

Submodule 1:

Hands-on Culture, Facing Different Perspectives and Engaging in Intercultural Exchanges



Activity 1: Your Cultural Identity

- Think about what defines your identity
- Please answer the question: Who are you? Write in the palm whatever comes to your mind!
- Which groups do you belong to? What is your role within these groups (e.g. student, European, Muslim, sister)
- Write down your five most important roles



Activity Sheets “Intercultural Preparation Module”

Activity 2: Reflecting on Everyday Culture: Food & Rituals

We’ve seen how something as simple as tea can carry deep cultural meanings, shaping social interactions and traditions. Now, let’s reflect on your own experiences.

Think about a type of food or an everyday ritual in your culture.

It could be:

- A dish that’s always present at family gatherings
- A specific way meals are shared
- A daily routine like drinking coffee in the morning



Now answer the questions below:

Questions:	Your Response:
◆ What food or ritual did you choose?	
◆ What does this ritual or food signify in your culture?	
◆ How does it bring people together?	
◆ What values or traditions does it reflect?	

Optional: Share and compare your reflections with a partner.

The goal is to recognize how these small, everyday practices shape our **connections**, our **identities**, and our **cultural experience**.

Activity 3: Exploring Culture Through Memes (3 parts)

You can try this activity with friends or family to explore three specific concepts we've studied: **hybridization**, **authenticity**, and **culture**.

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Part 1: Create a Meme

Develop a meme that humorously or insightfully represents a **national or regional stereotype** or a **cultural expression** related to your culture.



- The meme should be **original**.
- It should represent **something meaningful** to you.
- You can draw it, use an image editor, or create it using online meme generators.

Insert or attach your meme here

Part 2: Video Explanation (1 minute)

Record a short video (approx. 1 minute) explaining:

- What the meme represents
- Its **cultural significance**
- How it connects to your **personal experiences** or **perspective**

Notes for your explanation (optional):

Questions:	Your Notes:
<p>◆ What does your meme show or say?</p>	
<p>◆ Why did you choose this cultural reference or stereotype?</p>	

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◆ How does this relate to authenticity, hybridization, or culture?	
What personal connection do you have with this?	

Part 3: Share & Reflect

Show your meme and video to a few friends or family members. Ask them:

- What do you think?
- Do you agree with the message?
- Would you interpret it differently?
- Would you change anything?

Write a short reflection about the discussion in (expanding) box below:

Submodule 2: Navigating Exchange Experiences through Intercultural Communication: Challenges and Solutions



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In your life, you certainly have experienced a rich point of your own already. A situation that has left you wondering: ‘*what is going on here?*’ An impactful moment in a new (or intercultural) encounter that you experienced, somewhere in your life.

Activity 1: Think about a Rich Point reflecting an (intercultural) encounter you experienced yourself. Then describe it in the box below.

Need help? Answering the following questions will guide you:



Questions:	Your Response:
◆ Where were you?	
◆ Who was involved?	

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<p>◆ What happened? How did you behave – how did your counterpart behave?</p>	
<p>◆ How did you feel?</p>	
<p>◆ How did the other person (counterpart) feel?</p>	
<p>◆ Did you resolve the situation and if so, how?</p>	
<p>◆ What did you learn from the situation?</p>	

Activity 2: Reflect on the Rich Point you described above

Please answer the following questions:

Questions:	Your Response:
<p>◆ What values, beliefs and norms are behind <i>your own</i> behavior in your own Rich Point?</p> 	
<p>◆ What values, norms, beliefs do you think influenced <i>your counterpart's</i> behavior in your Rich Point?</p>	
<p>◆ What (coping) strategy did you choose yourself, looking back at your own Rich Point?</p>	
<p>◆ To what extent were there communication issues involved, in your Rich Point?</p> 	
<p>◆ Looking back to your Rich Point: what questions <i>could</i> you have asked your counterpart?</p>	

