

TEST YOUR CULTURAL STRESS (WILLIAM DE COCK)

OBJECTIVE:

To find out your cultural-stress level in a relaxing way.

Type of method: *questionnaire, group discussion*

Group size: *doesn't matter*

Time planning: *30 minutes*

Materials available: *pens/one questionnaire for each participant*

Preparation: *some questions for the discussion, copies of the questionnaire, classroom*

DESCRIPTION OF THE EXERCISE:

Hand out the questionnaire and give the participants 15 minutes to fill it in. The questions for the discussion depend on the results of the questionnaire.

INSTRUCTIONS FOR THE TRAINER:

Watch your questioning, some of your questions might be offensive and lead to conflicts within the group of participants

INSTRUCTIONS FOR THE PARTICIPANTS:

The participants should fill in the questionnaire as good and as honest as they can.

DEBRIEFING AND EVALUATION:

Questions in the groupdiscussion.

EXTRA INFO:

For additional information: baconspecht@hotmail.com

ADDITIONAL:

- Questionnaire

ADDITIONAL 1 : QUESTIONNAIRE

1. What do you do if you enw neighbours appear to be strangers?

- A. You immediately walk into them and invite them for the next neighbourhood getogether.
- B. You stay in and let them take the initiative
- C. You kill the light and pretend there's nobody home

2. You're going out for dinner with your beloved partner.

- A. You suggest a Rwanda-restaurant
- B. You're really eager to try the new Mexican joint
- C. You don't like surprises on your plate and you go to a patriotic restaurant.

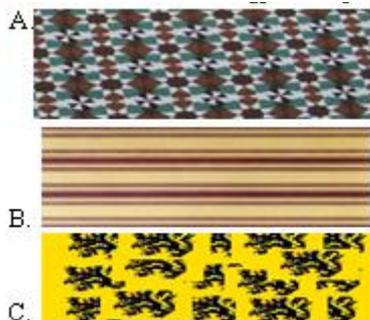
3. You have to organize a trip

- A. You arrange a trip to a far away country with many activities among he locals.
- B. A cruise with stops at several must-sees is really your thing
- C. An all-in resrt at the costa brava will do

4. Christmass yust passed and you got a cd gift-cheque from you uncle

- A. You're buying a cd with Indonesian music
- B. You're buying the new Beck album
- C. A cd with different versions of your own national anthem seems nice

5. You need new wallpaper, wich one is your pick?



6. You're looking for a date on the internet. Which profile photo is your favorite?

A.



B.



C.



7. You're going to a dress-up party. What costume are you wearing?

- A. A sheik costume
- B. A superman costume
- C. Nothing, I am who I am!!!

8. You're going on vacation to Tunisia with your friends, what are your plans?

- A. You're taking a guided tour along the must-sees.
- B. Party! Day and night! You're going with the party-flow
- C. You're staying in the hotel, next to the pool.

9. When you're eating out with your friends, what is your comment?

- A. Woooooow, your plate looks interesting.
- B. MMM, Can I try that?
- C. Don't you want any fries?

10. How do you manage change in your house?

- A. You constantly find new things and replace the old stuff
- B. Sometimes you get something new
- C. You just replace what's necessary.

YOUR SCORE !!!

Mostly A answers

Cultural Stress? You have an excessive interest in people with a different ethnic-cultural background. Don't drown in the cultural pond!!!

Mostly B answers

You have a healthy curiosity for other cultures and a certain pride for one's own culture. Keep it up!!!

Mostly C answers

You are very suspicious and even afraid of strange cultures. Keep in mind that people in all cultures share the same desires and feelings. Really, the differences aren't as big as you think!