CULTURE AND CUSTOMS

Cultural norms and customs vary from country to country and are important to understand. Learning about local history, religion, and everyday practices can help reduce culture shock and make it easier to settle into a new environment.



GENDER & SOCIAL NORMS

Gender roles, expectations, and social norms can differ widely between countries. Being aware of these differences and observing how people interact can help you avoid misunderstandings in social and professional settings.



FOOD & LANGUAGE

Food and language differences can strongly affect daily life in a new country. Exploring local food options, understanding religious practices, and prioritising language learning can help you connect with others and reduce feelings of loneliness or homesickness.



MY FUTURE

RACISM & DISCRIMINATION

Racism and discrimination can exist in many societies and may be based on nationality, language, or cultural background. Media coverage or political tensions, including recent news about Myanmar, can sometimes lead to stereotypes or mistrust, even when they are unfair.

