



Exercise: Tracking cultural diversity

Aim: This exercise helps a garden group to recognise and appreciate the cultural diversity present in their project - from educational backgrounds and professions to personalities, religions and age groups.

Materials:

Coloured pens and paper / Large poster or pinboard

Procedure:

Preparation: Each member receives paper and a pen. Prepare a pinboard or a large poster on which the different categories (education, professions, personalities, religions, age, etc.) are listed.

Personal reflection: Each person writes down on individual sheets of paper different aspects of their identity that they would like to share. These aspects are treated anonymously to ensure privacy and comfort.

Collect and organise: Participants pin their notes to the pinboard under the appropriate categories. This should be done without discussion to allow for an unbiased overview.

Group discussion: Once all contributions have been pinned, the group conducts a moderated discussion. Questions could be: What surprises you? Are there similarities that you did not expect? What diversity could we better incorporate into our garden activities?

Action plan: Based on the discussion, the group develops ideas on how to better integrate and celebrate the recognised diversity in the garden. Examples could include themed garden days that emphasise specific cultural backgrounds or workshops on topics such as intercultural communication.

Follow-up: The results of the exercise can be documented and re-evaluated at regular intervals to continuously improve and expand the integration of diversity.

This exercise not only promotes awareness of the existing cultural diversity within the garden group, but also the appreciation of each individual and the utilisation of this diversity as a strength for the collaborative project.

