

## GETTING TOGETHER!

- **Meet** international spouses from all over the world.
- **Share** our experiences and exchange cultural information.
- **Learn** about American culture: customs, holidays, people.
- **Help** the trailing spouses to connect, adapt, integrate and live better in St. Louis community.

### ACTIVITIES

- Meeting in different sites and sightseeing in St. Louis area
- Sharing important information
- Talking about cultural subjects
- Discussing personal interests
- Building a great relationship
- Connecting with other groups, communities and organizations.
- Enjoying the life

*We Meet!*

*We Share!*

*We Learn!*

*We Help!*

**To join the group**

**Please sign up**

<https://www.meetup.com/Saint-Louis-International-Spouses-Meetup>



website [www.itspouses.org](http://www.itspouses.org)

Email [itspouses@gmail.com](mailto:itspouses@gmail.com)

**Co-founder**

Susan Gobbo

**Coordinator**

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## STL INTERNATIONAL SPOUSES MEETUP GROUP



**Sponsored by**



ST. LOUIS MOSAIC PROJECT

# Who we are

This group is for foreign-born women who have moved to the St. Louis area with a spouse or partner. We come from various backgrounds and speak various languages.. We are interested in getting to know people from different cultures and we like to help newcomers settle-in and break down the culture barriers. This group is sponsored by St. Louis Mosaic Project, a regional initiative within the St. Louis Economic Development Partnership and the World Trade Center St. Louis. Any international ethnicity is welcome to join us. We started this group because we are foreign, expat spouses, who have been through the acculturation process in USA and other countries. We are experienced and culture-sensitive and would love to ease your acculturation process.

Whether you are here for a short-stay, or have already been here for a long time, we look forward to meeting you. We offer fun social interactions between friends and at small gatherings to exchange our experiences and help you live better in the St. Louis area.

## Spouses' Adaptation

**“Up to 40% of US expatriate managers fail in their overseas assignment” – Hogan and Goodson**

**Recent studies have shown that the main reason behind international assignments' failure is related to the spouses' adaptation.**

**Expatriate spouses have a different adaptation process compared to their partners in an international assignment .**

Are you a part of the international transfer?



Are you a trailing spouse?



Are you familiar with the adaptation process?



Have you heard about Cultural Shock?



**You may be affected by the Cultural Shock and haven't noticed yet.**

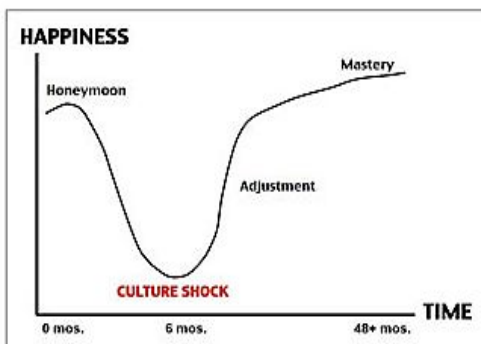


Fig. 1: The Culture Shock Cycle Adler [1].