

Cultural Adaptation Preparedness Checklist

Pre-Departure Preparation

- ☐ Researched local customs, values, and etiquette
- ☐ Learned basic phrases of the local language
- ☐ Clarified expectations and goals for adaptation

Cultural Awareness & Sensitivity

- ☐ Open to experiencing new perspectives
- ☐ Aware of and willing to challenge stereotypes
- ☐ Understand common cultural differences

Practical Readiness

- ☐ Identified local contacts or support networks
- ☐ Prepared emergency information and procedures
- ☐ Arranged housing and transportation

Personal Preparation

- ☐ Self-assessed adaptability and coping strategies
- ☐ Prepared health documents and insurance
- ☐ Reviewed financial arrangements

Notes