

you are YOU anywhere

Adapting to a new society is not always easy, you may face the following

Challenges:

The desire to “fit in”: you start to abandon your habits, traditions and values in order to conform to new norms.

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Fear of being “different”: you hide or downplay your identity, which eventually leads to feelings of inferiority.

New norms and values: they may contradict your own ones. It causes internal conflict and a feeling that you are “losing yourself”.

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The past loses its value: you have to be back to square one and build your life again. It may be quite intimidating.

Being away from home: replacing friends and places that were part of your life causes a blurring sense of self-identity.

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However, it's possible to perceive them as

Opportunities:

1

Being a part of minority, you start to notice your uniqueness.

You can share your culture and perceive a foreign one as new experience, but not as an obligation to change.

2

3

As a newcomer, you are of interest to everybody - it's easier to make new friends.

These kinds of difficulties make us stronger and more flexible. Adapting to a new style of living is a valuable life skill.

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It's a great opportunity to start new life based on your past experience.

Practical tips:

- Plan your space
- Establish the routine
- Cook traditional dishes
- Celebrate national holidays
- Keep in touch with your relatives
- Participate in cultural events related to your region or country

Коротко
о проекте

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