Module 2: Introduction to Culture and Cultural Sharing. How to digitally share my culture

What is culture, what does it comprise, what does it mean to each person, What is my culture journey, what can I share, what skills do I have and what skills do I need to share, confidence building exercises, what are digital sharing tools, how to create digital content – video, audio, text document

Module 2: Introduction & Overview

Introduction – Short Description of the module

This module will explore how to identify culture, how to write a script for a video introducing my culture and how to produce good quality audio-recording products. Furthermore, it explores the skill set of each learner within the framework of the personal cultural map. Opportunities for building confidence will be embedded throughout the module.

In this module, high emphasis is set on introducing the theoretical basis of culture and connecting it to techniques for overcoming loneliness. It will provide an in-depth discussion on existing definitions of culture. The term will then be broken down and theorized as external culture and internal culture. Lastly, we will briefly touch on intercultural communication and its relevance to loneliness. Participants will be asked to produce a script based on their personal experiences and those scripts and audio materials will be used later to create the cultural video for the platform.

A background on external and internal objective aspects of a culture can foster greater understanding and allow for fewer misunderstandings in cross-cultural encounters. The knowledge discussed in this part of the theory part will then be transferred into practical activities in the second part.

Benefits
The benefits of this module are that learners will have a clear understanding of what is culture, and will developing confidence in their own culture and achievements, leading to increased confidence.

Competences
The learner will work collaboratively and individually and will develop in confidence throughout the session/module. Learners will improve their digital skills throughout the whole module.

Skills developed will include:
Speaking, listening, comprehension
Team work
Improved digital skills
Creativity
Self confidence

Learning Objectives of the Module

1. The module provides resources to be able to identify different components of culture
2. The module allows exploration of the different elements between the collective culture of a society and individual culture
3. The module encourages self-belief
4. This module provides opportunities to explore openness to cultural otherness, other's beliefs, world views and self-efficacy
5. The module offers an overview of culture to focus on initiatives and activities aimed at improving cross-cultural encounters
6. The methodology used in this module will support Learners to become confident in their communication skills, critical thinking and ability to speak in public.

Theoretical and Contextual Background of topics /Theories discussed in module

General introduction to, and definitions on culture as a topic, external and internal factors.

In this instance Culture is referred to as a set of attitudes, values, beliefs and behaviours shared by a group of people
Culture can be identified as learned behaviours through an individual's upbringing and environment. Active teaching, habitual activities, shared behaviours, beliefs, and symbolism reinforce these.
What is intercultural communication and what role does it play when it comes to loneliness

Autobiographic methodology of storytelling will also be utilised throughout this module. The aim of autobiographical storytelling is for participants to reflect on memories and life experiences and write about people and events that have mattered to them. This method allows for an emotional connection, which resonates and is not just describing the facts of your life history.

Theories surrounding self-confidence and how to build confidence are abundant. Self-efficacy and motivation, emotional reactions and behaviours are part of beginning to understand how to build confidence in oneself.

Overview and timeline

1. Activity 1: Welcome & Introduction, 15 minutes
2. Activity 2: Ice Breaker: Show me your flag,15 minutes
3. Activity 3: Cultural clues: External/Internal culture, 30 minutes
4. Activity 4: How to share my culture, 60 minutes
5. Activity 5: Who I am?, 45 minutes
6. Activity 6: MyScript – My Video (Self-Learn Session), 2 hours

TOTAL: 4 hours 45 min

Module 2: Activities

Activity 1: Welcome & introduction

Welcome to the class and short introduction to the Module, for example through using of a PowerPoint or a handout.

Overview of the module, today's activities

Duration
15 minutes

Activity 2 (LO5 & LO6): Ice Breaker Activity: Show me your flag

Ice breaker activity:
1. Ask participants to quick draw their country flag (1 minute) Use sticky notes.
2. Share your flag and say your name, introduce your country and its flag (colours, representation, interesting fact)

Online option: Using Jamboard: This activity will work as a quick draw activity and can be shared through video call method.

Skills developed: Quick fire response, speaking, listening and understanding

Duration

15 minutes

Materials needed / tips for applying the methods

Sticky notes
Colouring Pens

Activity 3: Cultural clues: External/Internal culture (LO1,2,4,5)

Step 1: Work with a Whiteboard or online with Jamboard with different sticky notes

Step 2: Have them each write one fact about themselves and their culture on sticky notes

Step 3: Collect back the pieces and hand them out randomly to participants.

Step 4: Each participant is to read out in what is written on a different sticky note. In the meantime, the initial person can listen up for any thing they would like to readdress.

Step 5: After the person has read with no interruptions the class can try to guess who it really is, and the person may provide a proper cultural introduction or correction.

Use Activity 2 identifying culture worksheet

Ideas for clues to add on fact cards:

Ethnicity, nationality, cultural practices, language, typical food, entertainment, politics or even geographic landmarks, history etc.

Discussion: What is external cultural: further information on how it can be studied in history, geography, political sciences and the arts.

Duration
30 min – minutes this includes preparation and minutes in groups as well as the discussion

Materials needed / tips for applying the methods

Offline: Whiteboard/Flipchart, Sticky notes, Pen
Online: Jamboard

Tip! This a nice introduction to find out about your participants

Activity 4: How to share my Culture (LO1,2,3,4,5,6)

In Activity 4, participants are learning first what is a script, trainers are communicating the DICA requirements for the script. In the second part of the activity they are starting to think about a story that they can use for their individual script. The idea behind is simple: Through reflecting on basic concepts of culture, participants do not only think about individual episodes of their life, but also about that one that are related to their cultural background.

First part: Script Guidelines

The trainer explains shortly the idea of the DICA videos and the necessary script. Trainers can bring examples and give participants the necessary requirements (how long the script should be, what is important).

Words: 100 – 200 words depending on the language skills
Structure: short introduction followed by individual stories and/or aspects

An detailed guideline including tips and definitions will be prepared by the project coordinator

Second part: My culture

Individual brainstorming about one event/personal story related to culture (food, sightseeing/trips etc., see previous activity for examples). Participants will have to create a storyboard of their future script that will form their video.

1. Ask participants to create a script of their culture using the digital tools as well as words, images, video clips, colours (40-50 mins)

Use template handout if needed as an aid
2. Ask Participants to add personal examples of their own memories of elements of what their culture means to them

3. Ask for a summary (storyboard) to be shared with the wider group and provide feedback

Skills developed; Speaking, listening, collaboration, confidence, digital tools

Duration
60 minutes

Materials needed / tips for applying the methods

Offline:
Flip chart paper, Post it notes, Markers

Online:
This activity can be prepared as individuals or as small groups in break out rooms. Presentations can be shared to the group or emailed to the teacher.

Activity 5: Who am I? (LO3, LO4, LO5)

The aim of this activity is to help participants to define better their script through exploring personal events that are cultural related.

Discovering my Personal Timeline

1. Share examples of time lines with the participants, use Pinterest, images or video links
https://www.pinterest.com/lbennettlogo/timeline-ideas/
https://www.youtube.com/watch?v=3ARVDB_jSLs
2. Ask the participants to map out your own personal history time line with key important life events using prepared word document IT
3. Add key memories related to culture to the time line, birth, key cultural moments, first job, marriage, children,trips/holidays etc
4. Add any moments of feeling alone to the time line, i.e just started new job, moved home
5. Add hobbies and interests to the time line
6. Add job roles and achievements to the time line
7. Identify work skills learnt during each job role or activity
8. When were different languages learnt by each individual

9. Discussion about positive personality attributes : key personality traits which they recognise in themselves should be added to the time line/map
10. Prepare a one minute positive statement about yourself, which uses all those skills and things that you have discovered about yourself today
11. Present and share (read out loud) your one minute statement/paragraph.

Duration
45 minutes

Materials needed / tips for applying the methods

Offline:
Notepad
Pen or pencils

Online:
This activity can be adapted by working in break out groups to start, coming together as part of the larger community to read out the one minute statement. The class could also contribute their positive thoughts, observations and comments on a word generator software like Padlett to add encouragement to each participant.

Tip! this can be a larger activity where the participants identify something about each of the class mates from their observations during the session so far

Activity 5: My Script – My Video (Self-Learn Session)

This Activity includes the further development of the personal script by every participant. It is a self-learn session, participants have to work on their script at home.

Step 1: Explaining the script

1. Trainers should explain again the most important parts of the script, the guidelines etc.

2. Participants individually work on their script at home and can ask trainers for feedback or contact them in case of problems

Duration

2 hours

Materials needed / tips for applying the methods

Microsoft Word

APPENDIX – Useful links

https://www.storyap.eu/methodologies/autobiographical-methodologies/

https://warwick.ac.uk/fac/soc/al/globalpad/openhouse/interculturalskills/global_pad_-_what_is_culture.pdf

https://courses.lumenlearning.com/culturalanthropology/chapter/what-is-culture/