

At the end of their AFS exchange in Mexico, we asked some recent AFSers from the USA to answer two questions:

- ❑ What elements of your host culture, compared to US culture, did you find most difficult to adjust to in the areas of family, school and/or social life?
- ❑ Please note any advice you would like to share with AFSers destined for your host country.

Here are some of their responses:

Research the climate of the area you're going to. I went to México and other AFS students didn't check what the climate is supposed to be like. I was in a very cold region and other students thought "Hey its México. It's going to be hot!!!" And then they froze and had to have their families send them clothes.

Devon, Semester

Be prepared for anything. Be open-minded. Try all the food. Make as many friends as possible!

Victoria, Semester

Keep an open mind. If you openly accept the people around you, they will in return, openly accept you. My host country was just different from the US, there was not one thing that I found most difficult. It was just a different place, with different rules and a different way of living. Once I opened my mind, and stopped comparing the US to my host country, I found it very easy to adjust.

Carter, Semester

