



# CULTURAL WELLNESS

**Want to learn more about a country's culture through a friend's travel experience? Here are some thoughtful questions you can ask to spark deeper conversations:**

## **Daily Life**

- What stood out to you about daily life there? (e.g., routines, work hours, etc.)
- How did people greet each other? Was there a specific way to show respect?
- What was the pace of life like compared to here?

## **Food & Dining**

- What was the most memorable meal you had?
- Were there any surprising food customs or etiquette rules?
- How was the dining experience different from home?

## **Communication & Social Norms**

- How did people interact with strangers? Were they reserved, warm, formal?
- Did you experience any language barriers, and how did you navigate them?
- Were there any unspoken rules about personal space, eye contact, or gestures?

## **Festivals & Celebrations**

- Did you witness or hear about any local festivals or celebrations?
- What kinds of music, dance, or art were common?
- Were there any religious or cultural traditions that were especially meaningful?

## **Work, Money & Daily Transactions**

- How did people typically shop—markets, big stores, small businesses?
- Was bargaining common, or was pricing fixed?
- What did you notice about how people approached work-life balance?

## **Public Spaces & Transportation**

- How did people get around? Was public transportation popular?
- What were parks, city squares, or communal spaces like?
- Did anything surprise you about the way people behaved in public?

## **Personal Reflections**

- What was the biggest cultural difference you noticed?
- Did anything challenge your expectations or assumptions?
- Would you want to go back? If so, what would you do differently?