

## **Book 6: Personal Growth Through Cultural Immersion**

### **The Role of Creative Arts in Education**

- **David Oyelowo's Creative Arts Summit (2025):** This initiative in Enugu, Nigeria, focused on empowering young women affected by terrorism and gender inequality. The summit covered acting, music, photography, AI, and digital art, equipping participants with diverse skills and fostering personal development. This aligns with transformative learning by promoting self-expression and career opportunities through the arts.

### **The Role of Travel and Cross-Cultural Experiences**

When students get to see different cultures up close, it really helps them become more understanding, flexible, and thoughtful. A study showed that Nigerian students who did cultural exchanges felt like they got better at relating to all sorts of people. Some schools in Lagos and Enugu now have programs where students hang out in different communities so they can learn about the local customs and languages (Enwerem, 2013, p. 12). For example, one study found that 80% of Nigerian students who went on these exchanges said they became more tolerant and understanding of other cultures (Enwerem, 2013, p. 12).(Enwerem, 2013, p. 12).

### **Learning from Indigenous Traditions**

Indigenous knowledge systems, such as traditional medicine and governance structures, offer valuable lessons for contemporary society (Onyima, 2016, p. 276). These systems give us valuable lessons about sustainability, resolving conflicts, and community health that are still important today.

Take Nigeria's traditional medicine, for instance. People use herbs like Dogonyaro (Neem) for treating malaria and Uziza for digestive issues. Many modern drug studies have backed up these natural remedies, leading to a blend of herbal treatments with regular healthcare. It shows just

how important it is to keep traditional knowledge alive and consider other options alongside modern medicine.

In terms of governance, systems like the Yoruba Obaship, Igbo council of elders, and the Hausa Emirate focus on making decisions together as a community. They stress the need for conversation, respect for elders, and communal fairness, teaching us valuable lessons that can improve democracy and local governance today.

By looking into these traditional ways, we can pick up sustainable farming methods, ethical leadership styles, and a well-rounded approach to health, making sure we don't lose this important cultural wisdom.

## **Case Studies**

Examples of individuals who have embraced cultural exploration, such as Nigerian authors who integrate folklore into their works, highlight the transformative power of culture (Ukpe, 2012, p. 33). Writers, artists, and scholars use cultural stories to keep heritage alive, teach people, and tackle current social issues. Take Chinua Achebe's *\*Things Fall Apart\**, for example. It beautifully mixes Igbo folklore, proverbs, and customs into its plot. Through the main character Okonkwo, it looks at pre-colonial Igbo life, the impacts of colonialism, and the tension between old traditions and new ways. Achebe's book has helped Nigerians learn about their history while also giving a glimpse of African perspectives to readers around the world.

On a similar note, Buchi Emecheta's *\*The Joys of Motherhood\** weaves in traditional Igbo views on womanhood, family, and strength while also critiquing the changes brought by colonialism. Her stories connect the past with the present, showing how culture continues to influence personal identities.

Beyond books, Nollywood films often tap into folklore and traditional tales to discuss modern issues. Films like *\*Aníkúlápó\** (2022) and *\*October 1\** (2014) use historical and mythological themes to tackle topics like justice, morality, and national identity.

These examples show how storytelling and media rooted in culture can keep history alive, inspire national pride, and spark important discussions about the future