

AHA's Cultural Exchange Bingo!

Try something new and mark it off on the board when you've made it happen!

Take a photo if you can or write about it to share with your Program Manager! Let's get out and meet your community!

B	I	N	G	O
Meet one new colleague	Ask a local to explain a local tale	Explore a park	Try a new food dish	Learn a local phrase
Watch the local news	Ask a colleague about their family traditions	Attend a local sporting event	Attend a local festival	Sign up to volunteer with a local charity
Cook a recipe from home and share with workmates	Try cooking your favorite American food recipe		Hike the nearest path through the forest. Go with a friend!	Join an local intramural sports team
Attend a local music performance	Ask a colleague to show you around their neighborhood.	Go to the farmer's market or local bazaar	Attend a local theatrical performance	Go to the local beach or swimming pool
Join a gym or start exercising with a local group or friends	Go tubing or canoeing down the river with a group	Go horseback riding	Visit a local petting zoo	Speak with a school class to share your culture.