

When and/ or where do you feel powerless and / or unsafe?

Commute / Transportation	Communication (Not speaking the language / not understanding)
Streets (at night, certain areas, etc.)	Processes with no explanation and / or no timeline
Lack of informal support (family, friends)	Lack of sources of information
Fear of making a “cultural mistake” / not fitting in	Not feeling welcome

When and/ or where do you feel powerful and / or unsafe?

When someone smiles at me and offers unasked help	When I am with friends, family or people who share with me language, customs, etc.
Eating my local food	When I am able to manage a conversation in Portuguese (in an administration, at a doctor's, etc.)
When I can help a newcomer and provide them information that makes their life easier	When I make a new friend
It's a sunny day...	???