





DECENTRING WITH PICTURES

This method sheet will lead you through the activity “decentering with pictures” used to offer participants a first experience of “culture shock” and “decentering”.



ACTIVITY STEP BY STEP

	<p>45 minutes</p>
	<p>Adaptable for 6 – 20 participants</p>
	<p> Flipchart paper Markers 6-8 images printed on A4 papers susceptible of triggering culture shock experiences, blue tech to stick them to the wall </p>
	<p> As a preparation stick the images on the wall or dispose them on a table as if to constitute an exhibition. Also, think through the pictures you chose to make sure you know about their background </p>

DECENTRING WITH PICTURES



1. Invite participants to visit the “exhibition” you have created and have a look at each image. Ask them to choose the image that triggers the most intense reaction for them (does not matter whether positive or negative). At this point they should not talk about the images, nor should they analyse them, just chose one. First choice is often the best choice. It is ok to be 2 or 3 people with the same image, max 4.

2. As a 2nd step invite the small groups to explore together three questions (they don’t need to agree).

- a) What is the visible element in the image that explains their choice (let them point to it if there is confusion..)
- b) How does the image make them feel?
- c) What are their own values that are touched by the image? What are the values that explain the emotional reaction?

3. After 10 minutes you can invite a couple of groups to give their answers. Make sure to help participants stick to the questions: if they are asked about visible element, they should do so. If you ask about emotions, they should talk about emotions etc. As they give their answers, you can write them on an iceberg drawing: at the top the “visible element”. Around it, the emotions. Underneath the values and norms connected to it.



To debrief ask participants how they felt in the activity, what was easy, what was difficult, what did they learnt.

You can connect the debriefing to the introduction of the concept of “culture shock”. See following method sheet.



Participants may not know about the concept of “value”. Tell them to imagine values as compasses, which indicate for a given society what is considered good and worthy. Norms are the socially accepted representations and behaviours.



Decentring is the first step of the intercultural approach developed by Margalit Cohen-Emerique. The decentring activity with images was developed by Vera Varhegyi at élan interculturel.

The iceberg was first used as a metaphor of culture in 1976 by Edward T. Hall in his book: Beyond Culture

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