# **Cultural Norms**

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Use this document to reflect on how you interact with people from other cultures and consider how norms vary from one culture to another.

1. Think about your interactions with people from other cultures. What about those interactions was positive? What was challenging? How did you navigate those moments?

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| My interactions with other people from different cultures was good, here is how positive it was.   * My interaction with those people was positive because I learnt different perspectives, traditions, and ways of life. It broadens my understanding of the world and fosters empathy and respect for diversity. For example, my interaction with people from west Asia was positive because I learnt new things from their culture like Meditation, and self-defense tactics (EIFRING, 2016).   My interactions with other people also been challenging, and here is how.   * Communication with them was challenging, because cultural differences lead to misunderstanding or different expectations. Their way of communicating was so challenging. For example, my interaction with Masai challenged me because the way they speak their traditional language which is very rare and unknown. Additionally, adapting to their cultural norms was challenging because every mistake on their cultural norms made, is taken as violation of their culture (Meet the Morans: Traditional Maasai Warriors, n.d.).   During these moments, I try to approach with open mind, actively listen, and clarify and misunderstandings respectfully. Patience and willingness to learn go a long way in navigating these challenges. |

1. What norms does your culture share with other cultures? What norms are very different between your culture and other cultures?

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| My culture which is Rwandan culture shares some norms with other most African cultures. For example, we share our norm of respect for elders with Burundian culture, where they respect for elders in their daily practices which include greeting for them, standing up for them and let them seat, or help them in other context. (Burundian culture, n.d.). Another norm that we share with other’s cultural norms is hospitality. Where Zulu people from South Africa known for their hospitality to anybody before even recognizing who you are (The Importance of Recognising Zulu Customs and Values, n.d.). However, here there is our cultural norms which is different from other’s culture norms. The norms of “Ubupfura”. This norm is in our unique Rwandan culture. There is no other culture in which you can find this norm because it was rooted in our tradition. This culture of Ubuphura emphasize on the importance of being more that integral. This norm of Ubuphura improve a sense of being honest to others and show respect to them. |

1. Were there times when you followed or conformed to another culture’s norms? Why?

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| Yes, there is time when I followed other’s cultural norms to show them respect to their culture. For example, I remember when I went into Kenya, I followed the Masai cultural norms, norms where young men are required to pass into the Moran warriorhood, I did this. The main reason that forced me to pass into the Moron warriorhood, was to show the people I visited respect to their culture, and secondly, I had curious of what happen in Moron warriorhood, where I found that, they receive training in warfare, hunting, and traditional skills, preparing them for their roles as protectors of the community (Meet the Morans: Traditional Maasai Warriors, n.d.). |

1. What norms from other cultures would be valuable for you to follow?

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| The norms from other cultures that would valuable to me to follow, are the norms of mindfulness, environmental sustainability related norms, because those norms will help me to learn how to live with harmony in nature, reducing wastes, and practicing mindfulness in daily life that will contribute to a more sustainable and balanced lifestyle. For example, when I got chance to visit Haida people from northwest coast, I would learn from them the norm of mindfulness, where they believe in living in harmony with nature and mindful of their impact on the environment. Practice such as meditation, prayer, and ceremonies connect individuals to the nature world and promote a sense of gratitude and respect for all living beings (Britannica editors, 2024). |

# **References**

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