Title: Rules Rules!

Exercise Code:

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| Modules: | Group size: | Duration: |
| 9. Intercultural dialog | Small group | 60 min |

# Purpose:

* To be aware that each of us has rules and do not necessarily have to correspond to those of other people.

# Description:

People constantly face with rules that can be applied or not. But what are these rules? For example, a person who is always smiling and loves physical contact, such as a hand on the shoulder, may seem nice and friendly to someone, or annoying and intrusive to someone else. Why? There are rules, and each person, according to their education and cultural context, has its own.

The exercise is done in the following way:

* Take into account these categories: gentle, friendly, nice, generous, pleasant;
* For each of these characteristics, the participants individually write a list of what the rules are, as follows:
  + a person to be (characteristic) must do / be / have this:

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* When all participants finish the list, they share it with the rest of the participants having comments with examples;
* Participants listen to the presentation of the list of the others without making judgements. They can only ask questions to better understand possible reasons;
* After the presentation of all participants, we compare the differences and common points

# Material:

Paper and pen

# Methods:

Experiential learning, awareness training

# Advice for Trainer:

Some participant may manifest rigidity on respecting certain rules considered "mandatory" in the cultural context in which we live; phrases like "if I go to a foreign place I MUST respect their rules, while when they come here they do what they want" could be heard. In such cases, the trainer will facilitate the various comparisons with the goal of keeping the focus on the knowledge that they are simply learned rules.

# Source/Literature:

Modified and adapted by LiberEta from:

Inter-cultural Communication at Work: Cultural Values in Discourse - Michael Clyne,Michael G. Clyne – 1994

The User's Manual for the Brain Volume II: Mastering systematic NLP Vol 2- L. Hall,Bob Bodenhamer,L. Michael Hall,Bob G. Bodenhamer - 1193