



Create opportunities for team members to share their stories

A fun way to celebrate A Taste of Harmony is to coordinate a team building activity that gets people talking about their cultural heritage! Here are some ideas to get your creative cogs spinning:

A Taste of Harmony speed dating

You've probably heard of speed dating (maybe you've even tried it!), but did you know this concept can be used in the workplace setting? The idea for A Taste of Harmony speed dating works much the same but with a focus on team members' cultural background, and of course, food! It's a great opportunity for people from your organisation to meet or learn a little more about each other.

How to play:

1. Simply set-up a room with tables and chairs for people to break-away into groups of two.
2. You'll need one person to play the role of host, along with a timer and a bell.
3. Ask participants to pair-up with one person to get started.
4. At the end of each two-minute round, the host will ring the bell and ask every person to move to the table on their right.
5. Leave 1-2 different 'conversation starters' on every table with topics for conversation including what dish best represents your cultural background? What is a typical weeknight dinner from your culture? What is a special occasion meal you like to cook?

Tip: You may like to serve a different snack on each table but instead of the usual chips and dip, try snacks from a range of different cultures.



Lunch-hour Legends

The people we work with are full of wonderful stories – or ‘legends’ – about their cultural background and most people have at least one story they’d love to share!

To coordinate this activity, set aside an hour at lunchtime, ask everyone to bring their lunch, and encourage at least four people from your team to share the story about their family history, including a dish that represents their culture or one they ate regularly growing up.

Once the story has been shared, team members have the opportunity to ask questions. Given A Taste of Harmony runs over two weeks you may wish to do this once each week or over several 30-minute sessions.



You can also find a range of team-based activities within the A Taste of Harmony website, including:

- **The ultimate culture quiz!** Put your team to the test and find out who has the best cultural knowledge. You can either split into teams or do the quiz individually. It is a great activity that can be done in the workplace, or over a virtual team meeting. Nominate a quiz master to read the questions and remind everyone there are no phones allowed!
- **Start a discussion with our conversation cards.** Striking up a conversation around cultural diversity can be a little daunting which is why we’ve created the A Taste of Harmony conversation cards. With the topics ready, you’ll just need to make time to start a discussion!
- **Game of Scattergories.** How many desserts can you name starting with the letter ‘s’? We have devised our own A Taste of Harmony version of this family favourite. Print and cut out the letters and categories provided and place each in a separate bowl. Grab a blank piece of paper and pull out one letter and one category from each bowl. Then see who can come up with the most answers. It’s harder than you might think!

To access our great resources, [simply register your workplace](#) as taking part in A Taste of Harmony.