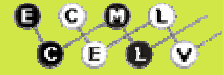




# ICOPROMO

Intercultural competence for professional mobility  
*Compétence interculturelle pour le développement  
de la mobilité professionnelle*



What I am / have / should	Awareness of the Self and the Other
<p><b>Rationale</b></p> <p>A relationship-building activity to get to know other participants and to create self-awareness. The activity intends to assess and reflect on one's own social construct and to find out some personal information from the team members. Thus, it can also contribute to the building of initial trust.</p> <p><b>Learning Outcome</b></p> <ul style="list-style-type: none"><li>Getting to know team members</li><li>Self-awareness</li><li>Communicative interaction</li><li>Building trust</li></ul> <p><b>Competences:</b></p> <ul style="list-style-type: none"><li>Self reflection (Awareness of the Self)</li><li>Sharing information (Awareness of the Other)</li><li>Respect, trust and tolerance</li></ul>	
<p><b>Time</b></p> <p>45 minutes</p> <p><b>Materials required</b></p> <p>One blank sheet of paper (or a copy of the handout) per participant and pens</p>	<p><b>Participants</b></p> <p>Up to 25</p>



## Procedure

1. Form teams of 4 to 5 people.
2. Allow the teams to get to know each other briefly (names, geographical origin, current activity, etc.). This should take about 10 minutes.
3. To enhance the getting-to-know-each-other process, team members are invited to take part in the following activity.
4. The participants have only **ten minutes** to come up with 12 statements for each of the following categories: “I am” (Je suis), “I have” (J’ai), “I should” (Je devrais).
5. Participants are requested to first write down three items for each category in their mother tongue. (This should take no longer than three minutes.) Then they should do the rest of the exercise in English.
6. In a second step, the participants have to reduce the list of statements to the six most important ones in each category. (This should take no longer than three minutes.)
7. In a third step, the participants are again asked to reduce the list of statements to the three most important ones in each category.
8. The participants begin to share their statements with one another. Team members are allowed to ask questions for clarification. Especially with multicultural groups this will make a lot of sense, as the different connotations inherent in certain concepts will require some discussion and explanation. Special attention should be given to existing differences between items written in the mother tongue and items written in English.

## Debriefing

If the activity’s major aim is to get to know the other participants in the training course, the debriefing should be short and only entail questions such as:

- How did you feel sharing the information with other participants?
- Was the activity helpful to get to know the other participants better?
- Was it difficult for you to come up with the list of statements?
- Where could you sense any differences between items provided in your mother tongue and items provided in English?

**Facilitator's notes**

Ideally, the groups should later have a task to complete as a team, so that there is a real interest in the other members.

Participants are only given a limited amount of time for steps 4 to 6 in order to ensure that the statements are not the result of a long deliberation process, but rather reflect spontaneous reactions.



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**I am / Je suis**

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**I have / J'ai**

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**I should / Je devrais**

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