

9 Ways to

Expand your HORIZONS

- 1** **Connect with the community and get out of your comfort zone: walk through a different neighborhood and visit a unique local market.**
- 2** **Give your taste buds a vacation: skip the food chains and try a local ethnic restaurant.** Not many ethnic options in your community? No problem! Try a new recipe from another culture. Allrecipes.com (allrecipes.com/recipes/world-cuisine/) and Epicurious (www.epicurious.com/recipesmenus/global/) offer a wide selection of recipes, or check out a new cookbook from your local library.
- 3** **Read a book about a different person, culture, country and/or experience.** Check out our book list (diversity.missouri.edu/learn/books.php) and Goodreads Group for recommendations by MU students, staff, and faculty.
- 4** **Help make a difference by volunteering: connect with a local organization.**
- 5** **Listen to local, regional, international, or a different genre of music.** Free online international radio stations are available at www.live365.com/index.live or stop by your local library for free tunes.
- 6** **Host your own international film festival: rent movies from around the world and learn about different cultures and experiences through film.** Services such as Netflix, Hulu, and Amazon have many foreign films available for streaming, or visit your local public library.
- 7** **Explore your heritage, family history and personal cultural world view.** Local libraries or historical societies often offer free access to genealogy databases like Ancestry.com, or check out Cyndi's List (www.cyndislist.com) of free genealogy web resources to get started.
- 8** **Visit a local museum or cultural center.** If your community doesn't have a local museum, consider a day trip adventure to a larger city in your region to take in the museums, cultural centers, and ethnic festivals.
- 9** **Challenge yourself to learn 10 new words in another language.** Check with your local library for language resources or try the BBC's online language lessons (www.bbc.co.uk/languages/) to get started.

For additional information, please visit the MizzouDiversity website at diversity.missouri.edu.