

"Everyone should strive to be a world citizen. Parochialisms were created by men; not the creator. There is no such thing as THEM vs. US. There is only WE."
-- Suzy Kassem

We live in a world that is multifaceted, where no two countries are the same. Yet, being cosmopolitan requires you to be at home no matter where you are in this world. The Greeks defined the term as 'citizens of the world' which can now be interpreted as someone well travelled and at ease with themselves and with the many different cultures of the world. The key to being cosmopolitan is being adaptive and open minded.

LIFE STYLE

The Cosmopolitan World We Live In

This, however, is not easy. While it comes naturally to some people, especially those who are curious about the world and open to any sort of change, for many of us it means a major shift in perspective. But even for those who do not possess a natural cosmopolitan mindset, all hope is not lost. We can train ourselves to be one, by inculcating certain practices.

EXPLORING THE WORLD

The best way to become cosmopolitan is to travel. There is just no alternative. And no we DO NOT mean browsing the Internet in the sitting on your favourite couch and virtually travelling the world but to actually experience it 'LIVE'; absorbing the energy and experience of an authentic traveller.

Travelling exposes us to people of diverse cultures and ethnicities. It reveals to us how people in different countries live, what societies in other countries are like and how they think and behave. By travelling we can educate ourselves about the different cultures of the world and broaden our perspective about the world we live in.

LEARNING NEW LANGUAGES

Not an easy task, but not impossible either! It is always advantageous to know more than one language. Learning some of the major languages in the world always helps in getting great deals in travel. Needless to say knowledge never goes to waste, and every additional language we learn add to our personality.

EXPERIMENTING DIFFERENT CUISINES FROM ACROSS THE GLOBE

This one is super easy for foodies. The diversity existent in our world is very much reflective in the different cuisines. Experimenting and

expanding our taste palate is the true mark of a cosmopolitan person. Besides eating food from different countries, it is also fun to learn how to cook them. It is a very healthy habit to form because nothing beats freshly cooked food. Moreover being knowledgeable about the food we are eating and where it comes from, can make for a very interesting dinner conversation, which never fails to impress.

READING BOOKS

For those of us who cannot travel as much as we would like to, reading can bring the whole world into our homes. Just reading books from authors across the globe can teach us innumerable things about their part of the world. Books are nothing but the reflection of real life. All stories, be it fact or fiction, are ultimately based on authentic experiences and imagination. Perhaps, there is no better way to get into the mind of a person halfway across the globe than by reading a book.

BEING OPEN MINDED

Another key ingredient to become cosmopolitan; sometimes even considered as one of the most important is being broad minded and adaptive. People who are open minded accept new ideas, and can effortlessly accept anything that is different. We must always understand that what may not be normal for your may be absolutely natural for people living in some other part of the world. Therefore we can never be judgemental about anything or anyone that is different from our common place definition of normal.

Parochial people seldom agree with things that are different from their world view. Merely gaining knowledge about the different cul-

tures of the world is not enough; accepting them with their thoughts and attitudes is what is required.

Being a cosmopolitan is not only about being smart and sophisticated, it is about believing in the ideology and living by it. Once our knowledge about the world increases and our belief in this ideology



strengthens, the cosmopolitan personality will automatically enhance.

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Wardrobe: Cats Eye and personal collection of model
Location: Cats Eye and Ajo

