

## 12 hour stopover

**SPECIFIC ISSUE/S:** Discrimination

**PURPOSE/OBJECTIVES:** To provide an opportunity for participants to develop strategies for increasing cultural safety/competence

**LENGTH:** 15 – 30 minutes

**GROUP SIZE:** Any

**GROUP CHARACTERISTICS:** Any kind of group, but especially good when most participants are in the dominant cultural groups

**FACILITATOR KNOWLEDGE AND SKILLS NEEDED:** Medium level of knowledge: the facilitator would need to know more than the participants about cultural safety/competence; basic facilitation skills are sufficient

**RESOURCES NEEDED:** 12 hour stopover handout

**INSTRUCTIONS:** Set up the following scenario by reading the following script:

*Congratulations! You have just won an all expenses paid trip to the other side of the world for you and your family. You are very happy but have a work conflict so decide that your family will go ahead and you will join them in one week's time.*

*Your flight has a 12-hour stopover somewhere you have never been. You decide to leave the airport and have a look around and get some fresh air.*

*The local culture is one you know nothing about but people seem friendly and the weather is great so you walk on for a while.*

*After about an hour you suddenly feel very sick and collapse.*

*When you regain consciousness you find yourself in a strange place that is totally unfamiliar to you. There seem to be other people around you who are also unwell.*

*You try to sit up and some people who appear to be well come over to you and try to communicate but you don't have any language in common. They look very concerned and try to get you to drink something but you don't know what it is.*

*You can't see your clothes or a phone or anything else you recognise and you are not even sure you are well enough to stand.*

### **Explain**

This scenario is supposed to create a sense of a stressful situation. Have I achieved that? *If not I can make it even more stressful.*

### **Activity One**

Ask them to discuss this question in pairs or threes:

“If someone else was really in this situation what could you do that would make it easier for them?”

Feedback: After 5 – 10 minutes gather some examples to share.

### **Activity Two**

Give out the handout 'Providing Culturally Safe responses' and ask them to:

1. compare their answers with those in the list
2. add any others to the left hand column if appropriate
3. think of an equivalent that may be applicable in your own work situation.

Feedback: Share some examples with the main group.

**FACILITATION TIPS:** Most effective if introduced dramatically

**VARIATIONS:** Can be introduced as a 24 hour stopover

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