

# WORKSHEET 2

What is worth knowing about the multicultural diagnosis?

When thinking about local multicultural diagnosis and activity planning, one should be careful of ethnocentric thinking.

Ethnocentrism is an attitude in which you apply your own cultural norms to evaluate and understand different cultures.

Consciously or unconsciously, you determine that your (Polish, European, Western, etc.) standards, solutions, customs, culture and values are better, you put them higher (than those functioning in other cultures).

Ethnocentrism is the belief that the norms of the group you belong to are universal, that they apply or should apply to everyone else - and if someone does not follow these standards, they are "wild", "barbarian" or "freak".

The ethnocentric way of thinking can look like this:

- If they dress differently to us, they lack style
- If they smile more than us, they're fake
- If they work less than us, they're lazy
- If they come to the meeting half an hour late, they don't respect me

Which of these beliefs is a barrier for you in multicultural communication?