



Culture of Pride

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Overview



- How to stay connected to you culture?
- Cross culture
- Benefits/ disconnection
- Interviews

Culture

Definition: “the customs, arts, social institutions, and achievements of a particular nation, people, or other social group”

Our personal definition of culture; The sharing of tradition, art, music, and language originating from a home country. It is a way for people sharing common roots to connect with one another .



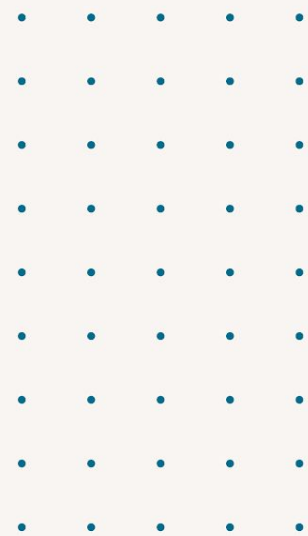
Cultural Expression

Things Culture brings into our lives:

- Stronger relationships with others
- Having knowledge of a variety of traditions
- Holidays



Joanna's Experience



Ways to connecting to your culture

Food

Exploring your homeland's cuisine can broaden your knowledge in the history of your culture. Like when was this dish introduced? Food also plays an important role in family traditions as well.



Parents/older people

here might be times that you are unaware about some aspects of your culture however parents and older people who have more experience and closer to your culture can be great source for learning

Media

In today's world, social media is a great source to research and learn from people who have the same culture as you and/or are also trying to connect with theirs.



Communities

Many traditions follow with religion as places such as church, mosques, synagogue, temple and many other places to get to people with same background and learn from them. On the other hand there are many other non-religious base community as school and colleges offer clubs and gathering for people. As an Example our school have club for chinese speaking and dances and we celebrate lunar new year by congratulating our chinese community.



Community

Communities are a great place to connect with your culture!

- **Clubs, schools-** Many schools can hold clubs and house communities for people to gather and appreciate different traditions within cultures.
- **Religious Communities-** Cultural/religious centers are places you can find others from your religion and similar culture.
- **Friends-** Finding friends from same or similar culture can also be great easy to learn about your culture as you can learn and practice some parts of your culture.





Western Sierra High School

International Taste & Chinese New Year



Embracing religion

Many cultures have adapted religion into their practice, which in this case if religion is part of your belief- by practicing it you can gain understanding of aspects of your culture.

- Being able to connect with people who have same culture as you
- Learning about history and origin of your culture
- Attend religious community as a great source for meeting people, many celebrate traditions with the community and have food from cultures.

Obstacles and Hardships

It can often be hard for some to reconnect with their home country, ex.

Not being engaged

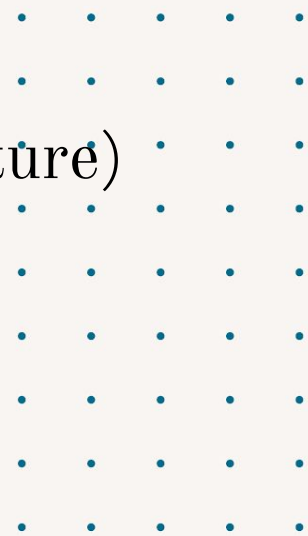
Parents not passing down
their practices- harder for an
individual to enrich
themselves

Not understanding your
culture

Not knowing where to
look/begin



Adrianna's Experience (disconnection from culture)



Disconnection:

So many different factors may be the cause of an individual's feeling of disconnection:

- ❖ As Adrianna's example her grandfather's fear which also follow with:
 - Parents not having enough understanding
 - Having right source to ask
- ❖ This might cause the feeling of not being close and often as Audrianna people tend to try to find their way to stay in touch with their culture.

Diffusion/Blending

Imagine not being me

- **Cultural diffusion:** “cultures spreading out throughout the world and being introduced to foreign countries”
 - ◆ New arts, music, foods, traditions, etc
- **Cultural blending:** “Blending/mixing of different cultures”

Cultural blending for us?

taking aspects of cultures you're introduced to in your community, and adding it (or blending it into) your own practices

- You can be a cultural chameleon!!



Overall, it is being open minded of other cultures and incorporating newfound customs into your practices.

Balancing

*once you adopt in new norms, you automatically
welcome new opportunities*

Acculturation: “assimilation to a different culture”

- Finding the balance between dominant culture and other cultures
 - Adjusting to foods
 - Adopting customs
 - Modify your culture to work with **you**



A word cloud featuring the word 'tea' in multiple languages and scripts. The central and largest word is 'TEA' in bold black capital letters. Surrounding it are other variations: 'tè' (top center), 'thé' (top right), 'tee' (middle left), 'té' (bottom center), '차' (top right, Korean), 'お茶' (middle right, Japanese), 'شاي' (bottom right, Arabic), 'चाय' (top center, Hindi), '茶' (middle left, Chinese), and '차' (bottom left, Korean). The words are scattered across a light gray background.

Q&A