

Pre-conference Workshop Outline

Using Interactive Exercises to Teach Cultural Awareness

Workshop Objectives:

1. To familiarize participants with several specific exercises (games, simulations and other activities) that are useful in Youth Exchange training events.
2. To teach participants how to conduct the exercises and facilitate effective post exercise learning discussions.
3. To give participants some practice at conducting some exercises and leading post exercise discussions.

Session 1:30 – 4:30 pm

Activities

1. Use the **Shield Exercise** to do introductions and establish learning objectives. This exercise can be used to begin any YE learning session, meeting, orientation
2. Discussion of the theory and practice of cultural awareness exercises and discussions. Handouts and brief lecture.
3. Do the **Broken Squares Exercise** and post exercise discussion. A quick, easy, enjoyable icebreaker and learning exercise.
4. Discussion of facilitating post exercise discussions (debriefing, processing)
 - a. How to facilitate a discussion – Guidelines.
 - b. Six specific debriefing questions for cultural awareness exercises.
 - c. Seven lessons we can learn from cultural awareness exercises.
5. Do **Cultural Experts Exercise**. Examines the concept of culture and looking at hidden dimensions of culture.
6. Discussion of when, where and how cultural awareness exercises can be used throughout the Youth Exchange program. Uses with IB, OB, RB, parents, YEOs and special considerations for some of these groups.
7. Do **Build A Tower Exercise**.
8. Discussion of additional resources, useful exercises not done in this workshop, any other questions or concerns.

Materials:

1. Chart pads, easel, marking pens, masking tape.
2. Pens/pencils, writing paper.
3. Projector and screen.
4. Kleenex and wet wipes.
5. Several plastic trash bags
6. Shield handouts – one per participant.
7. Broken Squares kits. One kit per every seven participants.
8. One bag of marshmallows and one box of spaghetti per every seven participants.
9. Handouts of the following:

- a. How to facilitate a discussion
- b. Six Specific Debriefing Questions for Cultural Awareness Exercises.
- c. Seven Lessons We Can Learn From Cultural Awareness Exercises.
- d. How I Have Changed Exercise.
- e. Directions for Build A Tower
- f. Directions for Cultural Experts
- g. Directions for Anthropologists