

Out Group Field Experiences

Challenge yourself to attend an event or activity that takes place in a culture other than the one you are most comfortable.

Before attending, write down or voice record your feelings.

While you are engaged in the experience, notice your first thoughts, patterns of behaviors, communication styles, and social interaction preferences.

Consider your level of adaptation. How do people respond to you?

After the event, right down your takeaways.

- What stood out to you?
- What was the most surprising aspect of the experience? Who will this add to your cultural lenses?
- What is your next step?