



Duke University • International House • 2022 Campus Dr. Durham, NC 27708

INTERNATIONAL FRIENDS **PROGRAM**



COMMUNITY PARTICIPANTS HANDBOOK

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INTERNATIONAL FRIENDS PROGRAM- DUKE UNIVERSITY
OVERVIEW

WELCOME to the International Friends Program!!! Below is some general information about the program, which may be of interest to you as you begin.

The International Friendship Program is the one of the oldest cultural exchange and friendship programs at International House, having existed for over 20 years. It remains the most popular program offered by International House and has helped to establish thousands of rich cross-cultural friendship through the years, some of which are maintained far beyond the initial year of participation in the program. Here is what some of the participants have said about the program:

Community Participants:

"It's going very well. We have become very good friends and are continuously helping each other with language and cultural issues"

"We went on a New Year's trip to the Virginia Mountains together where our friend saw snow for the first time. We have had a fantastic time being involved in the program"

International Participants:

"I have a new American family and two little brothers. It has been the best part of my time in Durham" - Mexican participant

"We talk a lot about German and American customs. She and her husband are very helpful and it's great to know someone in Durham" - German participant

"We have a 20 years old American boy from Durham in my family since last May. He is a son of our host family that Duke's International House introduced to us. We still keep a very good relationship with each other, and this is the second time for him to stay in Japan with my family. He is very good at taking care of children, and it seems Baku and Shin love him more than their parents. After we introduced him in Baku and Shin's school, he became a hero of kids, and our house becomes like a kindergarten on weekends. Moreover, even their parents started to gather to learn English from him. He is definitely the most famous and beloved boy in the neighborhood now. We are enjoying a very pleasant summer " -Japanese participant

The sole purpose of the **International Friends Program** is to promote and facilitate friendship and cultural exchange. The cornerstone of any friendship is **RESPECT**, so please respect each other's religious, cultural and political beliefs and refrain from trying to change any of them. This is NOT a "host family program" and does not involve homestays.

Who in the community participates in the International Friends Program

Community participants learn about the Friends Program through word-of-mouth, newspaper announcements, places of worship, civic organizations, neighborhood associations and many other ways. Community friends include a wide variety of ages, backgrounds and races- from high school students to senior citizens, singles, couples and families. Religious and non-religious. Native-born Americans and foreign born Americans. Internationals may be matched with someone who may not necessarily match their stereotype of an "American." That is what is so wonderful about this program~ shattering stereotypes and developing true friendship!*

Where are the majority of international students from at Duke?

There are over 100 countries represented at Duke! The 10 most represented countries are: China, India, Canada, Korean, Taiwan, Japan, Turkey, Germany, Brazil & France. There are nearly 2000 international students and scholars at Duke University. International students, scholars and spouses may apply to participate. Students are usually here for longer periods of time (up to 5 years) and scholars (usually 1 year of less).

How do participants join the program? How are they matched?

Internationals and US American friends must go through a similar application process, by completing an application and then attending an orientation. Community friends may make specific requests about who they would like to have as an international friend, but an important part of the program is open-mindedness and flexibility. Thus, if requests cannot be fulfilled, community members are asked to be flexible about their match. All participants must apply and go through orientation before they can be matched. There are always far more internationals interested in US American friends, so not all internationals will be able to be matched with a US American friend. Matching is done based on hobbies, special interests and activities that might be a common connection. (Occasionally, matches don't work out and participants need to be re-assigned.)*

The materials in this booklet outline other important point for you to reflect upon as you develop your cross-cultural friendship.

**Provided from the NC State International Friendship Handbook*

Please read these materials carefully and contact International House if you have any questions at 919-681-6080.

INTERNATIONAL FRIENDS PROGRAM- DUKE UNIVERSITY

***JOB DESCRIPTION**

Job Title	Volunteer friend to international student/scholar/spouses attending Duke University
Purpose of Program	To promote and facilitate friendship and cultural exchange
Expectations	<ol style="list-style-type: none">1. Attend orientation and training session and read orientation materials2. Contact student/scholar within first week of receiving friend name3. Maintain regular contact with your international friend via phone or e-mail4. Plan to include student/scholar in at least one activity per month during the school year (no need to pay your friend's expenses- the expectation is "dutch treat")5. Attend one or more social event planned by Ihouse for IFP participants6. Contact IFP Coordinator when you have questions, or if you don't feel comfortable in your friendship7. Complete evaluation at the end of the year8. Notify the IFP Coordinator at end of year as to whether you want to keep the same friend, be matched with a new friend or no longer participate in the program9. Contact the IFP Coordinator if you lose touch with your international friend (regardless of the reason) or are no longer able to fulfill your responsibilities
Job Skills & Qualifications	<ol style="list-style-type: none">1. Must respect international friend's religion, beliefs, values and customs2. Interest in other people3. Interest in other cultures4. Friendliness5. Openness to cultural differences and appreciation of cultural diversity6. Committed to developing a cross-cultural friendship
Time Commitment	One academic year, August to May
Contact Person	Cloe Liparini Program Coordinator International House cloe.liparini@duke.edu Telephone: 919-681-6080
Limits of Program	You are not expected to provide any of the following to your international friend: Housing, Immigration Information, Financial Resources, Job Information Academic Advising

**Provided from the NC State International Friendship Handbook*

THE FIRST MEETING*

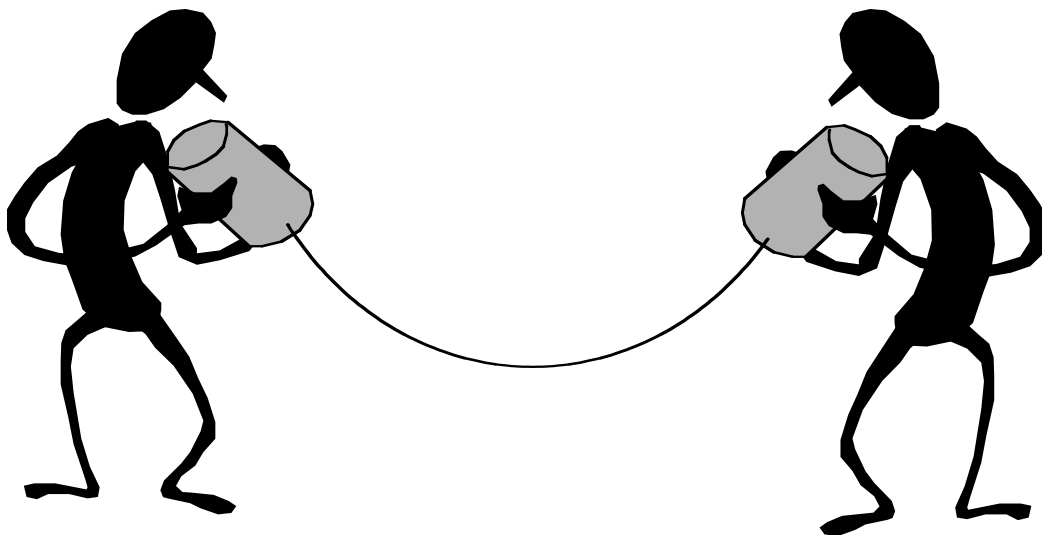
Once you have been matched you will receive the name and contact information for your student/scholar. (If you would like a copy of his/her application, please request it from I-House). Please contact your international student/scholar within the first week of receiving his/her name. If you want specific cultural information about your friend's cultural background/country, please use the resources listed at the end of this packet.

Call him/her or use the email address to arrange the first meeting. If the local number is not correct, call Duke University Student Information at 684-8111 and ask for the students/scholar's telephone number and /or address. If this does not work you can send a note to your student/scholar at his/her local address or to him/her in care of his/her academic department.

Let us know at International House (919-681-6080) as soon as possible, if you have been unable to contact your student/scholar. We follow the same procedure until we get an update on the student/scholar's local telephone numbers and addresses.

Generally, it is suggested that the first meeting take place in a public place near campus, i.e. a coffee shop on 9th street. Be sure to give explicit directions and a clear time (i.e. you may even want to add "3:00 American time"). Email is often a good way to confirm a meeting and clarify information. If you feel your international friend is uncomfortable meeting you for the first time, encourage him/her to bring along a friend.

**Provided from the NC State International Friendship Handbook*



SUGGESTED IDEAS FOR GETTING TOGETHER*

1. Invite your international friend for dinner with your whole family. Ask him/her to bring pictures of home and family to share with you.
2. Take your international friend to visit your grandparents or extended family, if possible. Explain about the family relationships in our country. Ask how the elderly are regarded in his/her country.
3. Invite your international friend to watch a favorite TV show and discuss it afterwards. During election year, you may want to invite your international friend to watch the election results with you.
4. Go to a movie. Talk about it on the way home over an ice cream.
5. Go Shopping!!! Try a supermarket or the farmer's market. Point out bargains and explain unity pricing, how to weigh produce and how to get a discount card.
6. If possible, go with your international friend on the first trip to the doctor or dentist in this country.
7. Go to the state fair or zoo.
8. If you belong to a swim or racquet club, treat your friend to a game of tennis or a swim.
9. If your international friend enjoys sports, either participating or watching, invite him/her to a game.... Like the DURHAM BULLS!!! (or many community friends take their internationals to their children's soccer games.) Watch a big game on TV and explain what is happening if your international friend is not familiar with the sport.
10. Have a barbeque or picnic at your favorite place.
11. Try a tour of Pittsboro, Hillsborough, Chapel Hill and Raleigh
12. Visit the local museums.
13. Show your international friend around your children's or neighbor's school. Explain our elementary school program.
14. Take your international friends to local 'hangouts' such as: Bullock's , Q-shack and Hog Heaven, Streets of Southpoint, Farmer's Market, Brightleaf Square and Jo and Joe's.
15. Go on a Historical Preservation Society of Durham walking tour.
16. Go together to a major annual event, such as the Blues Festival, First Night and Culture Crawl.
17. Volunteer together with a community organization, such as a soup kitchen.

Other Activities to Share

Farm visits	Eno State Park	Lakes/Parks
Walking/Hiking	Beach trips	Ethnic foods
Ride in the country	Historic Places	Carolina Theater
Flea Market	Durham Arts Council	Horseback riding
Garage and yard sales	Pot lucks	Miniature Golf
Backyard BBQ's	Bookstores	Antiquing

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**SUGGESTIONS FOR DEVELOPING A GREAT
FRIENDSHIP***

Here are some other suggestions toward a great experience as a friend to an international student/scholar:

1. Be sure the student/scholar knows your full name, address and telephone number. (The student is notified via email by our office, but you may want to confirm that information with him/her at the first meeting.)
2. Become familiar with the cultural background of the student/scholar, the geography of the home country, and a few facts about the country. This information is usually available via the internet or you can contact I-House for this information.
3. Ask the student/scholar about dietary restrictions based on religious or cultural preferences and practices.
4. Let the student/scholar know if you will be away for long periods or unusually busy for a period of time; *a lose of contact can cause misunderstandings*. Students/scholars are more likely to be available on weekends.
5. Make sure that when you invite your student/scholar over that he/she understands the day and time he/she will be expected to visit you and for how long. Provide transportation whenever possible if the student/scholar does not have a car.
6. Include the student/scholar in whatever you are doing: cookouts, service clubs, community festivals, fairs and holidays, political meetings or activities. (Please keep in mind our policy concerning religious and political meetings; refer to page on Ethical Considerations). Your

student/scholar will probably be more comfortable with informal activities than with formal activities planned specifically for him/her.

7. Invite the student/scholar to include a US American or other international friend on occasion if he/she wishes to do so.
8. Remember that some students/scholars are shy and quiet; some are not as proficient as others in the English language; some like to listen more than talk about themselves.
9. Be careful about jokes! What you find humorous may be offensive to someone from another culture.
10. The student/scholar's academic schedule may at times prevent acceptance of your invitation. International students/scholars are very dedicated and generally speaking, do not socialize during exam week or the time prior to a major test or paper. Be understanding and offer an optional date.
11. Be aware of your student/scholar's non-verbal gestures and cultural mores. If you need detailed information about your international friend's culture, please contact the IFP Coordinator at 681-6080.
12. Remember that the purpose of the program is for cross-cultural friendship and exchange. Take time to ask about your international friend's culture and country. Your friendship should be a TWO-WAY street.
13. Be open; be yourself; feel free to ask questions and most of all enjoy the experience of getting to know someone from another culture!!!
14. Don't assume anything about your student/scholar, including that they need "help". Most international students/scholars are quite capable of doing things here in the USA.

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INTERNATIONAL FRIENDS PROGRAM – DUKE UNIVERSITY

FEEDBACK & SUGGESTIONS FROM PAST COMMUNITY PARTICIPANTS*

What kind of activities did you and your friend share?

- A play, trip to Duke Gardens, going out for dinner, meeting at the Student Union to see a film and a wonderful home-cooked Indian meal
- Met for lunches and dinners, had a BBQ, strawberry picking, card games
- Visit to the Capitol and NC History Museum, 4th of July Celebration, trip to Old Salem
- Duke Basketball game, outdoor concert, Christmas light show
- Shared holidays together, a trip to the beach, cooked different foods together
- Shopping for essentials (sheets, shower curtains), bagel and coffee, Thanksgiving dinner, Easter dinner, lots of emails
- Golf, meals, spring trip beach, Chinese festival
- Going out to eat, talk at a coffee shop, concert, walking, having dinner at their house

What was the most rewarding part of the friendship?

- Knowing that it meant a lot to her to have an American friends (or even just an American to be genuinely interested in her and to be nice to her)
- Seeing the surprise expression on the friend's face when he or she learns something new about our culture
- It has expanded our horizons and helped to educate and expose our children to other cultures
- Helping someone acclimate to this area, answering questions about my hometown, practicing English
- Learning about a culture about which I knew little

What was the most difficult part of the friendship?

- Not knowing whether the student have time to meet or just wasn't interested in spending time with me
- Language restraints
- Trying to coordinate our schedules
- When the friend would like to be silent, I would wonder if he or she was really having fun
- It's difficult to keep in touch and plan meaningful activities

What suggestions/advice would you offer to first-time participants in the program?

- Be flexible on scheduling get-together, take initiative to maintain contact
- Start off doing little things together like going to the farmer's market, or out to coffee so you don't feel like it always has to be a "BIB" event everytime you get together
- Keep calling and trying if it's hard to get together
- Be persistent in making contact!!!
- Make an effort to meet regularly – it can be easy to lose touch
- Expect to extend more invitations than will be accepted
- Be kind and patient – do not push
- To be open-minded and willing to respect and learn about another culture

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**FEEDBACK & SUGGESTIONS FROM
INTERNATIONAL PARTICIPANTS**

What kind of activities did you and your friend share?

- General activities. We tried to meet every alternate weekend and plan something. We met at his place or went out to some place
- Sharing our cooking, going strawberry picking, going to Thanksgiving dinners, generally hanging out together
- Meeting each other's families and going to local places with them. Having dinners together at each others' home on occasion

What was the most rewarding part of the friendship?

- Got to know that no matter what culture are you from, all you need is an open mind to live 'happily' with others
- Learning much more about a new culture
- Getting a friend and learning from her how to be a true friend
- Got to know about American culture. Had fun with their friends!!!

What was the most difficult part of the friendship for you?

- To call a person I'd never met before
- In the very initial phase, getting along with each others' accent, but now it is perfectly alright
- Arranging a time suitable for us
- Language

What suggestions/advice would you offer to first-time participants in the program?

- Enter with an open mind and smiling face...you are sure to enjoy and learn a lot
- It helps to take initiative
- Be more friendly
- Have fun!!!



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Strengthening your Friendship*

The following suggestions are given as possible conversational activities. Some are appropriate for the first visit with your student/scholar where as others are more suitable for the second, third, (etc) visit. You will have to rely on your own judgment as to the suitability of such statements and be sure to respond to them yourself too!!!

COMPLETE ANY OF THESE STATEMENTS:

- To me, friendship means...
- One interesting or beautiful place I've visited is...
- One of the happiest experiences of my childhood was when..
- What I like best about life in the United States is...
- What I want to accomplish most of all with my life is...
- The best thing I could ever do for anybody would be...

DO ONE OF THE FOLLOWING:

- Ask your international friend to compare a social custom with the way something is done in your country
- Look for similarities in the different cultures
- Tell a traditional or folk story that is popular in your country
- Describe the skills or special knowledge needed for your hobbies
- Describe something you have built, painted, photographed, written or other accomplishment

LOOK BACKWARD- TALK ABOUT ONE OF THE FOLLOWING TOPICS:

- The best thing that happened to me in the last year...

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- The worst thing that happened to me in the last year...
- A goal I achieved or a problem solved is...
- A new friend I made...
- A completely new experience I had...

A LOOK FORWARD – TALK ABOUT ONE OF THESE TOPICS:

- A goal I hope to reach this coming year...
- A place I plan to visit, and why I want to go there...
- My summer plans include...
- Ask your international friend what he/she plans to do after finishing academic work at Duke...
- What I'd choose to be doing 10 years from now if I could have my choice...

In initiating topics for conversation, do not insist that your student/scholar reciprocate with a personal story. Your international friend may feel self-conscious or embarrassed about sharing experiences or feelings.

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Conversation Starters*

The following questions are suggestions for learning more about your international friend's customs, culture and family. The student/scholar is just as interested in you as you are in them, so do not ask questions all the time. Related personal experiences to relax your international friend and invite questions from him/her.

RELATIONSHIP

1. How do you define friend?
2. What are your expectations for friendship?
3. How do young men and women meet and choose husband and wives?
4. At what age do couples typically marry?

FAMILY

1. What responsibilities do different family members have in the home?
2. How common is it for married women to work outside the home?
3. How does your family celebrate special holidays? What does the holiday represent?
4. Describe your extended family?

FOOD

1. What dietary restrictions do you have?
2. What is the main meal of the day?
3. Is the mealtime a time when your family is together?
4. Can you explain how to make one of your favorite meals?

DAILY ROUTINE

1. What is an average work day like?
2. How do you travel to work?
3. How often do people go to the shopping market or grocery? (daily, weekly???)

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4. How do your children travel to work?

EDUCATION

1. What is the educational system like in your country?
2. What languages are you required to learn?
3. Describe a typical day at work?
4. What are the educational backgrounds of your family members?

LEISURE ACTIVITIES

1. What is the most popular sport in your home country? What sports do you like?
2. What activities do families enjoy in their leisure?
3. What hobbies do you enjoy?
4. Does your family go somewhere special on vacation?

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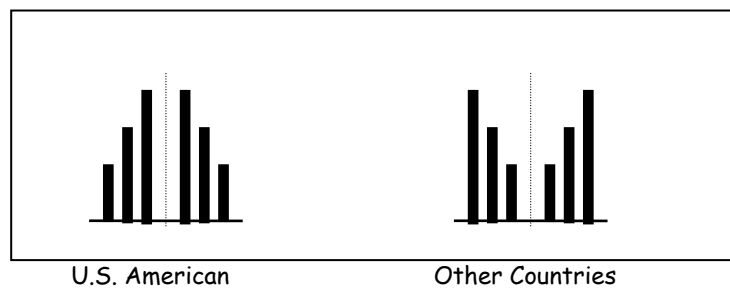
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Friendship Across Cultures

Although approaches to friendship vary depending on the individual person, some general cultural patterns can be identified.

Friendliness vs. Friendship

One of the hardest things for people who go to work or study in another culture, especially one which is very different from their own, is making friends. In the United States, international visitors may have an impression that all U.S. Americans are extremely friendly people; however, they are disappointed and hurt by what seems to be a superficial interest and friendliness by U.S. Americans. There is a big difference between “friendliness” and “friendship.” Although U.S. Americans are warm and approachable at first, it is often hard to get beyond the initial “small talk” and establish a close friendship. The “Wall Theory” devised by Margaret Pusch, president of the National Association of International Educators, describes two patterns of friendship: one U.S. American and one found in many other countries.



The pattern on the left shows how U.S. Americans are initially friendly and open: as symbolized by the first wall being very low. However, U.S. American values stress

privacy and independence, and the walls become higher and higher before one reaches the stage of good friendship (represented by the dotted line in the center of the diagram). Thus, many international students may conclude that the initial friendliness of U.S. Americans is superficial and that they do not know how to be friends. What the international student may not realize is that they have not yet reached the stage of being good friends with the U.S. American: they need to go over some “higher walls” before reaching the center and a good friendship. Alternatively, U.S. Americans living in a country where people are more reserved and not as initially friendly as in the US, may sometimes become discouraged about ever making friends in that country: they may feel that people in their host country are very unfriendly.

“Friend” can mean classmate, acquaintance, or close friend.

In the United States, there are no words to differentiate the wide range of relationships. The single term “friend” may be used to introduce a classmate, an acquaintance, or a close friend. Americans have different types of friends: friends just to do activities with, close friends, and best friends. In some countries, people reserve the word “friend” for a few people who are very close. Hence, your understanding of what a “friend” represents may be different from the American usage of the term. In the U.S., friends are not expected to do everything with one another.

Expectations

Two important U.S. American values are independence and self-reliance. Thus, people in the U.S. may prefer to do something themselves rather than ask for help, as they do not want to impose on another person. They may also expect others to do the same. This can create a misunderstanding with people from societies with more interdependent relationships, who expect more obligation from friends. Also, U.S. Americans might feel uncomfortable if someone seems too needy, calls too often, or wants to get together every day.

**Most Americans prefer “doing something” as they are getting to know people. Whether you’re eating, dancing, singing, working out, or cooking, doing an activity makes people more comfortable and willing to talk. The other side of the page features places to “hang out” and some activity groups.



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Culture Shock

"Somewhere along the way, I succeeded in reconciling my past and present, instead of forsaking one for the other. I now have a much broader perspective, as I need not accept or reject either Bulgaria or America, but can embrace only the positive from both." - *Stephen Kobourov, Bulgaria*

What is Culture Shock?

Most experts in intercultural communication agree that culture shock is the abrupt loss of the familiar, which leads to a sense of isolation and diminished self-importance. Culture shock is brought on by the anxiety that results from losing all familiar signs and symbols of social interaction. These signs or cues include the thousand and one ways in which we orient ourselves to the situations of daily life. When you first arrive in a new culture, you may feel a sense of excitement and anticipation. Later, you may feel that the differences between your home country and those in the country you are visiting are overwhelming and frustrating. You may experience sleep loss, loss of appetite, anxiety, and even depression. It is important to remember that this is a normal reaction to sudden changes and is something that passes as you spend more time in the second culture. If you experience any of these symptoms for an extended period of time, it is important to talk to someone about it--friends, family, your advisor, or someone you trust or with whom you feel comfortable. The staff at International House is always available to talk with you about your experiences as you adjust to life in the U.S.

Most people who travel to another country to work or study for a significant period of time go through an adjustment period to the new culture. The amount of disorientation one feels in the new situation depends on one's own background and experiences. Although there are some common traits to the culture shock syndrome, no two people will experience it exactly the same or go through what are called Stages of Cultural

Adjustment in the same order or with the same intensity. Sometimes the transition to a new culture has an immediate impact, and sometimes culture shock is a delayed reaction. The effects of culture shock have a range of **symptoms**.

- uneasiness
- homesickness
- unhappiness
- irritability
- psychological panic
- hyper-sensitivity
- loss of perspective
- loss of appetite or digestive problems
- lethargy
- depression
- insomnia
- headaches

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Ethical Considerations*

RESPECT

The International Friends Program, a program that was started at International House, exists for the friendship and cultural exchange made possible through the assignment of international students and scholars to community volunteers. We who work with international students are committed to the policies set forth by NAFSA: Association of International Educators. Those who become volunteer community friends in IFP are bound by the same policies. The following is excerpted from NAFSA's *Standards and Responsibilities in International Educational Interchange* for your information: "Community workers related religious and political groups must recognize that the religious and political beliefs of any foreign people in the United States are important parts of their cultural and merit the respect of Americans and the effort by Americans to learn about and understand them. Religious and political groups can perform a service by providing opportunities for foreign students and scholars to observe and join in mutual inquiry into beliefs and practices. *However, there must never be any attempt to proselytize, and any invitation to a foreign student or scholar to an event sponsored by a religious or political group should clearly indicate the nature of the event and its sponsorship.*

While it is acceptable to discuss religious concepts if the international student/scholar wishes to do so, arguing or proselytizing is absolutely not acceptable.

DRUGS:

The use of non-medical drugs is illegal in the United States although such use may be legal in certain foreign countries. You should not offer or encourage students/scholars to indulge in any form of illegal drug use, i.e., smoking marijuana, nor should you use any type of illegal drugs in their presence.

ALCOHOL:

Many of our international students/scholars do not use alcohol because of religious beliefs. You as a friend should respect and honor these beliefs by not offering alcoholic drinks to your student/scholar when you entertain him/her. Refer to the student/scholar application, which makes a provision for dietary restrictions. You should also not offer alcohol to a student/scholar

under 21 years of age. If your student/scholar is over 21, you should not allow him/her to drink in excess in our home and then drive a car home.

GENDER :

The International Friends Program includes single friends, as well as couples and families with children. When an application is received from a young single female or male, it is the policy of IFP to assign a student /scholar of the same sex to that friend. This policy has been established as a result of respect and consideration of different cultural beliefs concerning gender issues.

As a community friend, you should be sensitive to a culture's sexual morals. In order to not embarrass your student/scholar with discussions of sexual matters, you should first make yourself aware of his/her country's beliefs in this area.

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Seven Lessons Towards Cross-Cultural Understanding

Storti, Craig. Cross-Cultural Dialogues: 74 Brief Encounters with Cultural Difference, Intercultural Press 1994.

- 1. DON'T ASSUME EVERYONE IS THE SAME.**
- 2. WHAT YOU THINK OF AS NORMAL BEHAVIOR MAY ONLY BE CULTURAL – A LOT OF BEHAVIOR IS UNIVERSAL, BUT CERTAINLY NOT ALL. BEFORE YOU PROJECT YOUR NORMS ON THE HUMAN RACE CONSIDERE THAT YOU MIGHT BE WRONG**
- 3. FAMILIAR BEHAVIOR MAY HAVE DIFFERENT MEANINGS – THE SAME BEAVIOR – SAYING YES, FOR EXAMPLE- CAN EXIST IN DIFFERENT CULTURES AND NOT MEAN THE SAME THING. JUST BECAUSE YOU'VE RECOGNIZED A GIVEN BEHAVIOR, DON'T ASSUME THA TYOU HAVE UNDERSTOOD IT!!!**
- 4. DON'T ASSUME THAT WHAT YOU MEANT IS WHAT WAS UNDERSTOOD – YOU CAN BE SURE OF WHAT YOU MEAN WHEN YOU SAY SOMETHING, BUT YOU CAN'T BE SURE HOW THIS IS UNDERSTOOD BY SOMEONE ELSE. CHECK FOR SIGNS THAT THE OTHER PERSON DID OR DID NOT UNDERSTAND YOU.**
- 5. DON'T ASSUME THAT WHAT YOU UNDERSTOOD IS WHAT WAS MEANT – YOU ARE OBLIGED TO HEAR WHAT OTHERS SAY THROUGH THE MEDIUUM OF YOUR OWN EXPERIENCE. YOU KNOW WHAT THOSE WORDS MEAN TO YOU, BUT WHAT DO THEY MEANR TO THE PERSON SPEAKING?**

6. YOU DON'T HAVE TO LIKE OR ACCEPT "DIFFERENT" BEHAVIOR, BUT UNDERSTANDING WHERE IT COMES FROM MAY HELP YOU NOT TO REACT SO STRONGLY.
7. MOST PEOPLE DO NOT BEHAVE RATIONALLY; YOU JUST HAVE TO DISCOVER THE RATIONALE.
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ADDITIONAL READINGS & RESOURCES

You may want additional information on befriending an international. The following are good resources to supplement what is presented in these materials.

Culturgrams: The Nations Around Us -
<http://interculturalpress.com/>

Intercultural Press, Inc. - <http://interculturalpress.com/>

NAPFSA: Association of International Educators -
<http://www.nafsa.org/>

US State Department: Bureau of Educational and Cultural Affairs - <http://e.usia.gov/education>

