

Module 2 – Understanding Different Cultures

Hands-on activity 1 - The Friction Test

Instructions

This is a self evaluation. Mark with an X how often you feel "friction" in these different areas. If possible add examples of when/how.

By "friction" we mean that you feel that as a disadvantage or that you are treated worse than other people in the same situation (negative comments, harassment or discrimination). It can also be more indirect and subtle like experiencing that your thoughts and insights are not valued or taken seriously or that you are being limited by norms and ideas in the group/workplace/ society to which you do not conform.

Area	Often	Sometimes	Rarely or never	Examples
Age				
Gender				
Sexual orientation				
Ethnicity				
Skin color				
Functionality				
Beliefs				
Social Class				
Outer Appearances				