## Fun ways to expand your cultural awareness

Here are 10 ways to enjoy cultural experiences. Check off each as you try them — and add a few of your own ideas!

<b>•</b>	1. Watch a foreign-language film	
	2. Read a book set in another country	
	3. Listen to music from another country	
•	4. Go to a cultural festival or program	
	5. Visit a museum exhibit	
5	6. Listen to a travel show podcast	
<b>*</b>	7. Try a new recipe or cook with a new ingredient	
	8. Download a language app and start learning	
	9. Eat at a restaurant featuring ethnic cuisine	
-	10. Travel to somewhere you've never been	
	11	
	12	

## **Optum**

© 2023 Optum, Inc. All rights reserved. Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Optum is an equal opportunity employer. WF10314019 229463-052023