

ADAPTATION SKILLS

- demonstrate a spirit of adventure in terms of exploring the new environment, by:
 - learning about the host country through participation in local events and traditions and not simply through reading, studying etc.
 - learning some local language and trying daily to use it at work and socially
 - visiting different parts of the country, with the result that they can explain some of the diversity within the culture
 - developing friendships with local people in diverse walks of life, so that they are sometimes invited to family events by host nationals (and they then reciprocate)
 - finding new leisure activities in the host culture that replace personally important pastimes that were enjoyed at home

