

Activity n°2: EVALUATION OF MY INTERCULTURAL COMPETENCE.

Purpose:

- Evaluating my competences in order to understand if I am interculturally competent.
- Identifying my weaknesses and the competences I should improve.
- Brainstorming and planning actions in order to effectively improve my intercultural competences.

Time	60 minutes
Resources needed	<ul style="list-style-type: none"> • Pen. • Handout: competence sheet attached in Annex 2.
Activitydescription	<ol style="list-style-type: none"> 1. Read the description of each competence attached in Annex 2: it will help you to self-assess your level for each of them. Try to think about concrete examples, situations you experienced during your daily practice. 2. Complete the table according to your level from 1 to 5 for each competence, trying to be as honest as possible. 3. Focus on the competences you have rated from 1 to 3, they are the ones you might want to improve primarily. Imagine you have one year to do so: what could you do in order to increase your competences in this time? Which actions could help you to reach level 4 or 5? Write your ideas on a piece of paper (eg studying some topic in order to improve your knowledge or organize an intercultural neighbourhood event). 4. Choose 1 of these ideas. In group of 3 people transform your idea into actions: for the competence you need to improve, try to plan three concrete actions for the upcoming year using the table in Annex 2. 5. Once you have defined the steps to be taken, think about how you could make sure that you follow them and what could support you in doing so.

Comments & helpful tips	<p>You need to be honest with yourself. It is no problem if you do not have all the competences; the objective of this activity is to be aware of them and to take action in order to improve your skills.</p> <p>Try to be realistic when choosing and planning your steps in order to effectively follow them.</p>
Reference	<p>This activity is adapted from Oana Nestian Sandu's Three steps for my intercultural competence in the in the T-Kit 4: Intercultural Learning and is available on: https://pjp-eu.coe.int/en/web/youth-partnership/t-kit-4- intercultural-learning</p>

Annex n° 2: EVALUATION OF MY INTERCULTURAL COMPETENCE

Competence sheet

My competences	How good am I at it?				
	1	2	3	4	5
Respect for myself and others					
Sense of social justice and social responsibility					
Openness and curiosity towards diversity					
Tolerance of ambiguity					
Knowledge of culture, politics and history					
Knowledge of human rights					
Knowledge of stereotypes, prejudices and discrimination					
Knowledge of cultural differences in communication					
Empathy					
Solidarity					
Critical thinking					
Active listening					
Dealing constructively with conflict					

