

# Cultural Baggage Claim



Category of Cultural Baggage	Description	Must bring	Could leave behind
<b>Values</b>			
<b>Beliefs</b>			
<b>Traditions</b>			
<b>Habits</b>			
<b>Ethnic group</b>			
<b>Language(s)</b>			
<b>Other:</b>			

**Instructions:** Our culture is as natural as the air we breathe; it is an integral part of who we are. Culture is made up of things we are aware of, like our language, ethnicity and history, as well as elements we are not usually aware of like our values, attitudes and way of life. Below is a “cultural baggage” claim form. Take a few minutes to identify some elements of your culture named in the “Element” column by noting them in the “Description” column. For example, next to “values” you might write “It is important to be on time” or “individual needs take priority over the needs of the group”; next to “habits” you might write something about how often you brush your teeth or bathe. After taking inventory of some of the pieces of your own culture, think about which of those you feel you must always have with you and indicate this by marking the “Must bring” column next to that particular one. Think also about which values, habits, etc., you would be willing to leave behind if doing so would help you engage with people from a different culture, and mark the “Could leave behind” column accordingly.