

Topic: Cultural Adjustment

Activity: Adjustment Takes Time: A Lesson Plan for Use With Bhutanese Refugees

Objectives	Participants will be able to: <ul style="list-style-type: none">✓ discuss the potentially lengthy process of adjustment to living in the United States✓ explain why many refugees may feel lonely✓ identify different ways to stay busy and avoid feelings of loneliness
Lesson Time	45 minutes
Materials	<ul style="list-style-type: none">• <i>Bhutanese Refugees in the United States</i> (http://www.cal.org/co/videos/Bhutanese/Bhutanese.html)• Internet access, laptop, projector, and screen, or DVD, television, and DVD player• Flipchart paper, markers, tape• <i>Adjustment Takes Time: Images Worksheet</i>, 1 per participant (included)• Writing implements, 1 per participant• Optional: <i>Adjustment Takes Time: Quotes Worksheet</i>, 1 per participant (included)
Introduction	Tell participants that getting used to a new life in the United States will take time. The time it takes is different for everyone. It is important to be aware that adjustment is a process. Then it will be easier to deal with the challenges that arise.
Viewing Activities	<p>Tell participants that the group will now watch a 15-minute video of interviews with Bhutanese refugees resettled in the United States. Distribute <i>Adjustment Takes Time: Images Worksheet</i> and writing implements to participants. Tell participants to watch for the images on the worksheet, and check them off when they see them in the video. Ask participants to pay special attention to how refugees have found support and maintained a healthy lifestyle while adjusting to life in the United States.</p> <p>View <i>Bhutanese Refugees in the United States</i>.</p>
Practice	<p>Divide participants into small groups of 5-6. Referencing the images from their worksheet, groups spend a few minutes discussing who talked about feeling lonely in the video, and what the speaker said about these feelings.</p> <p>Small groups then discuss how speakers talked about adjusting to life in the United States and what has helped them.</p> <p>Bring the large group together and ask for highlights from the small group discussions about ways refugees in the video talked about adjusting. Record these on a flipchart paper. Responses may include feeling more comfortable as time passes, feeling glad that their kids doing well in school, identifying similarities, appreciating religious freedom, meeting neighbors and making friends, learning English, maintaining a positive attitude, taking classes and going to school, learning how to work with the system, working hard and being compensated for this, finding other Bhutanese community members, etc.</p>

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Discussion Questions

- Why may you feel lonely when you first arrive in the United States?
- Why is it important to be aware that it takes time to adjust to life in the United States?
- What are some ways you can avoid or combat feelings of loneliness?
- How might you make friends in the United States?

Variations

1. When working with more literate participants, distribute *Adjustment Takes Time: Quotes Worksheet*. After viewing the video, participants complete the worksheet and discuss their answers in small groups. These quotes can also be utilized during the large group discussion to highlight other related topics discussed in the video.

Key English Vocabulary

attitude
healthy
process

busy
lifestyle
takes time

feelings
lonely
to adjust

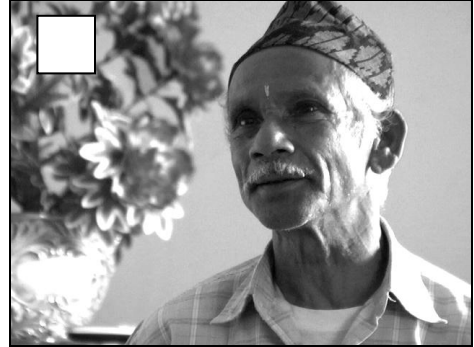
This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Adjustment Takes Time: Images Worksheet

Directions: As you watch the DVD, look for the images below.
Put a check (✓) in the box next to the image when you see the image.



Dilli Ram



Durga Bahadur Adhikari



Geeta Subedi



Krishna Adhikari



Biba Rai



Suk Rai



Don Maya Gurung



Homa Subedi

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Adjustment Takes Time: Quotes Worksheet

*Directions: Read the quote from the DVD.
Decide if the statement is positive, negative, or neutral, and how you feel about it.*

Quote	Positive, negative, or neutral?	How do you feel about the statement?
<p><u>Suk Rai:</u> We had this misconception that America was just a vast land with big tall buildings and we would get lost. However, we've seen beautiful greenery everywhere, just as in Nepal and they have hills like those in Bhutan.</p>		
<p><u>Durga Bahadur Adhikari:</u> My heart does hurt because I don't understand anything. I do feel lonely. No, I don't feel anything, but I can't go anywhere. I can't do anything.</p>		
<p><u>Don Maya Gurung:</u> When I first got here, I felt lonely. I didn't understand the language and I felt awkward. Now, I'm taking English classes. We've been here for 8 to 9 months. I might not be able to converse but I can understand what the teachers are talking about. I'm starting to understand the language. I've made a few friends, so I'm enjoying myself now.</p>		
<p><u>Geeta Subedi:</u> Back home in Nepal, we knew our neighbors; we visited one another and helped each other. Once we entered our house here, we just stayed inside and that was difficult – but now it's getting better.</p>		

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.