Information about the HOP can be found here: [http://www.bouldercolorado.gov/index.php?option=com\\_content&view=article&id=8825&Itemid=2994](http://www.bouldercolorado.gov/index.php?option=com_content&view=article&id=8825&Itemid=2994)

### **Places of Interest in Boulder**

**Bands on the Bricks featuring FACE (all-vocal rock):** For the past 11 summers, thousands of people head to Downtown Boulder every Wednesday evening to dance, picnic, and listen to the best local bands along the Front Range. This event is called Bands on the Bricks because the bands play right in the center of the brick-paved outdoor Pearl Street Mall. In its 12th year, Bands on the Bricks will feature tunes that will make you want to move and groove!

**Date/Time:** Wednesday, August 4, 2010 at 7:00 pm - 9:00 pm

**Website:** <http://www.boulderdowntown.com/calendar/54216/5490/>

**Event Address:** 1300 Block of Pearl Street

**Location:** Boulder County Courthouse

**Directions:** Walk north down Broadway or take a bus to the Pearl St. Mall. Head east (away from the mountains) up the mall to the event.

**Phone:** 303-449-3774

**Admission:** FREE

**Boulder Farmer's Market:** Locally grown vegetables, meats, fruits, flowers, plants, gourmet cheeses and wines sold by the farmers that produce them. Even if you don't purchase food items, walking through the Farmer's Market is a fun way to get a feel for the spirit of Boulder. There are also food vendors that offer pre-made delicacies such as tamales, Asian dumplings, baked goods, ice cream, etc.

**Date/Time:** Wednesday, August 4, 4:00 pm - 8:00 pm

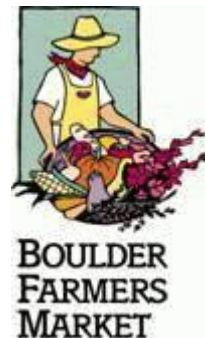
**Website:** [www.boulderfarmers.org](http://www.boulderfarmers.org)

**Location:** 13th St. between Canyon & Arapahoe

**Directions:** Walk north down Broadway or take a bus to Arapahoe. Walk east one block to 13th St.

**Phone:** 303-910-2236

**Admission:** FREE



**Boulder Creek Path:** Walking along the central Boulder Creek path is another way to get a feel for the lifestyle of locals and take a nice walk that is largely shaded and cooled by the mountain water of the creek. You may see

kayakers and tubers in the creek, along with a sampling of Boulder's talented running, biking and tri-athlete community.

**Location:** You can access the Boulder creek path from the Pearl Street area by walking towards the creek along Broadway, 9th Street, 13th street (from Pearl Street) or other points. From Kittredge, head north towards the Recreation Center and head down the hill using paved foot path. The Boulder Creek path follows the creek on the far side.

**Boulder Theater:** Local, national, and international musicians and film.

**Website:** <http://bouldertheater.com/>

**Location:** 2032 14th St.

**Directions:** Walk north down Broadway or take a bus to the Pearl St. Mall. Walk east 2 blocks to 14th St.

- **Chuchito Valdes Afro- Cuban Ensemble**  
Born in Havana Cuba, Chuchito Valdes comes from one of the most distinguished musical families in Cuba.  
**Date/Time:** Thursday, August 5, 2010 at 7:30 pm  
**Door Time:** 8:30 pm  
**Audience:** 21 and Over  
**Admission:** \$24.00 - \$30.00

**Chautauqua and the Colorado Music Festival:** Chautauqua is a great place to eat, hike, and listen to music. This park gives full access to many of Boulder's best trails and peaks and offers an amazing, breathtaking view of the City of Boulder from the famous Flatirons.

**Directions:** Go west from Kittredge down Regent Drive to Broadway St. Veer left onto 20<sup>th</sup> St. and take a right on Cascade Ave. Take a left on 9<sup>th</sup> St. and walk up one block.

- **Hiking trail guide:** [http://www.chautauqua.com/hiking\\_map.htm](http://www.chautauqua.com/hiking_map.htm)
- **The Colorado Music Festival Finale: Hindson/Barton:** Kalkadungu, **Mahler:** Symphony No. 5
- **Date/Time:** Thursday, August 5 at 7:30 pm  
**Website:** [www.coloradomusicfest.org](http://www.coloradomusicfest.org)  
**Tickets:** <http://www.coloradomusicfest.org/default.asp>  
**Location:** Chautauqua Auditorium  
**Event Address:** 900 Baseline Road  
**Phone:** 303-440-7666  
**Admission:** from \$12

### **Boulder Restaurants (that are favorites of Office of International Education staff!)**

**Basemar Shopping Center:** The Basemar Shopping Center offers a variety of restaurants, many included in this list, but also the following fast food restaurants:

Arby's <http://www.arbys.com/>

Einstein Bros Bagels <http://www.einsteinbros.com/#/home/>

Subway <http://www.subway.com/subwayroot/index.aspx>

Taco Bell <http://www.tacobell.com/>

**Boulder Dushanbe Teahouse:** The Teahouse was a gift to the city of Boulder from our sister city in Dushanbe, Tajikistan. More than 40 artisans in several cities of Tajikistan created the decorative elements in the Teahouse, including its hand-carved and hand-painted ceiling, tables, stools, columns, and exterior ceramic panels. In addition to enjoying the beauty of the teahouse, you can enjoy a fine selection of tea and lunch or dinner choices. Dinner entrees \$11-20.

**Website:** <http://www.boulderteahouse.com/>

**Directions:** 1770 13th Street. From Kittredge take Regent Dr. west to Broadway and walk down the hill to Arapahoe Ave. Turn right on Arapahoe for one block and then turn left on 13th. It's between Arapahoe and Canyon. (303) 442-4993

**Chy Thai:** This restaurant serves delicious, inexpensive and quick Thai food, with take out available. Dinner entrees from \$9-12.

**Website:** <http://www.chythaicuisine.com/>

**Directions:** 2720 Canyon. From Kittredge, head out north towards the Recreation Center, down the paved pedestrian path behind the Recreation Center. Walk down the hill, over Boulder Creek, to the Boulder Creek path. Turn right (east) on the Boulder Creek path and continue on to 28th Street. Turn left (north) on 28th and head past Arapahoe Ave. to Canyon Blvd., turn left for half a block. (10 minutes).

*By bus:* walk to Regent Drive. Take the 209 bus headed east. Get off at Canyon and 28<sup>th</sup>.

**Crepes A La Carte:** They will wrap anything you can think of into a delicious, batter-y crepe! They serve crepes for breakfast, lunch, dinner, or dessert. Wash down your crepe with a glass of wine or beer. Dinner entrees under \$10.

**Directions:** 2018 Broadway Ave. From Kittredge take Regent Drive west to Broadway and walk down the hill. It's on Broadway between the Pearl Street Mall and Spruce St. 303-444-4191

*By bus:* take the northbound Skip or the 204 from Regent and Broadway for \$2.

**Daddy Bruce's BBQ:** Daddy Bruce's southern style brisket and baked beans is to DIE for, the portions are huge, and your nose will lead you there from a mile away! If it's not busy while you eat, Bruce himself will play some tunes for you on the piano. Note: Cash only. ATM on-site.

**Directions:** 2000 Arapahoe Ave. From Kittredge head out north towards the Recreation center and walk down the paved pedestrian path behind the Recreation Center. Walk down the hill, cross over Boulder Creek and continue north up 19th Ave. to Arapahoe. Turn right on Arapahoe and continue on for one block. It's on the corner of Arapahoe and 20th St. 303-449-8890

**Happy Noodle House:** Happy and chic! Get a large entree or a small appetizer, while enjoying a nice glass of wine and friendly service. Dinner entrees \$10-17.

**Website:** <http://www.happynoodlehouse.com/>

**Directions:** 835 Walnut St. From Kittredge take Regent Dr. west to Broadway and walk down the hill. At Walnut St. (one block before the Pearl St. mall) turn left and continue on for 2.5 blocks past 9th St. 303-442-3050

*By bus:* take the northbound Skip (Lee Hill) from Regent and Broadway to Walnut for \$2. Walk west 2.5 blocks.

**Khow Thai Cafe:** This is a Thai-inspired cafe with great Pad Thai, curry dishes, spring rolls, and soups; quick service, can be eat-in or take-out. Dinner entrees \$6-10.

**Website:** <http://www.khow-thai.com/cms/>

**Directions:** 1600 Broadway. From Kittredge take Regent Dr. west to Broadway and walk down the hill. It's at the intersection of Broadway and Arapahoe, across from Alfalfa's. 303-447-0273

**The Kitchen:** Specializing in local and seasonal food, this is American-style eating at its best! Dinner entrees \$18-30.

**Website:** <http://www.thekitchencafe.com/>

**Directions:** 1039 Pearl St. From Kittredge take Regent Dr. west to Broadway and walk down the hill. Turn left (west) on Pearl St. Mall. It's between 11th and 10th streets. 303-544-5973

*By bus:* take the northbound Skip (Lee Hill) from Regent and Broadway to Walnut for \$2. Walk north one block to Pearl and west 1.5 blocks.

**May Wah:** This restaurant offers Chinese, Vietnamese, and Thai food! Dinner entrees \$8-12.

**Website:** <http://www.maywah.net/>

**Directions:** 2500 Baseline Road. Walk south on Broadway to Baseline Road. Cross Baseline towards Starbucks and turn left until you get to the Basemar Shopping Center entrance.

**Mediterranean (aka, "The Med"):** The locally owned 'Med' offers Italian, Spanish, French, and Greek cuisine. The extensive menu boasts tapas, fresh salads and seafood, paella, pastas, grilled and organic specialties, wood oven pizzas and house-made desserts. They're great at suggesting wine pairings, and not too expensive for quality food. In addition they offer 50% off tapas during their daily happy hour from 3 p.m. to 6:30 p.m. Dinner entrees \$9-29.

**Website:** <http://www.themedboulder.com/>

**Directions:** 1002 Walnut. From Kittredge take Regent Dr. west to Broadway and walk down the hill. Turn left (west) on Walnut, just before the Pearl Street Mall, and walk a few blocks. It's between 10th & 11th Streets.

*By bus:* take the northbound Skip (Lee Hill) from Regent and Broadway to Walnut for \$2. Walk west on Walnut to 10th.

**Mountain Sun:** A fun "Boulder" atmosphere with great vegetarian options and original beer. Note: Cash only. ATM on-site. Dinner entrees \$4-8.

**Website:** <http://www.mountainsunpub.com/>

**Directions:** 1535 Pearl Street. From Kittredge take Regent Dr. west to Broadway and hop on the 204 (Table Mesa) to Walnut and 16th for \$2. After exiting, walk back to 15th and then right (north) to Pearl. Or walk down to the Pearl Street mall and stroll to the east end. (303) 546-0886

**Noodles and Company:** This quick service restaurant offers inexpensive pasta and noodles from around the world, and they have take-out available. Entrees \$6-10.

**Website:** <http://www.noodles.com/>

**Directions:** 2850 Baseline Road. Walk south on Broadway towards Baseline Road. Cross Baseline and head towards Starbucks. Take a left at Starbucks and walk down Baseline until you see the Basemar Shopping Center entrance. Noodles and Company is located to the left of Whole Foods.

**Pupusas Sabor Hispano:** This restaurant serves delicious Salvadorian and Mexican fast food. It's worth the trek to North Boulder. Dinner entrees under \$10.

**Directions (by bus only):** 4457 Broadway. Take the northbound Skip for \$2 from Regent and Broadway to Violet Ave. (14 minutes). 303-444-1729

**The Sink:** The Sink is often described as a Boulder institution and is very well known for its burgers. However, the Sink has a diverse menu with plenty of other choices. The Sink has been in operation for over 80 years, and customers enjoy reading the graffiti on the walls. Dinner entrees \$9-12.

**Website:** <http://www.thesink.com/>

**Directions:** 1165 13th Street on the Hill. This restaurant is across Broadway from CU's campus. From Kittredge walk down Regent Dr., cross Broadway and take a right (north). Turn left on Pennsylvania Ave.

**The Taj:** The Taj offers original Indian cuisine at the Basemar Shopping Center. Lunch and dinner buffets available. Dinner entrees \$10-15.

**Website:** <http://tajcolorado.com/>

**Directions:** 2630 Baseline Road. Walk south on Broadway to Baseline Road. Cross Baseline towards Starbucks and turn left. The Taj is located upstairs at the end of the shopping center.

**Walnut Brewery:** A fun pub atmosphere with really great burgers and original beer. This restaurant is a huge happy hour spot for folks from around town (4:00pm-6:00pm). Entrees \$8-15.

**Website:** <http://www.walnutbrewery.com/>

**Directions:** 1123 Walnut St. . From Kittredge take Regent Dr. west to Broadway and walk down the hill. Turn left (west) on Walnut St. It's between 12th and 11th streets. (303) 447-1345

**By bus:** Take the northbound Skip (Lee Hill) or the 204 from Regent and Broadway to Walnut for \$2. Then head west.

**Whole Foods Market:** A natural and organic grocery store that offers a variety of produce, prepared foods, and products. Prices vary.

**Website:** <http://www.wholefoodsmarket.com/>

**Directions:** Walk south on Broadway towards Baseline Road. Cross Baseline Road towards Starbucks. Turn left and walk until you see the Basemar Shopping Center entrance. Whole Foods is located at 2584 Baseline Road.

## ***Medical Resources in Boulder & Other University Health Issues***

### **Medical Care while in Boulder**

If you need non-emergency health care services during your stay in Boulder, staff members at our student health center suggest that you go to the Boulder Medical Center, an urgent care facility located across from the Boulder Community Hospital. It is located on the east side of Broadway at the corner of North Broadway and Balsam. The phone number is 303-440-3000 and the Center is open from 8:00 a.m. - 7:00 p.m. Monday to Friday and from 10:00 a.m. - 7:00 p.m. on Saturday and Sunday, and closed on holidays. (If you will be studying at CU and paying student fees, you are eligible to use the on-campus Wardenburg Health Center during Gateway.)

If you need emergency health care while in Boulder, you should go to the Boulder Community Hospital, which is on the west side of Broadway at the corner of North Broadway and Balsam. The phone number there is 303-440-2273.

**If you have a severe medical emergency** (with the possibility of loss of life or limb) or fire or police emergency while in Boulder, **call 911** for emergency services on the telephone and describe your situation. Be prepared to tell the dispatch operator your location. Throughout most of the United States, 911 is the number to call for any emergency. Be sure to confirm this when you get to your host institution or organization.

### **Emergency contacts for program participants from August 1-5:**

During the day, if there is a non-medical emergency, please contact one of the orientation staff or Kittredge West Hall staff. You may also call the Office of International Education at 303-492-8057.

If there is an non-medical emergency outside of program hours, you may contact Kittredge West Hall staff, or you may call Larry Bell on his mobile number at 720-937-3361.

### **Immunization Requirements**

There is not an immunization requirement on our campus for Gateway participants who will not be enrolling at our university. However, most U.S. universities require incoming students to submit proof of some vaccinations. You will need to find out what your university's immunization requirements are and be prepared to fulfill them.

The requirements may vary according to State requirements and/or the individual university's policies. For example, the University of Colorado Boulder advises its students that "Colorado State Law requires freshman, transfer and

graduate students to submit proof of two doses each of measles (rubeola), two rubella (German measles), and two mumps – (or "MMR" )- vaccinations. This is a mandatory requirement for all college students born on or after January 1, 1957." Our students check with their physicians, high schools, previous universities, and/or military contacts, to obtain official signed or stamped copy of their records. Students who cannot verify their immunizations, need to be tested for immunity or re-immunized. Medical, religious, and personal exemptions are allowed by law.... Hepatitis B and Meningitis vaccines are strongly recommended but not required. The University of Colorado also requires all incoming international students and students with risk factors for TB to be tested for TB. If any student is positive for any of the risk factors, they must be tested for TB.

### **Medical Care while Studying in the U.S.**

Many universities have health care services available on campus. You will want to find out what services are available on your campus. For example, at the University of Colorado, students who have paid regular student fees can use the Wardenburg Health Center. Spouses of students are also eligible. Students and spouses may have to pay some fees, depending on the type of insurance they have, but the fees are generally less expensive than going to off-campus clinics.

## ***Cultural Adjustment***

As you settle into living in the United States, you may find yourself experiencing some challenges that come from adjusting to life in a new culture. This is sometimes called "culture shock" or "cultural adjustment". What is important for you is to understand that this is a normal part of adjusting to living in a different country with different cultural ways of behaving.

Just as you brought clothes and other personal items with you to the United States, you will also carry invisible "cultural baggage." Cultural baggage contains the values that are important to you and the patterns of behavior that are customary in our culture. The more you know about your personal values and how they are derived from your culture, the better prepared you will be to see and understand the cultural differences you will encounter in the U.S.

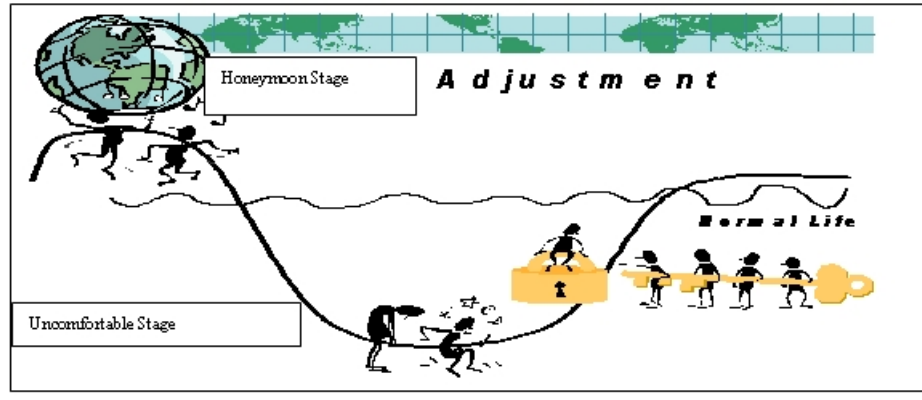
There are different stages in the cultural adjustment process that will be helpful for you to understand:

**1. The Honeymoon Stage:** This is usually the initial phase, where you are excited about your acceptance to a U.S. university, arriving in a new place, and meeting new people. Most students find it to be exhilarating--a time of new experiences, sights, sounds, and activities. With so much to learn and absorb in the new culture, the initial period of settling in often seems like an adventure. During this time, you will tend to look for and identify similarities between your home culture and your host culture. You will find that people really are friendly and helpful. The procedures are different, but there are patterns--things that you can learn and depend on. You may classify other aspects of the culture that seem unusual or even unattractive as curious, interesting, or "quaint." There will be many opportunities to meet people off campus; such opportunities can be rewarding, but they also present an expanded array of cultural puzzles.

**2. The Uncomfortable Stage:** This is the point where you start to notice how things are different from what you are used to. People don't behave as they 'normally' do back home and you are not quite sure you understand what people mean because they are using 'slang' words you are not familiar with. This stage is characterized by feelings of frustration, anxiety, homesickness, feelings of tiredness, depression. Some people may start avoiding meeting Americans, or tend to only hang out with people of their own nationality. Things don't seem as fun as they did in the first stage.

**3. The Adjustment Stage:** This is the point where you start to work through the 2<sup>nd</sup> stage; you adapt and make changes in your behavior or attitudes, which allow you to deal more effectively with the challenges you face in overcoming cultural barriers. Things start to feel more normal because you are becoming more familiar with the new culture and behaviors.

*These stages of cultural adjustment are sometimes shown as a cultural adjustment curve:*



### **Coping with Cultural Adjustment:**

The most effective way to combat culture shock is to step back from an event that has bothered you, assess it, and search for an appropriate explanation and response. Try the following:

- Observe how others are acting in the same situation
- Describe the situation, what it means to you, and your response to it
- Ask a local resident or someone with extensive experience how they would have handled the situation and what it means in the host culture
- Plan how you might act in this or similar situations in the future
- Test the new behavior and evaluate how well it works
- Decide how you can apply what you have learned the next time you find yourself in a similar situation

Throughout the period of cultural adaptation, take good care of yourself. Read a book or rent a video in your home language, take a short trip if possible, exercise and get plenty of rest, keep a journal, write a letter or telephone home, eat good food, and do things you enjoy with friends. It also helps to keep active. There are numerous clubs to join and activities for international students. Seek out students with similar interests. Take special notice of things you enjoy about living in the host culture. You may need some help through this adjustment. Consider help from friends, a counselor, a religious advisor, or an international student advisor.

Although it can be disconcerting and a little scary, the “shock” gradually eases as you begin to understand the new culture. It is useful to realize that often the reactions and perceptions of others toward you - and you toward them - are not personal evaluations but are based on a clash of cultural values. The more skilled you become in recognizing how and when cultural values and behaviors are likely to come in conflict, the easier it becomes to make adjustments that can help you avoid serious difficulties.

### **"Will I Lose My Own Culture?"**

Sometimes students worry about “losing their culture” if they become too well adapted to the host culture. Don’t worry! It is virtually impossible to lose the culture in which you were raised. In fact, learning about the new culture often increases your appreciation for and understanding of your own culture. Don’t resist the opportunity to become bicultural, able to function competently in two cultural environments.

As you increase your abilities to manage and understand the new social system, practices that recently seemed so strange will become less puzzling. Eventually you will adapt sufficiently to relax and fully enjoy the experience. And you will recover your sense of humor!