

Cross-Cultural Awareness

Part II



Refugee
Sponsorship
Training
Program

The Refugee Experience: Culture Shock and Coping Mechanisms

Overview

- Who is a refugee?
- The refugee experience
- Understanding the refugee-sponsor experience
- The culture shock process
- Dealing with PTSD and the healing process
- Case Study



Who is a Refugee?

- No one is a refugee by choice – refugees are forced to flee out of fear for their lives and liberty
- The UN defines a refugee as a person who “owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinions, is outside the country of his nationality, and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country.”



Discussion The Refugee Journey

	Home Country	Transition	New Country
Name the factors and challenges for refugees along their journey to resettlement.			
What's going on for the individual? What's going on for the family?			



Nine Qualities Needed by Refugee Sponsors Assisting Refugees Through Cultural Integration

1. Approachable
2. Curious
3. Positive
4. Forthright
5. Socially Open
6. Enterprising
7. Open-Minded
8. Sensitive
9. Perservering



Three Dimensions of the Cross-Cultural Integration Process

Related to the Refugee's Culture	Related to the New Culture the Refugee is Joining	Related to the Construction of a Third Culture
What cultural traits will the refugee keep from his or her own culture? What traits will the refugee modify according to the new environment? What traits will the refugee give up?	What cultural traits of the new culture must the refugee know and understand? To which cultural traits of the new culture must the refugee adjust? What cultural traits of the new culture will the refugee reject?	Create new cultural traits, building upon the differences Create new traits from the similarities Cultural synergy: innovation and bringing cultures together to form new ones

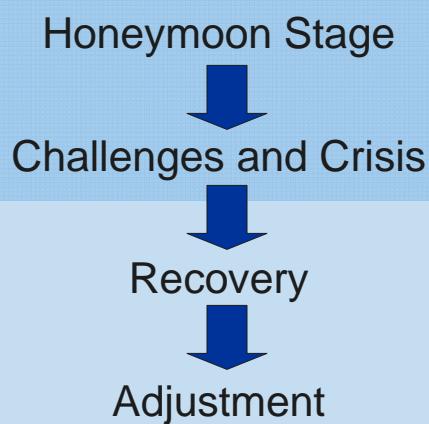


Understanding the Refugee/Sponsor Relationship

- Power-based questions
- Family-dynamic questions
- Sponsor group?
- Where does the relationship end?
- Pitfalls



Culture Shock Process





Post-Traumatic Stress, Torture and Healing

- Post-Traumatic Stress Disorder (PTSD): condition that affects people who “have been exposed to violent events such as rape, domestic violence, child abuse, war, accidents, natural disasters, and political torture”
- Torture: the act of inflicting severe pain
- Healing = restoring a sense of control and safety



Dealing with PTSD

- Trained professionals
- Love, support and encouragement
- Maintain boundaries
- Celebrating accomplishments

Thank-you



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