

YOU ARE HERE / BEFORE DEPARTURE

# Your arrival map

A little preparation can make unfamiliar days easier. Fill in what you know now; leave space for what you will discover after you arrive.

## My first-week essentials

Where will I find groceries, transport, campus support, and a place to rest?

## People I can turn to

Name a person at home, one at your institution, and one possible local contact. Add how to reach them.

## One familiar anchor

What small routine, meal, walk, or check-in could help me feel steady?

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# Notice, then ask

Not every confusing moment has a single cultural explanation. Describe the situation before deciding what it means.

## A moment I want to understand

What happened? Record the words, setting, and actions you actually observed.

## Other possible explanations

Consider a cultural norm, a personal preference, and a practical circumstance.

## A respectful question

What could I ask a classmate, teacher, or adviser to learn more?

# Keep what you learn

Belonging often grows through repeated small moments. You can stay connected to home while making a place for yourself where you are.

## One place to return to

Choose a club, study group, cafe, library, or shared activity to visit more than once.

## Something that is changing

What new habit, confidence, or perspective am I noticing in myself?

## What I want to carry home

Before returning, what will I keep, and what support might I need for re-entry?