

CULTURAL HUMILITY

PRE-DEPARTURE CURRICULUM MODULE 1





**"HUMILITY IS
NOT THINKING
LESS OF
YOURSELF; IT IS
THINKING OF
YOURSELF LESS"**

- C.S. LEWIS

WHAT IS CULTURE?

Shared systems
of values, beliefs

"World lens"

Learned patterns
of behavior

Ever changing,
socially-framed

Expressed in
views, attitudes,
and behaviors

Sometimes
referred to as
categories

Often individually
defined

CULTURAL HUMILITY ≠ CULTURAL COMPETENCE

CULTURAL HUMILITY

- You are the student
- It is flexible and dynamic
- It is personal and authentic
- It is a partnership
- You continue to evolve
- It is the path to equity

CULTURAL COMPETENCE

- You are the master
- There is an endpoint
- It is rigid and technical
- There is a hierarchy
- It is linear
- Maintains the status quo

WHAT IS CULTURAL HUMILITY?

"A lifelong process of self-reflection and self-critique whereby the individual not only learns about another's culture, but one starts with an examination of her/his own beliefs and cultural identities." - NIH



HOW CAN YOU ACQUIRE CULTURAL HUMILITY?



Learn about yourself and check your biases in a lifelong commitment to evaluation and reflection



Learn about other cultures



Develop partnerships with different people or groups and acknowledge their priorities and expertise

LEARN ABOUT YOURSELF

STEP 1: IDENTIFY YOUR
BIASES AND PREJUDICE





PREJUDICE:

PRECONCEIVED OPINION THAT IS
NOT BASED REASON OR ACTUAL
EXPERIENCE

BIAS: IMPLICIT VS. EXPLICIT

Implicit bias – a prejudice that is present but not consciously held or recognized

Explicit bias – a prejudice or attitude towards certain groups that individuals are aware of

TAKE A MOMENT TO REFLECT

01

Write down
biases you hold
or any prejudice
you might have.

02

Ask yourself
why you hold
those biases.

03

Address them
and correct
them



LEARN ABOUT OTHER CULTURES

STEP 2: ACTIVELY
PARTAKE IN THE
CULTURE OF THE
COUNTRY YOU VISIT



TIPS:

Approach: Go into the experience with an open mind; leave your **ethnocentrism** at the door

Practice: Actively participate in the culture of the country you are in

Question: Ask about values, customs and what you do not understand



ETHNOCENTRISM

- The evaluation of other cultures according to preconceptions originating in the standards of one's culture





DEVELOP RELATIONSHIPS

STEP 3: CREATE LASTING PARTNERSHIPS

MAKING CONNECTIONS

- Engage with the community
- Listen to the community
- Learn from the community
- Serve the community
 - Remember, you are there as a tool
not a savior

