



Intercultural and Anti-racism Training

Increase understanding of other cultures and promote equality in the workplace with this lively, thought-provoking and highly beneficial training.

The training will be very interactive and will stimulate participants to reflect on personal and societal attitudes and behaviours to diversity. Participants will acquire a deeper understanding of diversity and an ability to develop meaningful intercultural relationships. The training focuses on developing the following skills, knowledge and techniques, bringing these benefits to both the workplace and personal lives:

Skills

- Open-mindedness, flexibility and sensitivity to cross-cultural interactions
- Recognise and challenge assumptions and stereotypes about culture and race
- Increased awareness of power relations and privilege and how they affect various cultural groups

Knowledge

- Understand the complexity and contradictory nature of culture
- Understand the value of diverse and inclusive societies
- Understand the legal and ethical requirements for equality

Techniques

- Become familiar with anti-racist responses, including active and ethical witnessing
- Know how to combat attitudes and behaviours that could lead to racism and social exclusion
- Know how to avoid or de-escalate conflict arising from intercultural misunderstandings

To ensure the best quality learning environment we recommended a group of no more than 12 people per training. The training takes a minimum of eight hours (one full day or two half days).

The recommended eight hour training would include:

- Understanding of the concept of culture
- Examining aspects of cultural identity
- Exploring stereotypical thinking and its limitations
- Sharing and reflecting on experiences of prejudice, discrimination and exclusion
- Examining the nature of power in relationships between mainstream and marginal groups
- Gaining an understanding of diversity and anti-racism vocabulary and concepts

Working for equality

About the Immigrant Council of Ireland

The Immigrant Council of Ireland is an independent human rights organisation. It advocates for the rights of immigrants and their families, and acts as a catalyst for public debate and policy change. It works with and for immigrants, promoting their rights through information, legal advice, advocacy, campaigning and research, as well as providing training. The Immigrant Council believes immigration is a permanent and positive reality in Ireland and continues to lobby for integrated, transparent, rights-based immigration and integration legislation and policies which reflect this reality.

Contact us:

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