The Citizenship Courir is a monthly newsletter established by the Global Citizenship Intern at ISU Extension and Outreach.

Citizenship is a 4-H curricula area that teaches youth about their individual role in society and government, and is divided into four topics: civic engagement, civic education, service, and personal development. The Global Citizenship Intern aspires to empower the area of civic education, primarily focusing on global and cultural competence, while also highlighting the other three topics.

Check in often to learn more about citizenship and discover the ways you can get involved like your peers!

Rachel Wonderlich, Global Citizenship Intern | youth_rachelw@iastate.edu | #Iowa4Hglobal

#THOUGHTS INSPIRATION ACTION!

Let Freedom Ring – Coming up in just a few short weeks is a celebration of something we all may take for granted: FREEDOM.

**World Freedom Day** – On November 9th, the 15th annual World Freedom Day will ring in celebration of our liberty. Do you take advantage of your freedom(s)? Do you consciously think about how your freedom to do simple things may be different if you lived elsewhere? When is the last time you thanked a military member for their service and dedication to our freedom? Take the opportunity to reflect on what it truly means to be free.

You can make an impact on World Freedom Day:

- Initiate a discussion with your friends about freedom
- Think about all of your day-to-day activities that are only possible because of the freedom(s) our country offers
- Serve/thank those who fought for our country’s freedom
- Host an event that will benefit military members
- Research other countries’ freedoms and how they differ from your own
- Learn about the variety of freedoms all U.S. citizens are entitled to and what that means for our society
- Celebrate your liberty and let freedom ring!

#UPCOMING EVENTS

A list of other monthly events can be found on the [Global Citizenship webpage](http://example.com).

**October 16th**

**World Food Day**

[fao.org/world-food-day/home/en/](http://example.com)
The annual World Food Day will come to life once again in a global effort to diminish hunger and poverty. Find ideas in the [September issue](http://example.com) on how you can make a valuable impact!

**November 9th**

**World Freedom Day**

See article to the left.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

– Albert Einstein
Independence, Courage, and Desire for Adventure

Laura Beyenhof, Lyon County K-12 Program Assistant, can be described in two words: World Traveler. To this day, 13 different countries have been graced with her presence, some more than once.

Through her travels abroad, Laura has experienced a variety of cultural aspects different than her own, including food, language, social norms and other traditions. Many cultural aspects made an impact on Laura, and continue to do so today, especially her “newfound sense of independence, courage, and desire for adventure.” Though each travel venture allowed her to grow and expand her worldview, a four-month study abroad trip to Ecuador in 2012 impacted her the most.

Similar to our culture here, Ecuadorian people love gathering in large groups that feature food and family! They also value an easy-going lifestyle and appreciation of the moment, which may be different from our own culture’s rushed lifestyle. Laura often heard “no te preocupes,” meaning don’t worry! Cultural differences can sometimes be frustrating until you understand and appreciate the reasoning behind it: “Usually they ran late because they had been taking care of their family or friends, and I truly think their slower pace of life made them happier and more appreciative of what they valued.” What a lesson!

If you don’t have the opportunity to travel, Laura suggests letting your curiosity drive your ambition, listening to others to gain knowledge and form relationships, getting to know people with different cultural backgrounds, reading about other cultures and countries, etc. It all comes down to this: seizing any opportunity to become culturally aware!

Read more about Laura’s adventures at http://lahadventures.tumblr.com/

“Make the most of wherever you are, whether that’s right at home or on a continent 1,000 miles away.”

To be featured in our newsletter, share your story! E-mail: youth_rach@iastate.edu | Social Media: #iowa4HGlobal
Any questions, comments, or ideas regarding events, global citizenship or stories: share with me today!