



10 Ways to Expand your HORIZONS

in Columbia, Missouri

- 1** **Connect with the community and get out of your comfort zone: walk through a different neighborhood and visit a unique local market.**
- 2** **Give your taste buds a vacation: skip the food chains and try a local restaurant.** Check out this list of Columbia restaurants at www.visitcolumbiamo.com/section/dine/
- 3** **Interact with people from different backgrounds and cultures by becoming a language partner.** Sign up at womenscenter.missouri.edu/language-partners
- 4** **Read a book about a different person, culture, country and/or experience.** Check out our book list (diversity.missouri.edu/education/books) and Goodreads Group for recommendations by MU students, staff, and faculty.
- 5** **Help make a difference by volunteering: connect with a local organization.**
- 6** **Listen to local, regional, international, or a different genre of music.** Many radio stations around the country and world stream their broadcasts online. Don't forget to also check out the line up for the Roots N Blues N BBQ Festival in September.
- 7** **Host your own international film festival: rent movies from around the world and learn about different cultures and experiences.** MU Library Collection has free foreign films at library.missouri.edu/guides/finddvd/ or visit the Columbia Public Library at www.dbrl.org. Also check out Ragtag Cinema or your favorite video streaming service.
- 8** **Explore your heritage, family history and personal cultural world view.** Daniel Boone Regional Library offers free access to several genealogy databases (www.dbrl.org/reference/databases#genealogy) or check out Cyndi's List (www.cyndislist.com) and FamilySearch.org to get started.
- 9** **Visit a local museum or cultural center** such as the MU Museum of Anthropology (anthromuseum.missouri.edu), MU Museum of Art and Archaeology (maa.missouri.edu), or the Missouri State Museum in the Missouri Capitol building, Jefferson City, Missouri (mostateparks.com/park/missouri-state-museum).
- 10** **Challenge yourself to learn 10 new words in another language.** Try Transparent Language Online (www.dbrl.org/reference/databases#language) from Daniel Boone Regional Library or another language resource.

For additional information, please visit
diversity.missouri.edu.

