

Get A Buddy

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In order to make your transition to the United States a little bit easier, it is recommended that you use the "Buddy System." You may read about and research life in the U.S. forever, but knowing someone in the United States is probably your best bet to understanding "the way things work." If you can, get a Buddy.

He or she could be a foreign worker with prior experience in the United States, or perhaps a friend or family member who got here before you. It could be your recruiter, area manager, or another U.S. professional interested in helping you get off to a good start. Whoever it may be, be sure that it's a person who you can trust and are comfortable with.

While your Buddy may make every effort he or she can to facilitate your adaptation to living and working in the United States, it is important that you understand that you hold all of the primary responsibilities associated with your relocation. Most foreign professionals find the United States a welcoming and pleasant place to work, and adapt quickly to the new changes in culture and lifestyle. While we can encourage you to get involved with community activities and establish relationships with colleagues and peers within your community, it is ultimately up to you. Successful foreign professionals in the United States consistently agree that the key for adaptation is through enthusiastic immersion in U.S. culture. We encourage you to do so and believe you will succeed if you follow our advice.

What your buddy can help you with:

- Advising you regarding housing, neighborhood safety, location of shopping centers, etc.
- Provide general guidance to your new work environment and responsibilities.
- Serve as a sounding board for questions and problems which may arise during the first few months of your transfer.
- Introduce you to other foreign workers who have successfully adapted to life in the United States.

Remember: in the United States, never be afraid to ask questions. Americans are usually very hospitable people and are willing to take their time and help you when they can. The success to your U.S. transfer lies in your independence and in your establishment of strong relationships with U.S. and foreign colleagues. Your Buddy may help you as best he or she can, but the net result will depend upon you.