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HONORS THESIS

Experience Abroad and its Implications on Cultural Empathy, Food, Ambiguity, and Language

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ABSTRACT

This study examines the implication that experience abroad has on cultural empathy, food neophobia, tolerance of ambiguity, and language. The study's purpose is to use quantitative methodology to measure the effects of experience abroad and numerically show how these experiences allow us to nurture openness to new concepts of culture and food. An online survey was used to gather data to draw meaningful conclusions concerning the relationship between experience abroad, cultural empathy, food neophobia, tolerance of ambiguity, and language. The results of this study show that those who speak more than one language show lower levels of food neophobia, indicating they are more likely to try new foods. Experience or time spent abroad was also considered, showing that those with more experience abroad show lower levels of food neophobia. Additionally, those with more experience abroad tend to show higher levels of ethnocultural empathy. It can be concluded that speaking more than one language and having greater experience abroad is positively associated with openness to culture and food.

INTRODUCTION

The present study observes differences in groups with varying levels of exposure to language and time abroad, and how this exposure affects variables such as tolerance of ambiguity, food neophobia, and ethnocultural empathy. This study hypothesizes that a higher tolerance of ambiguity caused by travel abroad will be associated with a greater sense of empathy toward other cultures. The relationship between tolerance of ambiguity and openness to trying new food will be considered as well. This study hypothesizes that a higher tolerance of ambiguity will be associated with a greater likelihood to try new foods, or lower levels of food neophobia. Language and food neophobia will also be explored by questioning the relationship between the number of languages an individual speaks and their likelihood of trying new food.

LITERATURE REVIEW

Culture, Food, and Language

The Importance of Culture

Culture can be defined in many ways and is often used as a broader umbrella term. The general definition of culture agreed upon by anthropologists is a set of shared values, beliefs, expectations, customs, jargon, and rituals (Lazear, 1999). Identification with one or more cultures makes an individual bicultural or multicultural. A range of factors build an individual's culture, such as language, religion, food, customs, rituals, and the environment in which an individual lives.

Effect of Environment on Culture

The environment in which one lives influences how culture is adopted (Lazear, 1999). There are two cases, the minority culture, and the majority culture (Lazear, 1999). Minority groups are more likely to adopt the majority culture and language when living in a concentrated area of majority language speakers and cultures (Lazear, 1999). This relationship between minority and majority culture can be seen in Sterling and Lin Pang's (2007) research that observes the daily lives of Venezuelan Chinese students living in China through the lens of an ethnographic study. The participants in the study were ethnically Chinese students who were born in Venezuela and had returned to China to attend school. The authors found that the Venezuelan Chinese students, the minority, stayed together and did not have much exposure to the Chinese students in their school who identify with the majority culture. Due to the lack of exposure and interactions with Chinese students, the Venezuelan Chinese students did not adopt the majority Chinese culture. The Venezuelan students showed preferences for their native Venezuelan culture and did not make efforts to integrate with the majority culture.

Findings from Sterling and Li's (2007) research have found similar implications. Consisting of Chinese- Canadian families living in Canada, the researchers studied how the Chinese-Canadian families integrated into the majority culture measured by their exposure to Canadian culture. The findings indicate that families residing in predominantly Canadian English-speaking neighborhoods, or neighborhoods dominated by the majority culture, were more

integrated into the local culture and had higher English fluency rates. These findings support the overarching concept that those who reside in an environment where the majority culture is dominant will be further exposed to the majority culture, making them more susceptible to learning the majority language and adopting the majority culture (Lazear, 1999).

From these studies arises the important concept that the more an individual is exposed to and surrounded by a culture, the more likely they are to be integrated into the culture and achieve fluency in the language. This is critical to recognize when considering the relationship between multilingualism and culture because those who experience more exposure to a specific culture are more likely to learn the language of that culture (Lazear, 1999).

Food and Identity

Food is culturally significant and has powerful implications for identity (Xiao, 2017). Food is one of our first learned traits and becomes embedded in our sense of self (Xiao, 2017). Attitudes toward food are deeply rooted within us, often stemming from parental influences and societal norms (Cleveland et al., 2014). Food is an instrument used to create a sense of cultural belonging, as described in Xiao's (2017) content analysis on an Asian American online forum. The author identified that food demonstrates familiarity and comfort, which comprise significant aspects of one's identity. Asian Americans using the online forum expressed that they use Asian food to establish and connect with their Asian heritage and to create a sense of comfort relating them back to the parental influences and societal norms that they associate with the food.

In agreement with Xiao's (2017) findings, Sterling et al. (2013) research studied how Venezuelan Chinese students consumed food while studying in their ancestral land of China. The Venezuelan Chinese students did consume authentic Chinese food while abroad in China, however, the study found that the students preferred and longed for Venezuelan food. The students expressed feeling homesick and wanting to cook traditional Venezuelan food. The Venezuelan food the students consumed abroad created a sense of comfort and familiarity, as the Venezuelan food they longed for is part of their identity.

As demonstrated throughout existing literature, it is meaningful to recognize the relationship between food, identity, and culture. The implications that food has on identity are especially apparent when observing immigrant groups (Xiao, 2017). Because food is strongly tied with culture, when an immigrant is placed in an area where a higher concentration of the majority culture is found, food can be an instrument that is utilized to establish a sense of identity and create comfort in the unfamiliar setting of the majority culture (Xiao, 2017).

Food Neophobia

Food neophobia is the tendency to reject new or unfamiliar foods, or to experience anxiety and aversion when exposed to unfamiliar foods (Hobden & Pliner, 1995). Many factors determine one's levels of food neophobia. Influences of food neophobia often stem from one's childhood experiences with food (Norton & Raciti, 2016). Food neophobia is most popular among children, peaking at 2 to 6 years old (Dovey et al., 2008). the tendency to reject new or unfamiliar foods or Food neophobia is also frequently found in older adults and younger children (Lobos & Januszewicz, 2019). Food neophobia in young children and older adults is explained by the fact that food-neophobic behaviors may potentially protect the weakened immune system of these populations from potential poisoning from unknown substances (Lobos & Januszewicz, 2019).

Age is only one defying factor when determining influences on one's level of food neophobia. Levels of food neophobia may be out of the control of individuals due to genetic influences (Lobos & Januszewicz, 2019). Although food neophobia can be genetically influenced and passed through generations, genetics do not determine food neophobia, and it can be changed and improved upon by the individual (Wardle et al., 2003).

Economic influences such as education and income affect food neophobia levels. Costa and Oliveira's (2019) study consisting of 229 adults studied demographic factors and their influence on food neophobia. Findings show that the higher the income and education an individual had, the lower the individual scored on the scale of food neophobia (Costa & Oliveira, 2019).

Physiological influences such as personality may affect one's level of food neophobia (Lobos & Januszewicz, 2019). A positive correlation exists between high levels of food neophobia and low openness to experience, anxiety, and neuroticism (Lobos & Januszewicz, 2019). A positive correlation is also present between shyness and emotional instability in children and the intensity of neophobic behaviors towards food that children display (Lobos & Januszewicz, 2019).

Factors that have little influence on food neophobia are gender and culture. From observing demographics and their effects on food neophobia, Costa and Oliveira (2019) found no significant differences between the mean score of food neophobia between both sexes. Like gender, culture was found to not have a significant impact on levels of food neophobia. Costa and Oliveira (2019) concluded that familiarity with food might not be cultural, but an individual experience; food that is well-known in a specific culture is still unfamiliar to a person until they taste it (Costa & Oliveira, 2019).

Research has found that individuals with higher levels of food neophobia are less likely to enjoy the act of eating and are also less likely to prefer specific foods such as favorite foods (Costa & Oliveira, 2019). Among the groups of food that experience the highest levels of neophobia are fruits and vegetables (Costa & Oliveira, 2019). This adversity to fruits and vegetables can be attributed to their bitter tastes and an individual's hyper ability for bitter tastes can be influenced by genetics (Lobos & Januszewicz, 2019).

Food neophobia is important when assessing the openness of new experiences found in individuals. Research surrounding food neophobia identifies how demographic, economic, and physiological factors influence an individual's levels of food neophobia. However, research has not addressed if the number of languages an individual speaks affects one's level of food neophobia. With this reflection, the following research question is posed:

RQ: What is the relationship between the number of languages an individual speaks and their likelihood of trying new foods?

Effects of Culture and Language on Empathy

Biculturalism, Bilingualism, and Empathy

Culture and language are two factors that influence one's empathy toward others (Lopez et al., 2019). Empathy is defined as the emotional response to another person's emotion or situation (Eisenberg & Miller, 1987). Research often looks to those who are bicultural and bilingual when studying the relationship between empathy and culture. Bicultural individuals are defined as those who identify with two distinct cultures, usually due to heritage or birthplace (Chung et al., 2010). Research has found that biculturalism and bilingualism create a stronger sense of empathy toward others (Lopez et al., 2019).

In Chung et al. (2010) study, researchers analyzed individuals that identified with Western culture, eastern Asian culture, and both cultures (bicultural). The study found that bicultural individuals adopt components of both cultures' sense of empathy (Chung et al., 2010). Individuals adopt both groups' empathetic concerns to facilitate relationships between distinct cultures. Considering bicultural individuals is important when examining the implications that cultural exposure has on empathy toward others. The relationship between biculturalism and a higher sense of empathy is important because it shows that exposure to more cultures may lead to better cultural understanding and empathy in comparison to monocultural individuals (Lopez et al., 2019).

Research indicates that due to exposure to two or more cultures and languages, individuals who are bicultural and bilingual have a heightened sense of empathy toward others (Lopez et al., 2019). This is important when considering bilingualism and multilingualism and their effects on empathy toward other cultures as research indicates that those who identify with two or more cultures and speak two or more languages are more likely to show empathetic behaviors toward cultures that are not their own (Lopez et al., 2019).

Tolerance of Ambiguity and Experience Abroad

As an individual spends more time outside their home country, they are exposed to many languages and cultures. The exposure to language and culture that individuals experience while abroad has been found to increase one's tolerance of ambiguity (Dewaele & Li, 2013).

Tolerance of ambiguity is defined as the "tendency to perceive ambiguous situations as desirable" (Bunder, 1962, p.29). A person with low tolerance of ambiguity may experience stress, react prematurely, and avoid ambiguous stimuli. On the other end, a person with a high tolerance of ambiguity perceives ambiguous situations as desirable, challenging, and interesting (Furnham & Ribchester, 1995). Those who are bilingual have a higher tolerance of ambiguity than those knowing fewer languages (Dewaele & Li, 2013). For students in particular, time spent abroad has been found to reduce foreign language classroom anxiety (Thompson & Lee, 2014). Becoming familiar with the majority culture and language increases the tolerance of ambiguity, hence performing better when faced with unfamiliar situations. Those who have never studied abroad generally have a lower tolerance of ambiguity than those who have lived abroad for three or more months (Dewaele & Li, 2013). The more time in which an individual becomes acquainted with a new majority language and culture, the higher the tolerance of ambiguity and the more comfortable the individual will feel when faced with diversity brought upon by the majority culture (Dewaele & Li, 2013).

Tolerance of ambiguity is an indicating factor when it comes to the adoption of new languages and cultures. Experiences abroad cause comfort in a new language and culture (Thompson & Lee, 2014). Tolerance of ambiguity plays a key role when considering multilingualism and its effects on empathy toward other cultures because as individuals spend more time abroad, their understanding of the language and culture becomes richer, hence increasing their tolerance of ambiguity (Dewaele & Li, 2013). Like the experience of bicultural and bilingual individuals, a heightened understanding of a language and culture can help to create a stronger sense of empathy (Lopez et al., 2019).

Research has already established that experience abroad is positively related to tolerance of ambiguity. In the future, research should analyze whether a higher tolerance of ambiguity caused by travel abroad is related to a stronger sense of empathy toward other cultures. Addressing the relationship between these two factors could help to further understand the effects that travel abroad has on one's ability to navigate the world and relate to others. The

possible relationship between tolerance of ambiguity, time spent abroad, and empathy poses the following hypotheses:

H1: A higher tolerance of ambiguity caused by travel abroad will be associated with a greater sense of empathy toward other cultures.

Research should also consider the relationship between tolerance of ambiguity and food neophobia. Food neophobia can be considered as a reflection of one's openness to new and unfamiliar situations, such as trying new foods. Understanding the relationship between food neophobia and tolerance of ambiguity will provide a stronger sense of how a higher tolerance of ambiguity enriches one's understanding of culture by allowing an individual to be more open to trying new cultural foods. The possible relationship between tolerance of ambiguity and food neophobia poses the following hypothesis:

H2: A higher tolerance of ambiguity caused by travel abroad will be associated with lower levels of food neophobia.

Conclusion

Research suggests that exposure to culture and language affects an individual's empathetic concern toward others (Chung et al., 2010). Furthermore, considerable time spent engaging with a majority culture and language that is not one's own causes a higher tolerance of ambiguity (Dewaele & Li, 2013). As seen with bilingual and bicultural individuals, exposure to multiple cultures and languages can heighten one's sense of empathy toward others (Lopez et al., 2019). As exposure to culture increases, tolerance of ambiguity increases, causing an individual to enjoy an elevated sense of understanding of that culture (Dewaele & Li, 2013). Exploring the relationship between language, food neophobia, tolerance of ambiguity, and cultural empathy will advance the present research and allow for a deeper understanding of how individuals navigate exploring new cultures and food.

METHODS

Participants

Quantitative primary data was collected using an online survey. A total of 122 respondents (58.47% female, 40.68% male) filled out the survey. Most participants were between the age of 20-21 years old (69.49%). All respondents were students enrolled full time at a four-year university and 93.22% of respondents were students at a four-year university in Rhode Island. Racially, 80.51% of respondents were white. Surveys are standard sampling procedures in cultural, anthropological, and language studies. Survey questions can be found in Appendix A- Survey Questions.

Measures

Five variables were measured using scales adapted from previous research. The variables considered in this study are the number of languages spoken, experience and time spent abroad, tolerance of ambiguity, ethnocultural empathy, and food neophobia.

Number of Languages Spoken

The number of languages spoken was measured by asking the respondent to identify as being monolingual (speaks one language), bilingual (speaks two languages), trilingual (speaks three languages), or multilingual (speaks more than three languages).

Experience and Time Spent Abroad

The respondent was prompted to answer if they have traveled abroad or outside of their home country, this was a yes or no question. If the individual selected yes, they were asked to provide the top five countries or territories in which they have spent the most time, and how much time they spent in each country. With this information, two groups were formed: less experience abroad and more experience abroad. Those with less experience abroad are classified as having no experience to having spent up to a total of 122 days abroad. Those with more experience abroad are classified as having 123 days to more than 356 total days spent abroad.

Tolerance of Ambiguity

Tolerance of ambiguity was measured using the Tolerance of Ambiguity Scale. This scale, developed in 1962, measures tolerance of ambiguity using a 12-item questionnaire with five-point Likert scales (Dewaele & Li, 2013). The Tolerance of Ambiguity Scale poses survey statements such as “What we are used to is always preferable to what is familiar, people who fit their lives to a schedule probably miss most of the joy of living, and I like parties where I know most of the people more than ones where all or most of the people are complete strangers” (Budner, 1962, p.34). These statements, among others on the scale, were used to measure participant orientation towards ambiguous situations and how they are most likely to handle them. Responses are measured on a five-point Likert scale with responses that range from strongly disagree to strongly agree.

Cultural Empathy

Cultural empathy was measured using the Scale of Ethnocultural Empathy. The Scale of Ethnocultural Empathy measures empathy levels toward other individuals of different racial and ethnic backgrounds (Wang et al., 2003). The scale explores four factors that affect ethnocultural empathy: empathetic feeling and expression, empathetic perspective-taking, acceptance of cultural differences, and empathetic awareness (Wang et al., 2003). Sample statements from this scale are “I get disturbed when other people experience misfortunes because of their racial or ethnic background, I seek opportunities to speak with individuals of other racial or ethnic backgrounds about their experiences, and I am aware of how society differentially treats racial or ethnic groups other than my own" (Wang et al., 2003, p.225). Responses are measured on a five-point Likert scale with responses that range from strongly disagree to strongly agree.

Food Neophobia

The Food Neophobia Scale measures the trait of food neophobia, or the reluctance to eat and/ or avoidance of novel foods (Pliner & Hobden, 1992). The scale is made up of ten items that were found to have satisfactory test-retest reliability and internal consistency (Pliner & Hobden, 1992). Sample statements from this scale are “I like to try new ethnic restaurants, I

am constantly sampling new and different foods, and I like foods from different countries" (Pliner & Hobden, 1992, p.109). Responses are measured using a five-point Likert scale with endpoints of strongly disagree to strongly agree.

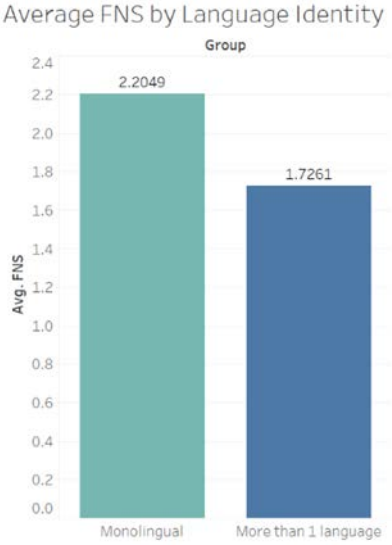
RESULTS

Results of this study show that monolinguals show higher mean food neophobia scores than those who speak more than one language. In addition, those with less experience abroad had a higher mean food neophobia score than those with more experience abroad. It was also found that individuals with more experience abroad had a higher mean empathy score than those with less experience abroad.

Language Identity and Food Neophobia

The mean Food Neophobia score was calculated for two groups: monolinguals and those who speak more than one language (encompasses those who identified as bilingual, trilingual, and multilingual). The monolingual group had a higher mean food neophobia score than those who speak more than one language. The higher the food neophobia score, the more likely the individual is to portray food neophobic behaviors.

Figure One
Average Food Neophobia by Language Identity

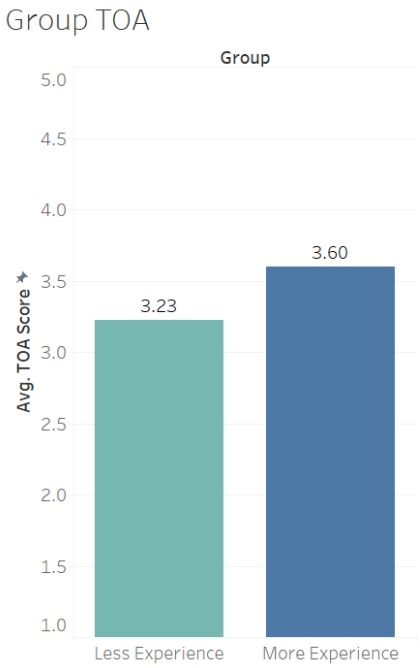


A two-sample t-test was performed to compare the mean scores on the food neophobia scale between the two groups. There was a significant difference in Food Neophobia Scores between monolinguals (M = [2.20], SD = [0.75]) and those who speak more than one language (M = [1.73], SD = [0.62]); t(df) = 2.94, p = 0.002. With this, the null hypothesis is rejected, there is a statistically significant difference in mean Food Neophobia Scores in monolinguals and those who speak more than one language.

Tolerance of Ambiguity

Similar to the findings of Dewaele & Li's study, it was found that the group with more experience abroad had a higher mean tolerance of ambiguity score than the group with less experience abroad.

Figure 2
Average TOA by Group



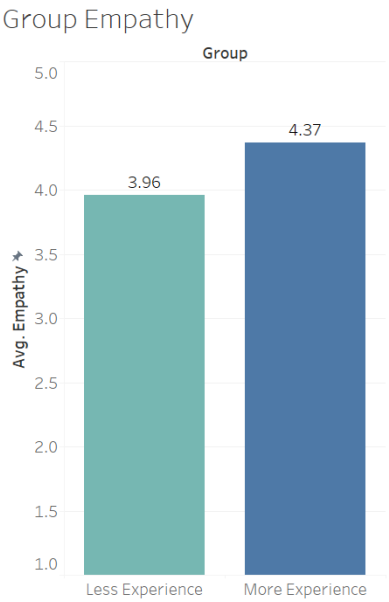
A two-sample t-test was performed to compare Tolerance of Ambiguity scores in those with less experience abroad and those with more experience abroad. There was a significant difference in Tolerance of Ambiguity scores between those with less experience abroad (M =

3.23, SD = 0.39) and those with more experience abroad (M = 3.50, SD = 0.37); t (96) = -4.85, p = 4.82E-06.

Tolerance of Ambiguity and Empathy

The average score on the ethnocultural empathy scale was calculated for the group with less experience abroad and the group with more experience abroad. The average means show that those with less experience abroad scored lower levels of ethnocultural empathy than those with more experience abroad.

Figure 3
Average Empathy Score by Group



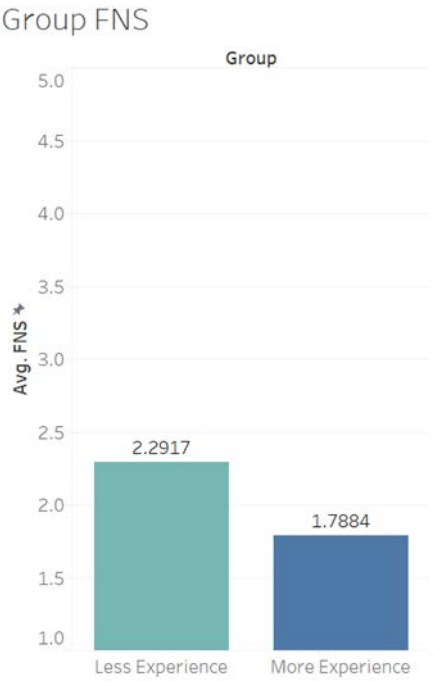
A two-sample t-test was performed to compare ethnocultural empathy scores in those with less experience abroad and those with more experience abroad. Results show that there was a significant difference in ethnocultural empathy scores between those with less experience abroad (M = 3.95, SD = 0.51) and those with more experience abroad (M = 4.37, SD = 0.5); t (96) = -3.96, p = 0.0001. With a statistically significant difference in mean between the two groups, the null hypothesis is rejected. There is a statistically significant difference in mean

ethnocultural empathy scores in those who have less experience abroad and those who have more experience abroad.

Tolerance of Ambiguity and Food Neophobia

The mean food neophobia score was calculated for the group with less experience abroad and the group with more experience abroad. The group with less experience abroad was found to have a higher mean food neophobia score than the group with more experience abroad. This means that the group with less experience abroad is more likely to portray food neophobic behaviors.

Figure 4
Average Food Neophobia Score by Group



A two-sample t-test was performed to compare Food Neophobia Scores in those with less experience abroad and those with more experience abroad. There was a significant difference in Food Neophobia Scores between those with less experience abroad (M = 2.29, SD = 0.77) and those with more experience abroad (M = 1.79, SD = 0.65); t (95) = 3.49, p = 0.0007. With this information there is enough evidence to reject the null hypothesis, there is a statistically

significant difference in Food Neophobia Scores in those who have less experience abroad and those who have more experience abroad.

DISCUSSION

The outcomes of the present study assume that experience abroad and speaking more than one language increases exposure to food and culture. Under this assumption, it was expected that monolinguals will show higher mean food neophobia scores than those who speak more than one language. Learning a new language or coming from a household that speaks more than one language exposes an individual to two or more cultures including cultural foods. When these individuals are exposed to diverse cultural or ethnic foods, it is likely that their previous exposure will allow them to try unfamiliar foods. In contrast, those who speak one language have likely experienced less exposure to cultures and foods that are not their own. Exposure to food and culture that is gained by speaking more than one language is one explanation for the difference in mean food neophobia scores between the two groups. However, there are likely other factors that influence the difference between the two groups as well. This result builds upon the existing literature surrounding variables that affect food neophobia and further explores the benefits of exposure to more than one language.

The findings concerning experience abroad and food neophobia also align with predicted outcomes. Those with less experience abroad had a higher mean food neophobia score than those with more experience abroad. It is likely that more experience outside of one's home country causes an individual to become involved with a majority language and culture that is not their own. Xiao's (2017) research showed that food plays a significant role in the identity of a culture. Furthermore, Costa & Oliviera's (2019) research about food neophobia described familiarity with food to be an individual experience, like one's experience abroad. With this information, it can be assumed that the more experience an individual has abroad, the more they are exposed to diverse cultures, and with that comes more exposure to cultural foods. Those with less experience abroad likely have less exposure to cultural foods outside of their home country, which may make them more likely to display food neophobic behaviors.

Lastly, the results of the present study showed that individuals with more experience abroad had a higher mean empathy score than those with less experience abroad. As found in Lazear's (2019) research, the more an individual is exposed to and surrounded by a culture, the more likely they are to be integrated into the culture, explaining that those with more experience abroad were integrated into unfamiliar cultures. Concerning empathy, Lopez et. al. (2019) study found that due to exposure to one or more languages and cultures, those who are bilingual and bicultural had a heightened sense of empathy as compared to others. To this end, the results of the present study show that the more experience an individual has abroad, the more likely they are to feel empathy toward other cultures, which supports previous research. The findings of this study help to broaden the scope of previous research by looking at experience abroad and empathy rather than just bilingual and bicultural individuals.

Limitations

The main limitation with this study's results is the presence of bias in the sample, concerning the lack of diversity. About 80% of the sample identified themselves as white, and about 93% were college students in the state of Rhode Island. This sample does not reflect the characteristics of the broader population; therefore, the results are not applicable to make a statement about the broader population. The limitations of using an online survey are also present in the study. Voluntary response bias is a concern because those who chose to participate in the study may vary more systematically than more who would choose not to participate, leading to a biased estimate of the population. The sample size of the study is another limitation because a small sample was used (122 respondents). A small sample can increase the risk of type II errors, hence using a larger sample would increase the accuracy of the results.

CONCLUSION

The present study observes differences in groups with varying levels of exposure to language and time abroad, and how this exposure affects variables such as tolerance of ambiguity, food neophobia, and empathy. This study's findings can be used to expand on current research and support the role that experience abroad and language plays in how individuals interact with the world. Findings from this study can be used to show the importance and benefits of new exposures to language and culture. Exposure to language and culture can help individuals break cultural barriers, create empathy and understanding, and better navigate ambiguous situations.

Recommendations for Future Research

Future research should examine if there is a difference in Food Neophobia Scores among the speakers of specific languages. For example, examine the top 10 most widely spoken languages in the world and compare the average Food Neophobia Score for each language. This could expand current research surrounding food neophobia and could help to explain the difference in mean food neophobia scores between monolinguals and those who speak more than one language. Finding that specific languages have a higher or lower orientation toward new foods could also be related to historical and modern influences of the cultural context in which the language is mainly spoken.

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APPENDICES

Appendix A – Survey Questions

Demographics

Q4 What is your age?
- o 18-19 (1)
- o 20-21 (2)
- o 22-23 (3)
- o 24 (4)
- o Older than 24 (5)

Q5 What is your gender?
- o Male (1)
- o Female (2)
- o Non-binary / third gender (3)
- o Prefer not to say (4)

Q133 Choose one or more races that you consider yourself to be
- ▢ White or Caucasian (1)
- ▢ Black or African American (2)
- ▢ American Indian/Native American or Alaska Native (3)
- ▢ Asian (4)
- ▢ Native Hawaiian or Other Pacific Islander (5)
- ▢ Other (6)
- ▢ Prefer not to say (7)

Q137 Are you of Spanish, Hispanic, or Latino origin?

- o Yes (1)

- o No (2)

Q7 What is your anticipated year of graduation?

- o 2023 (1)

- o 2024 (2)

- o 2025 (3)

- o 2026 (4)

Q134 In which state do you attend college?

▼ Alabama (1) ... Wyoming (52)

Language

Q8 Please select the answer that best describes you.

o I am monolingual, I know one language (1)

o I am bilingual, I know two languages (2)

o I am trilingual, I know three languages (3)

o I am multilingual, I know more than three languages (4)

Experience Abroad

Q64 Have you traveled abroad, or outside of your home country?

o Yes (1)

o No (2)

IF YES then:
Q98 Please provide up to five countries or territories in which you have traveled or lived abroad based on the highest amount of time, to the lowest amount of time spent in each country or territory.

Please note that countries are listed first in alphabetical order, and territories are listed second in alphabetical order.

If the question does not apply to you, please choose N/A.

Q99 The most amount of time spent abroad.

▼ Afghanistan (1) ... Wallis & Futuna (253)

*Drop down menu consists of all countries and territories.

Q101 Please indicate how much time you spent in the country in which you spent the **most amount of time spent abroad.**

▼ A few days (1) ... More than 1 year (8)

*Drop down menu options were: A few days, 1-3 weeks, a month, several months, a semester, half a year, a year, more than 1 year

Q102 The second most amount of time spent abroad

▼ N/A (254) ... Wallis & Futuna (253)

Q103 Please indicate how much time you spent in the country in which you spent the **second most amount of time spent abroad.**

▼ N/A (9) ... More than 1 year (8)

Q104 The third most amount of time spent abroad

▼ N/A (254) ... Wallis & Futuna (253)

Q105 Please indicate how much time you spent in the country in which you spent the **third most amount of time spent abroad.**

▼ N/A (9) ... More than 1 year (8)

Q106 The fourth most amount of time spent abroad

▼ N/A (254) ... Wallis & Futuna (253)

Q107 Please indicate how much time you spent in the country in which you spent the **fourth most amount of time spent abroad.**

▼ N/A (9) ... More than 1 year (8)

Q108 The fifth most amount of time spent abroad

▼ N/A (254) ... Wallis & Futuna (253)

Q109 Please indicate how much time you spent in the country in which you spent the **fifth most amount of time spent abroad.**

▼ N/A (9) ... More than 1 year (8)

Tolerance of Ambiguity

Q61 Please read the statement carefully and choose the appropriate response.

	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (7)	Strongly Agree (8)
I would like to live in a foreign country for a while. (1)	1	2	3	4	5
Often the most interesting and stimulating people are those who don't mind being different and original. (2)	1	2	3	4	5
I like parties where I know most of the people more than ones where all or most of the people are complete strangers. (3)	1	2	3	4	5
Many of our most important decisions	1	2	3	4	5

are based on insufficient information. (4)					
People who fit their lives to a schedule probably miss most of the joy of living. (5)	1	2	3	4	5
I do not prefer to surround myself with things that are familiar to me. (6)	1	2	3	4	5
I do not avoid situations where people don't share my values. (8)	1	2	3	4	5

Ethnocultural Empathy

Q13 Please read the statement carefully and choose the appropriate response

	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (7)	Strongly Agree (8)
When I interact with people from other racial or ethnic backgrounds, I show my appreciation of their cultural norms. (1)	1	2	3	4	5
I express my concern about discrimination to people from other racial or ethnic groups. (2)	1	2	3	4	5
I embrace when people of different racial or ethnic backgrounds speak their language around me. (3)	1	2	3	4	5
I am patient when communicating with people from other	1	2	3	4	5

racial or ethnic backgrounds, regardless of how well they speak English. (4)					
I care if people make racist statements against other racial or ethnic groups. (5)	1	2	3	4	5
I understand why people of different racial or ethnic backgrounds enjoy wearing traditional clothing. (6)	1	2	3	4	5
It is easy for me to understand what it would feel like to be a person of another racial or ethnic background other than my own. (7)	1	2	3	4	5
I am aware how society differentially treats racial or ethnic groups other than my own. (8)	1	2	3	4	5
I can see how other racial or ethnic groups are systematically oppressed in our society. (9)	1	2	3	4	5

Food Neophobia

Q14 Please read the statement carefully and choose the appropriate response.

	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (7)	Strongly Agree (8)
I avoid sampling new and different foods. (1)	1	2	3	4	5

I do not trust new foods. (2)	1	2	3	4	5
If I don't know what is in a food, I won't try it. (3)	1	2	3	4	5
I like foods from different countries. (4)	1	2	3	4	5
Ethnic food looks too weird to eat. (5)	1	2	3	4	5
At dinner parties, I will not try new foods. (6)	1	2	3	4	5
I am afraid to eat things that I have never had before. (7)	1	2	3	4	5
I am very particular about the foods I will eat. (8)	1	2	3	4	5
There are not many foods I will eat. (9)	1	2	3	4	5
I do not like to try new ethnic restaurants. (10)	1	2	3	4	5