Sharing: A Meaningful Episode of Cultural Shock

*This community activity may be done in a formative community council, maybe when we do revision of the pastoral year, as a way of sharing our life experience and reflect upon it together.*

*Prior to the sharing, it would be good for an animator to recall what cultural shock means (see handbook for reference), and explain its stages and how it is an opportunity for growth.*

*Following that, a* ***structured sharing*** *may take place, based on the questions/guidelines below.*

Tell and analyze the experience of **a critical incident in which you experienced cultural shock**. Start from the experience (facts, feelings), before you move to the interpretation.

1. What happened?
2. What was the emotional reaction you experienced?
3. Which norms / values / representations have been touched, threatened, questioned in you?
4. What image did you make of the other person?
5. What could be the norms / values / representations of the other person / culture that determined the specific behaviour that caused the experience of cultural shock?
6. What lesson can you learn from this experience? Listen to your confreres who might help you elaborate the incident.