

# EXPLORE THE WORLD OUTSIDE YOUR CLASSROOM

The world is full of new and diverse experiences. Follow our 6 handy tips to explore different cultures and build your skills and knowledge ready for life beyond the classroom.

1



## VISIT A NEW PLACE

Taking a school trip is a fantastic way to explore a new environment and learn about a culture different to your own.

2



## LEARN A NEW WORD EACH DAY

Increasing your vocabulary is a great way to develop your awareness of the world around you and further your general knowledge and understanding.

3



## READ A NEW BOOK

Reading is the best way to learn new things, improve your memory, advance your communication skills, and look after your mental health.

4



## VISIT A MUSEUM OR ART GALLERY

Visiting museums and galleries gives you a fascinating insight into other cultures and provides a great source of knowledge and inspiration.

5

## TRY A NEW RECIPE OR FOOD

Food is an important part of culture; often recipes can be passed down through generations. Trying different foods will broaden your flavour horizons and positively impact your diet and overall nutrition.



6

## LISTEN TO DIFFERENT MUSIC OR LEARN AN INSTRUMENT

Music has shaped cultures and societies around the world and is often considered a 'universal language'. Learning an instrument can help keep our brain active and relieve stress.

