

Making the transition to living in the U.S., resources for newcomers

Welcome to Boston: A guide for international newcomers

You may review this book in International Scholars Office (ISchO) in E18-209. You may not remove the ISchO copy, but you may purchase your own copy from the [Interchange Institute](#).

Global Baby: Tips to keep you and your infant smiling before, during and after your international move

This small booklet has very good advice about traveling with your baby, what it will be like as you and your baby adjust to a new place, health care issues such as finding a doctor and understanding medicine in a new country. It also has information about childcare and babysitting, cultural differences in parenting, raising a bilingual child, and many other subjects.

You may review the International Scholars Office copy in room E18-209. You may not remove the booklet from the ISchO, but it is available for purchase from the [Interchange Institute](#).

A Smooth Beginning: 20 suggestions to help you and your family feel settled in a new country

This booklet discusses topics like understanding the stress of an international move, handling emergencies, making a new house feel like home, how to meet local people, how to help your children make friends, ways to stay connected to your home country, understanding and managing culture shock, and many others. It is also available from the [Interchange Institute](#).

Understanding American Schools: The answers to newcomers' most frequently asked questions

You may review the ISchO's copy in room E18-209. You may also purchase your own copy from the [Interchange Institute](#).

American Ways: A guide for foreigners in the United States

This book explains American values and assumptions on many topics such as individualism, competitiveness, informality, privacy, materialism and others. The book talks about specific aspects of American life such as family life, education, religion, the media, social relationships, racial and ethnic diversity and many other topics. There is a chapter about coping with cultural differences between yourself and Americans. This book will really help you to understand Americans and their lives and values. If you would like to review the International Scholars Office copy, you may come to room E18-209. You may purchase your own copy from sources including [amazon.com](#).

Living in the USA

This book also describes Americans, their values and beliefs, educational and political systems. It also discusses different cultures within American culture such as African Americans, Latino Americans, Asian Americans, Native Americans, etc. There is also a chapter on American business. The book has valuable information on money and banking, medical care, safety and emergencies, food and food customs, transportation, housing, child care, finding friends, and other topics. You may review the International Scholars Office copy in room E18-209 or you may purchase your own copy from sources including [amazon.com](#).

What's Up America?

This book answers many questions that visitors to the U.S. think about. It discusses how Americans grow up, the importance of the media, the hidden rules of US culture and other topics. The tone of the book is a bit informal and sarcastic, but the content is interesting. It generalizes a great deal about Americans, and in some ways perpetuates stereotypes. This is a particularly good book for discussion groups, as it will likely start good conversation and debate. The book is available from sources including [amazon.com](#).