2016

Cultural Competence

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Cultural Competence: Getting Started

Increase multicultural awareness and competence for traveling abroad and living among culturally diverse populations.

Getting Started
Diversity World Cultures Regional Cultures Study Abroad Abroad

How to Use This Guide

This guide will help you become more aware of different cultures and get started on building competence. We hope that increasing knowledge, building skills and changing attitudes communicate effectively and appropriately with others in an engaging manner with many different cultures.

Included resources will help you:

- Understand more about cultures and cultural differences
- Become aware of local cultures
- Find quick facts about a country or an ethnic group, or a religion
- Learn about the history, culture, and customs of a region or a country
- Prepare for going abroad

Technology

This subject of cultural awareness and competence includes a variety of items, such as interpersonal (interaction between at least two different cultures), intercultural (within the same culture), cross-cultural (comparing cultures), and multicultural (more than one culture). Curricula are not necessarily classified by educational boundaries, so intercultural communication is also distinct from international communication.

For more information, see the Nobel World’s Intercultural, Intercultural, Cross-Cultural, and International Communication: Who’s the Different? below and AAAS’s Cultural Competence PDF.

Keep an Open Mind

Please note that the resources recommended within this guide may reflect the University of Michigan or the library’s position. Although all may represent a particular perspective, often Western, with varying levels of objectivity, they should help you understand and respect some aspects of another culture without overwhelming your own values. Nonetheless, these resources may create generalizations, so it is important to keep in mind that every person thinks and behaves differently. Keeping an open mind and adapting accordingly to specific circumstances may be helpful.

Interested in learning more about open-mindedness? Take a look at How to Be Open-Minded: A Psychologist and Humanist Analysis (below).

Why is Interpersonal Awareness Important?

The University of Michigan has a large immigrant and international population, as demonstrated by the enrollment map below. You may encounter people with different cultures and values that may affect communication and cultural understanding. Your cultural knowledge, sensitivity, and appreciation will help you interact more respectfully with others in a culturally diverse community within the U.S. or abroad. Knowing about the local cultures of your destination may also help ease anxiety and stress, and build bridges with others.

University of Michigan - Ann Arbor
Student Enrollment by Country and Level

<table>
<thead>
<tr>
<th>Country</th>
<th>Fall 2013 Total Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>China</td>
<td>1,500</td>
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<tr>
<td>India</td>
<td>1,200</td>
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<tr>
<td>Korea</td>
<td>800</td>
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<td>Mexico</td>
<td>500</td>
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<td>Japan</td>
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<th>Country</th>
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<tr>
<td>Canada</td>
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<tr>
<td>Brazil</td>
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<td>Italy</td>
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<th>Country</th>
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<td>Spain</td>
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<td>Portugal</td>
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<td>Austria</td>
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<td>Switzerland</td>
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<th>Country</th>
<th>Fall 2013 Total Enrollment</th>
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<td>Russia</td>
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<td>Greece</td>
<td>20</td>
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<tr>
<td>Ireland</td>
<td>20</td>
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<td>Poland</td>
<td>10</td>
</tr>
<tr>
<td>Others</td>
<td>100</td>
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Global Resources

UM Library

Interlibrary Loan

Regional Library

University of Michigan Library

UM Portal in Foreign Languages

Library Resources

UMIRIS

A-Z List

Contact

205 North Library Row

Recommend Resources or Technology

Submit Here

Your Name

Your Email

Your Comment

Submit

Subject feedback on Google Form.

This research project was completed by Shen Yan as part of the Michigan Library Scholar's summer internship at the University of Michigan Library.
Cultural Competence: Diversity

Increase intercultural awareness and competencies for treating clients and living among culturally diverse populations.

Getting Started > Diversity > World Cultures > Regional Cultures > Study/Work Abroad

Cultural Competence: Diversity

Fun Resources

According to the United States Census Bureau. In 2012 and 2013, the U.S. is expected to become a "more diverse nation." The one characteristic that is expected to remain fairly stable is the length of time residents have lived in the U.S. The same is true for the percentage of the population that is foreign born.

The Gender Uniform (website)

Here are gender signs, and attraction preferences. How do these desires differ? What is the meaning of "masculinity," "femininity," or "gender identity?" How can social perceptions of masculinity and femininity influence how individuals interact?

Which English? Quiz (website)

There are many kinds of "English." Take this quiz to see which English you belong to.

The U.S. Resource

Diversity, Equity & Inclusion

UIUC proudly acknowledges the education of U.S. culture and diversity in its informational resources on U.S. history, culture, and community. This list is not exhaustive.

The Program on Intergroup Relations

Grants, information and events related to diversity and intergroup relations. The Office of Multicultural Affairs is dedicated to the advancement of diversity and intergroup relations.

The Spectrum Center

The Spectrum Center provides support and resources for the campus and community. The Spectrum Center provides support and resources for the campus and community. Expect Respect: This initiative addresses why you should never ask someone about their sexual orientation or gender identity.

Services for Students with Disabilities

Registration and accommodation services, including information on applying for accommodations, services and support for students with disabilities on campus.

Center for Research on Learning and Teaching

The Center for Research on Learning and Teaching promotes diversity and student learning. More about the resources and services the center provides related to diversity and inclusion.

Intercultural Communication

Why is developing intercultural communication skills important? The ability to effectively communicate with people from different cultures is important in today’s globalized society. Cross-Cultural Communication (website)

This short, unit video provides a definition of cross-cultural communication and describes the importance of understanding cultural differences. It emphasizes the importance of viewing every person and country as unique.

Understanding Accents

"I have a hard time understanding accents." (article)

This article suggests a few strategies to appropriately deal with not understanding another person’s accent.

Describing Other People’s Accents (PDF)

According to the recent study, people who are able to describe how they are perceived by others have increased self-confidence and are better able to communicate with people from different cultures.

The Michigan State University article about people’s accents on campus with different accents is also available. The study show some light on the potential student interactions and how to interact with students from different backgrounds and develop effective communication strategies.

Get Involved

Diversity, Equity & Inclusion Strategic Planning Efforts

Join a planning committee to participate in the conversation on diversity, equity, or campus life, or input into diversity@uiuc.edu.

American Diversity Demographics

There are many factors that contribute to our personal identity, sense of self, and perception. The infographic above provides a way to see how the U.S. and the people who are a part of it are changing over time.

Click on the image to visit the source for a larger view.

American Indian and Alaska Native as a Percentage of County Population, 2010

Click on the image to visit the source for a larger view.

Intercultural Communication

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Research Guides

Website

University of Michigan Library > Research Guides > Cultural Competence > Diversity

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Join a planning committee to participate in the conversation on diversity, equity, or campus life, or input into diversity@uiuc.edu.
Cultural Competence: World Cultures

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Getting Started  Diversity  World Cultures  Regional Cultures  Study/Work Abroad

Basic Facts

World Factbook (website)
The CIA's basic statistical and factual reviews of countries' geography, society, government, economy, energy, communication, transportation, military and transnational issues.

Europa World Plus (database)
Regularly updated profiles, statistics and economic and political essays of regions and countries.

GlobalEdge (website)
Business-oriented insight to states, countries, trade blocs, markets and industries. Country short facts and statistics cover social indicators. Includes external links to cultural resources.

NativePlanet Indigenous Mapping (website)
Demographic overview of indigenous communities in Africa, Asia and Latin America. Includes resource links for each group.

News Sources

- Newspaper Map
  Find newspaper websites by location on a map.
- Library PressDisplay
  Browse electronic, recent issues of world newspapers by country.

U-M Library Research Guides

- International, Regional, and National Data Sets
- News Sources
- Multicultural Studies
- Popular Culture
- Library Guide for International Students
- International Resources
- Indigenous Resources
- Lesbian, Gay, Bisexual, Transgender & Queer Studies
- Women's Studies
- History (General)
- Musicology 130 - World Music
- Food Studies
- Religious Studies
- History of Art

I want to browse by...

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<tr>
<th>Country</th>
<th>People</th>
<th>Subject</th>
<th>Series</th>
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</table>

- Global Road Warrior (database)
  This database provides basic country facts and lengthier articles on business, security, health, utilities, communication and entertainment. Addresses some stereotypes and demonstrates popular phrases in foreign languages. eBook versions available in Mirlyn.

- CultureGrams (database)
  Simple and easy to read overviews of over 200 countries, focusing on different populations' customs, lifestyles and societies from an American perspective. Includes a Kids, USA, Canada and World Edition.

- Global Affairs Canada Country Insights (website)
  The Canadian government's country profiles and guides to national cultures from Canadian and local perspectives. Includes resource links for additional information on culture, history, geography, etc.

- CommissioN Country Guides (website)
  Country guides discuss language, culture, customs and etiquette. This website also features additional blog posts regarding cultural awareness.

- Countries and Their Cultures (2001 ebook)
  National entries include information on history, ethnic relations, urbanism, government, society, economy, religion, health, arts, food, etc.

Images, Videos & Graphs

- CalPhotos: People & Culture (website)
  Photo bank of people and places.
- Ethnographic Video Online (database)
  Videos of family, cultural identity, gender roles, arts, religion, etc.
- Hofstede Country Cultural Dimensions Ratings (website)
  Graphical representation of countries' ratings of power distance, individualism, masculinity, uncertainty avoidance, long term orientation & indulgence.
Cultural Competence: Regional Cultures

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Click on a region on the map or select a link below:

USA & Canada  Latin America & the Caribbean  Europe  Middle East & Northern Africa  Sub-Saharan Africa  Asia & Oceania
Cultural Competence: USA & Canada

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Getting Started  Diversity  World Cultures  Regional Cultures  Study/Work Abroad

Adjusting to the U.S.

U-M SNRE Cultural Adjustment (website)
Guide and videos for culture shock, greetings and academic adjustment with a focus on the U.S.

U-M International Center; Adjusting to the U.S. (website)
Questions for international students to think about when adjusting to the U.S. and Ann Arbor.

International Student Guide to the U.S. (website)
Guide for international students adjusting to college and American life.

National Cultures

Culture Shock! ebook series (USA & Canada)
Travel guide titles by country. Covers land and history, society, customs, local views, lifestyle, food, tourist activities, language, work and last facts. Commentary can be blunt and colloquial.

Culture Smart! book series (USA & Canada)
Travel guide titles by country. Covers country overview, various ethnic groups, values and attitudes, customs and traditions, etiquette, local lifestyle, entertainment, transportation, business and communication.

Global Affairs Canada – Country Information Canada (website)
Canadian government's country insight and cultural information for Canada from a local perspective. Covers communication, dress, social institutions, entertainment, stereotypes, etc.

Kids.gov Cultures & Ethnic Groups (website)
U.S. government's recommended links to resources related to African, Asian, Hispanic and Native Americans, and Women.

Interchange Learn About the U.S. (website)
Recommendations for American books, TV/movies, music, sports, food, touristic attractions, as well as cultural activities in individual states.

News Sources

Newspaper Map
Find newspaper websites by location on a map.

Library PressDisplay
Browse electronic, recent issues of newsprint by country.

Foreign Perspectives (books)

美国记忆：一个中国文化中的美国生活 by 美国的记忆 Simplified Chinese translation: Descriptions of American sights and lifestyle from a Chinese traveler and professor.

Across the Pond by Terry Eagleton
Travelogue: Humorous anecdotes of America and its citizens from a British traveler and literary critic.

 Encyclopedia of Ethnic Groups

Gale Encyclopedia of Multicultural America (2000 ebook)
Enteries by American ethnic group. Covers history, food, language, customs, greetings, social and gender dynamics, arts, media, etc.

Multicultural America (2011 ebook)
Enteries by immigrant groups in the U.S. Covers background, migration and assimilation, demographic profile, impact on the U.S., later generations, notable people, etc. Includes timeline, map and statistics.

Encyclopedia of Canada’s Peoples (1999 book)
Enteries by Canadian ethnic group. Covers origins, migration, community, family, culture, religion, politics, etc.

A Native American Encyclopedia (2015 book)
Enteries organized by region and ethnic group. Includes overview, history, religion, government, customs, economy, dress, war and contemporary issues.

U-M Library Research Guides

• American Culture
• Amcult 461/Anthrcul 461/Ling 461: Language, Culture, and Society in Native North America
• Arab-American Studies
• Francophone Canada
• United States History

Images, Videos & Graphs

American Indian History Online (database)
Summaries, videos, slideshows, biographies, primary sources, maps and graphs on American Indian groups.

Can't find what you're looking for? Try these resources:

CultureGrams  Global Road Warrior  GoinGlobal  Encyclopedia of World Cultures  MyWorldAbroad
Cultural Competence: Latin America & the Caribbean

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

**National & Regional Cultures**

- **Pop Culture Latin America: Media, Arts, and Lifestyle (2005 book)**
  Overview of contemporary Latin American popular culture. Covers music, social movements, sports, performances, tourism, literature, icons, language, media, cinema, religion and arts.

- **Endangered Peoples of Latin America: Struggles to Survive and Thrive (2001 book)**
  Chapters sorted by region and communities. Provides information on traditional economy, social and political organization, religion, and threats to survival.

- **Culture Shock! ebook series (Latin America & the Caribbean)**
  Travel guide titles by country. Covers land and history, society, customs, local views, lifestyle, food, touristic activities, language, work and facts. Commentary can be blunt and colloquial.

- **Cultures and Customs of Latin America and the Caribbean series**
  Titles by country. Introduces country and its history, then covers religion, customs, media, cinema, literature, and arts in more depth.

- **Culture Smart! book series (Latin America & the Caribbean)**
  Travel guide titles by country. Covers country overview, various ethnic groups, values and attitudes, customs and traditions, etiquette, local lifestyle, entertainment, transportation, business and communication.

**References by Subject**

- **Encyclopedia of Latin American History and Culture (2008 eBook)**
  Entries by concept. Covers Portuguese-speaking regions and includes people, places, works, policies, languages, etc.

- **The Oxford Encyclopedia of Mesoamerican Cultures (2001 eBook)**
  Entries by concept. Includes people, arts, religion, major civilizations' geography, cultural ecology, language and history.

  Entries by concept. Includes arts, literature, media, political and social institutions, biographies, etc.

- **Historical Dictionaries of Latin America & The Caribbean book series**
  Encyclopedia titles by country. Brief entries on concepts, major historical and recent events, places and people.

**Images, Videos & Graphs**

- **Latin America in Video (database)**
  Spanish video database for a variety of fields browsable by country.

- **Americas (1993 video)**
  English & Spanish video on issues that prevail in Latin America.

- **Glencoe World Geography textbook - Ch. 8: The Cultural Geography of Latin America (PDF)**
  Simple overview of Latin American people, history and culture. Includes graphs and maps for ethnic groups, languages, migration and urbanization, historical empires and religions.
## Regional & National Cultures

**All Resources**
- **Print Only**

### Regional

  Entries by ethnic group. Includes flag, map, descriptions of the people, their homeland, history, language, religion, etc.

  Entries by ethnic group. Overview discusses history, demography, language, etc.

### National

- **Eastern Europe: An Introduction to the People, Lands, and Culture (2005 book)**
  Volumes organized by region, entries by country. Covers geography and demography, minorities, language, political systems, cultural development, etc.

- **Encyclopedia of Eastern Europe: From the Congress of Vienna to the Fall of Communism (2000 book)**
  Entries by concept. However, there are country-specific entries on geography, art, culture, language, literature, etc.

- **Southeast Europe: People and Culture (website)**
  Select a country to view introductory text and additional articles related to art, dance & theater, film, gastronomy, literature, music and sports.

- **Culture Shock! ebook series (Europe)**
  Travel guide titles by country. Covers land and history, society, customs, local views, lifestyle, food, tourist activities, language, work & fast facts. Commentary can be blunt and colloquial.

- **Cultures and Customs of Europe book series**
  Titles by country. Introduces country and its history, then covers religion, customs, media, cinema, literature, and arts in more depth.

- **Culture Smart! book series (Europe)**
  Travel guide titles by country. Covers country overview, various ethnic groups, values and attitudes, customs and traditions, etiquette, local lifestyle, entertainment, transportation, business and communication.

- **Pop Culture Germany! (2006 book)**
  Overview of contemporary German popular culture. Covers music, social movements, sports, performances, tourism, literature, icons, language, media, cinema, religion and arts.

### Images & Videos

- **Europeana Collections (website)**
  Database of artworks, artifacts, books, videos and sounds from museums, libraries and universities across Europe.

- **Sputnik Images (website)**
  Photo bank of historical images and coverage of current Russian and international events. Website viewable in English and Russian.
Cultural Competence: Middle East & Northern Africa

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Regional & National Cultures

News Sources

- Newspaper Map
  Find newspaper websites by location on a map.
- Library PressDisplay
  Browse electronic, recent issues of world newspapers by country.

Academic Texts

- Everyday Life in the Muslim Middle East (book)
  Essays by subject and region, covering aspects of local daily life, gender relations, community, religion and entertainment.
- Popular Culture in the Middle East and North Africa (book)
  Essays by subject, related to music, gender politics, new forms of media representations in the Middle East and the U.S., influences on and from the Egyptian Revolution of 2011.
- Islamic Culture in Crisis (book)
  Articles written over twenty years on cultural crisis and interaction, Arab world culture & politics, Maghrebi history, culture & religion.

U-M Library Research Guides

- Islamic Manuscript Studies
- Islamic Manuscripts Collection
- Jewish Heritage Collection
- Jewish Visual Culture
- Judaica
- Near Eastern Studies Library Resources
- Turkish Studies

Regional

Encyclopaedic Ethnography of Middle-East and Central Asia (2005 book)
Entries by ethnic group. Includes overview of geography and population, language, history, society, family, ethnic conflict, economy, religion, culture, etc.

Pop Culture Arab World: Media, Arts, and Lifestyle (2005 book)
Overview of contemporary Middle Eastern popular culture. Covers music, social movements, sports, performances, tourism, literature, icons, language, media, cinema, religion and arts.

Endangered Peoples of Africa and the Middle East: Struggles to Survive and Thrive (2002 ebook)
Chapters sorted by region and communities. Provides information on traditional economy, social and political organization, religion, and threats to survival.

Global Connections: Middle East Culture (website)
Basic introduction to culture, language, religion of the Middle East in general, with timeline (up to 2002) and links to additional information.

National

Culture Shock! ebook series (Middle East & Northern Africa)
Travel guide titles by country. Covers land and history, society, customs, local views, lifestyle, food, touristic activities, language, work and fast facts. Commentary can be blunt and colloquial.

Cultures and Customs book series (Northern Africa) & Cultures and Customs of the Palestinians (2004 book)
Titles by country. Introduces country and its history, then covers religion, customs, media, cinema, literature, and arts in more depth.

Culture Smart! book series (Middle East & Northern Africa)
Travel guide titles by country. Covers country overview, various ethnic groups, values and attitudes, customs and traditions, etiquette, local lifestyle, entertainment, transportation, business and communication.

Images & Videos

Creative Dissent: Arts of the Arab World Uprisings (website)
The Arab American Museum's online exhibit of photos, graffiti images, videos and songs about the uprisings in the Arab World from 2010 to 2013. Curated by U-M associate professor & PhD student.

Yousef Jameel Centre for Islamic and Asian Art (website)
The University of Oxford Ashmolean Museum's online collection of art from the Islamic Middle East, China, Japan, Southeast Asia, India and the Himalayas.

Can’t find what you’re looking for? Try these resources:
The Sub-Saharan Africa page may have more information related to Northern Africa.
Cultural Competence: Sub-Saharan Africa

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Regional & National Cultures

All Resources  Print Only

Regional

Entries by ethnic group. Visual guide to history, language, ways of life, social structure, culture & religion.

Entries by region, country and major civilizations. Visual guide to history and peoples of countries.

Brief introductory entries on African language families, languages by country, and peoples and nations by country.

Africa South of the Sahara: A Geographical Interpretation (2013 book)
Broad introduction to African cultural diversity, gender dynamics, geomorphology, climate, history, population, economies, resources, current development and issues, etc.

Into Africa: A Guide to Sub-Saharan Culture and Diversity (2009 eBook)
General introduction to African communities, communication, customs, business etiquette, travel tips and regional differences.

National

Culture Shock! eBook series (Africa)
Travel guide titles by country. Covers land and history, society, customs, local views, lifestyle, food, tourist activities, language, work and last facts. Commentary can be blunt and colloquial.

Cultures and Customs of Africa book series
Titles by country. Introduces country and its history, then covers religion, customs, media, cinema, literature, and arts in more depth.

Culture Smart! book series (Africa)
Travel guide titles by country. Covers country overview, various ethnic groups, values and attitudes, customs and traditions, etiquette, local lifestyle, entertainment, transportation, business and communication.

Society and Culture Complete Report eBook series
Entries by country. Information on gift-giving, greetings, holidays, life cycles, religion, sports, stereotypes, folklore, women, etc. Identical report and additional information on Global Road Warrior.

Historical Dictionaries of Africa series
Encyclopedia titles by country. Brief entries on concepts, major historical and recent events, places and people.

Academic Texts

Global Nollywood: The Transnational Dimensions of an African Video Film Industry (ebook)
Essays about the transformation, spread, audience and appropriation of Nollywood, Nigeria's video film industry.

Perspectives on Africa (book)
Anthology of essays on history, politics, society and culture that provide a multiperspectival view. Includes discourse on kinship, hunter-gatherers, beliefs, arts, gender relations, historical and modern transformations.

U-M Library Research Guides

- African and Diaspora Art and Visual Culture
- African Studies
- Lusophone Africa

Websites

Art & Life in Africa
Visual galleries and topic essays on art in and related to everyday life, education, ancient times, medicine, cultural exchange, etc. Country pages display key facts and figures, historical summary and local artworks.

Our Africa
Country specific facts and figures, videos, images and descriptions of poverty, healthcare, food, daily life, people, culture, geography, nature, music, family, economy, education, jobs, history, politics, tourism, etc.

African Writing Online
Short texts from African writers and articles about African literary works and authors.

AfricaGuide
General African arts and culture, food, tribe, music, festivals information, basic country overviews, photo library and articles related to touristic travels in Africa.

Africa: The Art of a Continent
The Guggenheim Museum’s introductory online exhibit to artifacts, films and photographs from Africa. Use the clickable map to view by region.

Can’t find what you’re looking for? Try these resources:
CultureGrams  Global Road Warrior  GoInGlobal  Encyclopedia of World Cultures  MyWorldAbroad
Cultural Competence: Asia & Oceania

Increase intercultural awareness and competencies for traveling abroad and living among culturally diverse populations.

Regional & National Cultures

- Encyclopedia of the Peoples of Asia and Oceania (2009 book)
  Entries by ethnic group. Includes an overview of location, time period, ancestry and language, followed by a timeline and details about history, cultural identity, etc.
  Encyclopedic entries by ethnic group. Overview describes population and history.
- Encyclopedia of Modern Asia (2003 ebook)
  Entries by concept. Includes people, festivals, themes, and subject entries on architecture, cuisine, cinema, literature, etc.
- Charting the Pacific (website)
  Discover stories of lives in the Pacific and explore maps, country profiles, and regional statistics and issues.

Images, Videos & Documents

- ECAI Pacific Language Mapping (website)
  Language atlas of the Pacific area, Southeast Asia, and Madagascar.
- Yousef Jameel Centre for Islamic and Asian Art (website)
  The University of Oxford Ashmolean Museum’s online collection of art from the Islamic Middle East, China, Japan, Southeast Asia, and the Himalayas.
- Trove (website)
  The National Library of Australia’s digital collection of Australian books, images, newspapers, maps, music, websites, etc.
- Coconet TV (website)
  Interactive timeline, games, photos, blogs, videos about and from people in the Pacific.
- Tribal Asia (2004 book)
  A photobook of tribes in ancient Arabia, India, mountains, Central Asia and Malay archipelago.
Cultural Competence: Study/Work Abroad

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Getting Started  Diversity  World Cultures  Regional Cultures  Study/Work Abroad

Things to keep in mind when preparing to go abroad...

- **U-Pacific Cultural Training**
  Online training resource with units and sections for learning about the concept of culture and how skills, attitudes and behaviors affect adaptation to a new and unfamiliar environment.

- **Global Scholar Online Learning**
  This interactive online course outlines what to do and expect before, during and after going abroad with many videos. Upon completion of the course, you can receive a 'Global Scholar Certificate.' Registration required.

- **World Citizens Guide (brochures)**
  Visually appealing, short PDFs with simple suggestions for Americans traveling or working abroad.

- **U-M Resilient Traveling**
  U-M's project website dedicated to helping students traveling abroad to learn how to cope with culture shock, stress, loneliness and more. Click on 'Self-Assessment' to take an online mental health screening.

Business-Specific Websages

- **GoinGlobal**
  Country guides & USA/Canada City Career Guides provide business-focused cultural advice. Includes employer profiles, visa regulations, job application guidelines and trends, and Jobs/Internships listing.

- **World Business Culture**
  Business culture and etiquette guide to countries.

- **Business Insider Country Communication Chart**
  Diagrams of how different nationals negotiate business.

- **Passport to Trade European Business Culture**
  Select a country to read more about its business culture (communication, etiquette, etc.). Also includes information about the country, its history, cultural taboos, education, transport, being a foreigner in the country, and additional resource links.

How to speak and act?

- **Etiquette 101: Listen Up**
  How to say hello, good-bye, please, thank you and help in various languages, and country-specific greeting tips.

- **Journey/Woman What Should I Wear & Where**
  "What to wear" tips for women traveling to select countries.

- **CultureCrossing Etiquette Guide**
  Community-built and basic work and study etiquette guides by country.

- **Eating Abroad: The Cultural Resonance of Food**
  An article that shares food tips for travelers.