

# Access All Cultures (AAC)

## Cultural Awareness Training for Leisure and Recreation Centres



Produced by Centre for Multicultural Youth Issues  
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# Cultural Awareness Training

## Aims and Objectives

1. Present Information about CMYI
2. To analyse the myths around refugees and to examine their journey to Australia
3. To look at the migrant, refugee and asylum seeker experiences and understand the similarities and differences
4. To gain and awareness of cultural values beliefs and how they affect our perceptions
5. Identify barriers and strategies to assist in the development and delivery of programs

## Learning objectives

At the end of this session participants will be able to:

1. Understand the role of CMYI and develop knowledge of resources available
2. Recall basic information regarding re-settlement issues for CLD youth and refugee young people
3. Understand cultural differences and how they impact on young peoples lives
4. Identify and be able to respond to barriers to participation faced by CLD youth when it comes to access sport.

# Contents

## Part one - Introduction

### **Component One**

- The CMYI Model

Participants will gain an understanding about CMYI and the aims and objectives of the Multicultural Sports Project

### **Component Two**

- Why are we here?

Description of the primary aims of the training

### **Component Three**

- Training objectives

Outline objectives

### **Component Four**

- Warm up activity

The objective of the activity is to point out the importance of valuing other people's experiences and diverse backgrounds

## **Part 2 - Understanding diversity**

Participants will explore issues of identity stereotypes and develop understanding of our clients/participants

### **Component Five**

- Activity

This group activity will explore issues regarding labelling and stereotyping

### **Component Six**

- Multicultural communities

Participant will explore and develop understanding of the definitions attached to multicultural communities and the different visa categories.

### **Component Seven**

- Awareness

Participants will further develop awareness of difference through a group discussion

### **Component Eight**

- Obligations

Participants will engage in discussion about moral, social and legal issues in regards to inclusion

## **Part 3 - Physical activity, its importance and barriers to participation**

### **Component Nine**

- Why physical activity

Participants will further develop understanding of the importance of physical activity in CLD young people's lives through group discussion

### **Component Ten**

- Barriers to participation

Participants are given some practical examples to help them to identify the barriers faced by CLD and newly arrived young people when accessing physical activity.

### **Component Eleven**

- Access and attitudes

A time for participants to reflect on their personal, organisational attitudes and access issues.

## **Part 4 – Understanding and managing diversity**

Participants will explore strategies and further develop skills for increasing participation for CLD communities

### **Component Twelve**

- Strategy 1 – Awareness of differences

### **Component Thirteen**

- Strategy 2 – Communication Hints

### **Component Fourteen**

- Strategy 3 - Inclusive Practices

### **Component Fifteen**

- Ideal outcomes for the fitness sector

### **Component Sixteen**

- Best Practise models

### **Component Seventeen**

- Conclusion and evaluation

This is a full day training however we can tailor training to suit your particular organisation and needs.

We also have free resources which you can download from our website

[www.cmyi.net.au](http://www.cmyi.net.au)

For more information about how we can help your organisation  
Contact the Sports and Rec Team at CMYI

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