



# 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/](http://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](http://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](http://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/](http://library.missouri.edu/guides/finddvd/) or visit the Columbia Public Library at [www.dbrl.org](http://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](http://www.dbrl.org/reference/databases#genealogy)) or check out Cyndi's List ([www.cyndislist.com](http://www.cyndislist.com)) and [FamilySearch.org](http://FamilySearch.org) to get started.
- 9** **Visit a local museum or cultural center** such as the MU Museum of Anthropology ([anthromuseum.missouri.edu](http://anthromuseum.missouri.edu)), MU Museum of Art and Archaeology ([maa.missouri.edu](http://maa.missouri.edu)), or the Missouri State Museum in the Missouri Capitol building, Jefferson City, Missouri ([mostateparks.com/park/missouri-state-museum](http://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](http://www.dbrl.org/reference/databases#language)) from Daniel Boone Regional Library or another language resource.

For additional information, please visit  
[diversity.missouri.edu](http://diversity.missouri.edu).



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