

Topic: Cultural Adjustment
(Hebrew Immigrant Aid Society, Vienna)

Activity: Discussing Trade-Offs

Lesson Time	15 minutes
Materials	<ul style="list-style-type: none">• White board• Blue marker• Black marker
Practice	<ol style="list-style-type: none">1. The facilitator uses two different colors to write on separate sides of the white board: “Miss/Give Up” and “Gain/Find”.2. The facilitator asks participants what they believe they will miss about their country of origin, and what they think they will find when they resettle in the U.S. The facilitator writes the responses on the appropriate section of the board. Participants may mention abstract things such as “freedom” or “opportunity”; the facilitator can prompt participants to also list day-to-day things, like “traditional food” or “good cheeseburgers”.3. The facilitator should encourage a discussion of these trade-offs.
Discussion	<ul style="list-style-type: none">• What if you wake up one day and the things you miss about your country of origin outweigh the things you think you have gained or found in the United States?
Variations	<ol style="list-style-type: none">1. Explain that refugees use many different strategies to help them adjust to the disorientation and anxiety of living in a new land. These may include learning or improving one’s English, staying busy or finding a good job, exercising or reading, setting goals and trying not to compare one’s self to others.

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