

DIVERSITY AND INCLUSION ABROAD GUIDE

Studying abroad can be an amazing and sometimes life changing experience. *The Diversity and Inclusion Abroad Guide* provides helpful tips on how your identity may be impacted during your study abroad experience.

To view the full Diversity and Inclusion Abroad Guide, visit diversityabroad.com.

Racial and Ethnic Minority Students Abroad

- Remember that people abroad have different cultural norms.
- The more you integrate with the culture the less you'll stand out.
- Research what kinds of contact and relations your minority group has had in your host country.
- Be aware that people may generalize or incorrectly identify your ethnicity.
- Learn more about other minority students' experiences abroad.
- Build a support network among other study abroad students in case you do face racial or discriminatory incidents
- Be prepared if an incident does arise, but don't go abroad expecting racism or discrimination.

Religious Diversity Abroad

- Stay open minded about religious practices, even if you receive criticism for your beliefs.
- If you are planning to practice your religion abroad, you may want to find out what places of worship there are.
- If you have religious dietary restrictions, be sure to let your program director or appropriate staff know ahead of time
- Depending on where you go, religion may have a larger or smaller role than it does in the U.S.
- Use your experience abroad to learn about world religions the role they play in diverse cultures.

Adult Study Abroad

- Look into short term programs if you cannot afford to spend an extended period of time away from your family and can't take too much time off work.
- Talk with other adult students who have studied abroad.
- Sometimes you might feel that you don't fit in, but remember not to isolate yourself from the rest of the group.

Heritage Seekers

- Remember although there is an ethnic affiliation between you and the people in your home country, there are many cultural differences and you might not be accepted as one of their own.
- Dressing and acting like the locals can make you stand out less.
- Research the customs and culture of your home country. There might be great differences between what you think you know about the home country based on how you were raised and what it is actually like.
- Be aware that people may generalize or incorrectly identify your ethnicity.
- Learn more about other heritage students' experiences abroad.

LGBTQ+ Students Abroad

- Put your safety first.
- Before you leave, familiarize yourself with the customs and laws of your host country.
- Research whether or not talking about sexuality is taboo.
- Research the terms and definitions used in your host country to talk about LGBTQ+ issues.
- Find a support network abroad

Students with Disabilities Abroad

- Let your counselor or program director know about your disability, if you are comfortable doing so, so that as many accommodations as possible can be made.
- Keep in mind that places abroad may not be as accessible as you are used to.
- Remember that people with disabilities may be treated differently than you are accustomed to. Research before you go so you have some idea of what to expect.
- Be flexible and think creatively about how you can accommodate your disability abroad.

Economically Disadvantaged Students

- Choose a destination with a low cost of living
- Check if your financial aid package can be used toward studying abroad
- Apply for scholarships
- Personal fundraising
- Good money management

Women Abroad

- Do research on gender roles and their history beforehand.
- Put your safety first and be aware of your surroundings.
- Dress and act like the local women to avoid standing out.
- Be aware of cultural differences, including body language, that may be misinterpreted in your host culture.
- Talk with other women who have studied abroad to find out more about their experiences.

First Generation Students

- Talk to your advisors and fellow students.
- Do your own research on study abroad experiences.
- Find people who support your decision to study abroad.