

Topic: Cultural Adjustment
(IOM Middle East)

Activity: Trade-Off Activity

Introduction

Immigration is not a one-way street. A migrant may gain much by migrating, but by moving from his or her homeland, he or she also gives up something. This activity is meant to get people to think about both sides.

Time

20-40 minutes

Materials

- Flipchart paper and marking pens, *or*
- Whiteboard and markers

Practice

1. On the whiteboard, make 2 columns, one headed with the word **GAIN** and the other with the word **LOSE**. (See sample included.)
2. Tell participants that they may be eager to go to America because they have ideas that they will have many things to gain by moving to America. However, gain on one hand means loss on the other hand. You would now like them to consider both sides of the equation.
3. Give 2 or 3 participants a marker. Ask them to go up to the board and write down **ONE** thing that they have either to gain or to lose. When they have written their one thing, they are to hand the pen to some other participant, and then go sit down.
4. The participant who received the pen must then go up and write one thing, etc.
5. Continue this till they run out of ideas.

Discussion

This activity follows well the experiential method of learning.

- Experience: The list they make is the experience.
- Reflection: Have them look at the list and tell you what they see (they may see they have more things to lose than to gain!). Don't let them talk about what they think about it, just ask them what they SEE. After they have described what they see, ask them how they feel about it.
- Generalization: Let participants discuss the topic in general: Perhaps not all gains / losses have equal importance. Is it worth it to move? You may move for the sake of your children, but your children in America (and you) will not be the same people they are in your country, etc.
- Application: What will you do about it? How can you make the losses less painful?

In all of this, the facilitator only asks questions. The facilitator does not give his or her opinion.

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

Gains	Losses
Freedom	Family far away
Better chance for future	Lose touch with culture
Better future for children	Children don't learn own culture
Earn more money	Stress on family: higher possibility of divorce
Opportunity to work	Possibly can't get job in field; loss of social status
Children learn English	Children forget home language
Safety	Loneliness

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.