

Adjusting to a new culture and environment can present students of diverse backgrounds with a variety of thoughts and feelings. Some locations may be more challenging to adjust to than others due to the differences related to race, ethnicity, identity, and status.

Racism and discrimination may be viewed, performed and addressed differently than you are used to. Preparing yourself is a sure way to ease the adjustment period and cultural shock. A worthwhile study abroad experience is all about researching the country and city you will be living in. Below are some resources to help with the transition.

Gonzaga University recommends Diversity Abroad's [Diversity Guide to Study Abroad](#). There are multiple other resources available to students. Below are just a few others that we recommend.

[All Abroad](#) :: comprehensive site for diversity issues abroad

[PLATO](#) :: Project for Learning Abroad, Training and Outreach

[Diversity at Gonzaga](#) :: Unity Multicultural Education Center

Here is some consideration from Diversity Abroad to consider:

- How is my ethnic group perceived in my host country? What kind of stereotypes are there?
- How should I react if I find something to be offensive?
- Is the person curious or do they have bad intentions?
- Has my host family housed minority students before? If not, will this be an issue for them?
- Am I used to being part of the majority at home but will be a minority abroad? Or vice versa?
- Will there be other minority students in my program?
- Who will I contact if I do face racial or discriminatory incidents?
- Does my program have support staff that will understand and help me through any racial or discriminatory incident I may face?