

DESCRIPTION

This Epoch Education tool is written to be used as an activity for teams or for personal reflection to gain insight into others' lived experiences.

DIRECTIONS

Articulate your own cultural identity:

- Define your culture. What is it?

- What does it mean to be you?

Plunge – Submerge yourself in an environment different from your own or engage with a person who is culturally different from you.

Feel free to modify and use this activity for your exploration. However, it is still encouraged that you consider the questions, whether you write them down or simply reflect for a moment through the lens of your personal identity.

After reflecting on your experience, you are encouraged to create a multimedia presentation of your experience to convey what you saw, what you did, what you learned, and how it impacted you.

GO DEEPER WITH EPOCH EDUCATION

For more, visit our Skill-Building Online Library and Facilitated Compassionate Dialogue Training at epocheducation.com/work-with-us.

POTENTIAL CULTURAL PLUNGE ACTIVITIES

- **Concerts:** Attend a musical concert in a genre that you are unfamiliar with.
- **Cultural Foods:** Participate by eating at a restaurant from a culture different from your own. Since the U.S. has adopted a wide range of ethnic food, this experience should go beyond the norm for you and allow you to authentically engage with people from that culture if possible. (ex. Thai, Middle Eastern, Peruvian, or Indian food)
- **Museums:** Go to a museum that focuses on racial/ethnic/cultural experiences of people and places.
- **Religious:** Attend a religious service or event that is not a part of your religious affiliation. For example, you may consider visiting a Muslim mosque, Jewish Temple, Hindu Temple, Buddhist Monastery, etc.
- **Historical Site:** Visit and tour an identified historical site that has racial/ethnic/cultural significance.
- **Drama/Theater:** Attend a play or other theater production that has racial/ethnic/cultural significance.
- **Foreign Film:** Watch a foreign film. The film should be in a language you do not speak.
- **Ethnic Neighborhood:** Visit a designated ethnic neighborhood, such as Chinatown, Little Tokyo, etc. Take in the sights, sounds, smells, food, etc.
- **Interview:** Conduct an interview with someone who is racially and ethnically different from you. Create a list of questions you would like to know about the person and their culture.

REFLECTION QUESTIONS

Why did you select this activity?

What were your perceptions or thoughts going into the activity? What did you expect?

Describe your experience. What did you do?

What were your thoughts and feelings about the activity after you completed it?

What did you learn about the culture or area you visited?

What did the experience teach you? Would you do this type of activity again?

Why or why not?