



Center for Intercultural Dialogue



Challenging Cultural Stereotypes through Intercultural Dialogue



REFLECT ON YOUR CULTURAL IDENTITY

Think about your cultural identity and how it shapes your perceptions, as well as your experiences with other cultural groups and any biases you may hold.

Tip: Stay open to learning and be aware of how your experiences influence your reactions.

USE ACTIVE LISTENING

Focus fully on the speaker, showing engagement with eye contact and nodding.
Avoid interruptions.

Tip: Summarise what you've heard to ensure understanding, e.g., "So, you felt...?"



SHARE COUNTER-STORIES

Share personal stories that challenge stereotypes. For example, countering a stereotype of uneducated people with an educated example from that group.

Tip: Keep counter-stories relevant and respectful to avoid confrontation.

CREATE A SAFE SPACE FOR DIALOGUE

Encourage a respectful, non-judgmental environment where both parties feel heard and valued.

Tip: Make sure to listen actively and give your full attention. Avoid interrupting the other person.



REFLECT AND FOLLOW UP

After the conversation, reflect on what worked and what didn't.

Tip: Follow up with the person to continue the dialogue and deepen understanding.