



# Energising A Taste of Harmony Team Activities for Celebrating Cultural Diversity

Embrace the spirit of **A Taste of Harmony** by orchestrating engaging team activities that foster cultural exchange and personal storytelling. Here's a fresh array of innovative ideas to ignite your creativity:



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### 1. Culinary Heritage Fair:

Transform a common area into a mini fairground where team members can showcase their cultural heritage through food, art, and stories. Encourage participants to bring a dish that holds significance to their background, along with a brief tale explaining its importance. This provides an interactive and flavourful experience for everyone to enjoy and discuss.

### 2. Global Recipe Exchange:

Initiate a recipe swap that transcends cultural boundaries. Each team member can contribute a recipe that is special to their heritage. Compile these recipes into a unique cookbook (using our recipe template) that's accessible to all. During breaks or meetings, people can share anecdotes related to the dishes, fostering connections and conversations.

### 3. Heritage Time Capsule:

Invite team members to assemble a 'heritage time capsule' containing items that symbolise their cultural roots. These items could range from traditional trinkets to family photographs. Dedicate a session where participants unveil their capsules and narrate the stories behind each item, offering a glimpse into their personal histories.

### 4. Around-the-World Storytelling Circle:

Organise a circle where team members gather to share their personal stories in a conversational setting. Each participant can recount an experience or tradition that has shaped their cultural identity. Incorporate a token object or memento to enhance the narrative, sparking engaging discussions among colleagues.

### 5. Cultural Art Collaborations:

Encourage artistic expression by initiating cross-cultural collaborative projects. Pair up team members with different backgrounds and task them with creating an artwork that reflects their combined cultures. This not only promotes creative interaction but also generates meaningful dialogues during the artistic process.

### 6. Cultural Movie Marathon:

Host a movie marathon featuring films from various cultures. Select a diverse line-up of movies that offer insights into different ways of life. After each movie, create an open space for participants to discuss their impressions, draw parallels to their own experiences, and highlight cross-cultural themes.

### 7. Cultural Trivia Relay:

Infuse a competitive spirit by organizing a cultural trivia relay. Form teams and present a series of questions that span a wide spectrum of cultures. As teams compete to answer correctly, they'll learn fascinating facts about each other's backgrounds, fostering camaraderie and shared knowledge.

### 8. Global Showcase Exhibition:

Transform your workplace into a cultural gallery by inviting team members to curate displays showcasing their heritage. From photographs to artifacts, the exhibition provides an immersive experience where colleagues can engage in conversations sparked by the displays.

### 9. Storyteller's Spotlight Podcast:

Introduce a podcast-style activity where team members take turns being the storyteller. Each episode features a team member sharing a pivotal cultural story or experience. This medium allows for an intimate exploration of personal journeys, offering colleagues a chance to connect on a deeper level.

### Cultural Knowledge Challenge:

Set up a friendly competition by quizzing your team on cultural facts. You can organize this as a team event or an individual challenge during meetings or gatherings.

### Culture Conversation Cards:

Utilise the **A Taste of Harmony** conversation cards to spark discussions about cultural diversity. Allocate time during meetings for these thought-provoking conversations that foster understanding and connection.

### Harmony Scattergories:

Adapt the classic game with a cultural twist. Prepare categories related to diversity and cultural elements. Encourage team members to come up with as many relevant answers as possible within a limited time frame.

To access these valuable resources, simply register your workplace for **A Taste of Harmony** and embark on a journey of cultural appreciation and enrichment.