

Addressing Sustainable Development Goals:

10 REDUCED  
INEQUALITIES



3 GOOD HEALTH  
AND WELL-BEING



Stadt Erlangen



Franconian  
International  
School

# Conference Program



Wednesday, March 20-21, 2019

#FISIdentityInsights



**STIFTUNG**  
für die Internationalen Wochen  
**GEGEN RASSISMUS**

# With Special Thanks to

Ms. Lorraine Kellum, Global Perspectives & English Language Teacher

Mrs. Michelle Ang, Wellbeing Coordinator

Mr. Scott Simpson, CAS Coordinator



The Franconian International School  
for providing this wonderful opportunity to the community

And to YOU for all of your participation and support!



# Aims & Objectives of the Conference

*The objective of the Culture in the 21st Century Conference is to bring awareness of our unique self-identities and to affirm the cultural diversity of the FIS community. This conference event will focus on how cultural values and beliefs impact personal identity development, wellbeing and access to equal opportunities. We aim to*

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- 1. Empower student and community voices.*
- 2. Integrate service learning as a personal endeavor for students and a space where they can connect with others passionate about similar topics.*
- 3. Increase collaboration and teamwork between all community stakeholders.*
- 4. Continue and promote the development of international mindedness among all community members.*

**Join the Conversation!**

**#FISIdentityInsights**



# Keynote Speaker

Born to an American mother and a German father, Heather spent her childhood years growing up between worlds. She attended both international and local schools in Germany, before graduating from high school in the U.S. Really wanting to understand the science behind her own experience as a third-culture kid (TCK) and the lives of so many others around the world, Heather went on to do a PhD in the United Kingdom where she studied the many facets of community life at an international school in Germany and explored where local identity might fit. Heather is extremely interested in global identities, how we perceive culture, labels, and how all of this impacts the lives of international school children every day.

Heather Meyer, Ph.D.



WITH ADDITIONAL SPECIAL GUESTS...



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**Willetta Carson**

Professional Jazz Singer



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**Geneviève Beaulieu**

Relationship Therapist

# WITH ADDITIONAL SPECIAL GUESTS...

**Floor van Baal**

Life Coach



**Dominique Vermeulen**

Integrative Nutrition Health Coach

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WITH ADDITIONAL SPECIAL GUESTS...

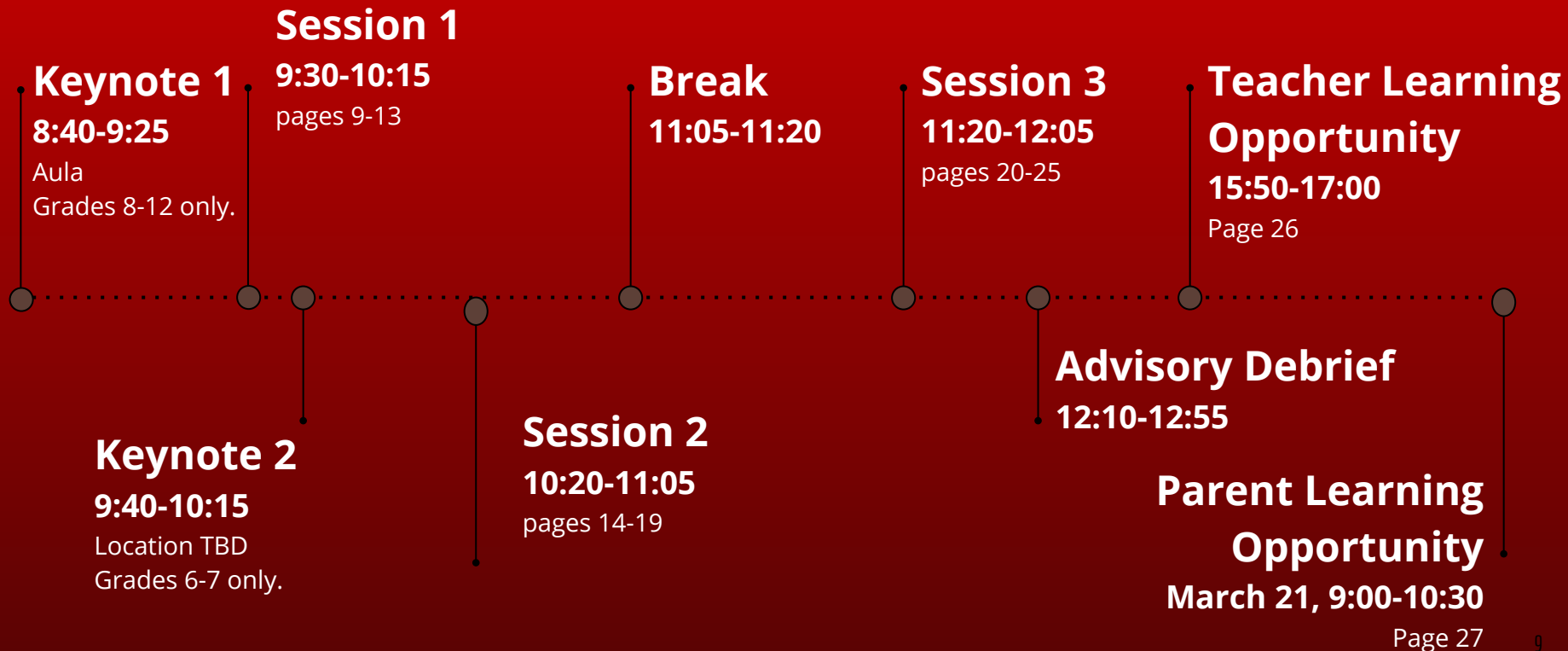
**Andrea Collados**

International Educator





# Conference Schedule



# Session 1

## Social Media: A Force of Good or Evil?

**by Allen Lindblad**

We'll look at past evidence and future predictions to debate if social media can bridge social and cultural divides making positive changes or serve to further isolate and divide groups.

**Everyone welcome.**

**Gym**

# Session 1

## Insight into Patriarchal and Matriarchal Societies

by **Siddharth Thakur & Jazmine Plischke**

Patriarchy vs Matriarchy. What does it mean? How is it prevalent in different cultures? What do you think about it? Patriarchy and Matriarchy are social systems that have been integrated into and continue to affect the social, economic, legal and political systems of various countries around the world, making it essential to gain an understanding of these concepts. In this talk aims to raise awareness about the patriarchal and matriarchal systems in some countries across the globe. Participants are encouraged to engage with perspectives of different people from patriarchal and matriarchal cultures along with an engaging debate to learn more about the opinions of your peers on the topic.

**Everyone welcome.**

**Conference Room**

# Session 1

## A Child's Role in Society

**by Annika Strauss, Julia Drexel, Melina Steiner**

Students will become more aware of a child's role in society in different cultures. We will look at how a child's role compares with other roles in society (e.g. adults, seniors, etc.) and consider the impact culture and ethical viewpoints have on determining a child's role. You will have the chance to share your own opinions and debate this question from different perspectives.

**Everyone welcome. rm. 2.006**

**\*\* Now  
Session  
2\*\***

## What are the Norms and Rules of your Digital Cultures?

**by Nithyashree Jagadeesh, Katharina Pfaller, Aarav Agrawal, Antonia Hehl, Emilia McCammon, Lucy Lee, Athanasia Deliopoulou**

There are different rules for communicating in social media communities; some are written, and some we just know. Come see if you agree with the rules we follow and our ideas to make the community better for everyone.

**Grades 6 & 7 only rm. 3.003**

## Culture through Visual Art

**by Maija Tirronen & Gabby Jones**

We would like to show how visual art can be used to express various different cultures. We will share different examples of art styles and how they express different types of cultures. Attendees will have the opportunity to use one of these styles to express an aspect of culture connecting to themselves.

**Everyone welcome. rm. 3.004**



# Session 1

## Cultural Clashes between International Schools and a Middle Eastern Family

**by Niloufar Nayebzadeh**

Identification of the diversity between the culture and beliefs of the Middle East compared to Germany. When my family first moved here, it became very hard to adapt from our home culture. This session aims to share the difficulties of a foreign student in an international school, the beliefs of my religion and culture and how we made it work through these years living in Germany. After this talk you will take away the cultural differences and backgrounds of different religions and the influences it can have on them.

**Everyone welcome.**

**rm. 3.006**

## How do Culture and Lifestyle Influence our Personal Development and Wellbeing?

**by Dominique Vermeulen & Floor van Baal**

A discussion and in depth focus on the commonalities between "Blue Zones" Dan Buettner and their connection to the Circle of Life. Participants will create an action plan to identify concrete steps to enhance personal development and wellbeing drawing parallels to "Blue Zones".

**Grades 8-12 only.**

**rm. 2.208**

# Session 1

## Impact of Migration on Our Culture

**by Sustainable Development Goals Ambassadors**

Our cultures define who we are as people, and here at the FIS, we are all impacted by migration, but how do culture and migration relate to one another?

**Everyone welcome.**

**rm. 2.201**

## Cultural Awareness: An Interactive Simulation

**by Chris Trimble, Joulena Rivera, Melani Vevecka, Lina Mooren, & Lea Hochholdingner**

In this session, we will observe the social norms unique to two fictitious societies, how they shape behaviors and decisions...and how they can often be misinterpreted with hilarious, awkward or detrimental results. We will conclude by drawing parallels to real-world cultural norms and leave the session more alert to how our norms shape the way we interact with others, particularly in an international setting.

**Everyone welcome.**

**rm. 2.202**

# Session 2

## Social Media: A Force of Good or Evil?

**by Allen Lindblad**

We'll look at past evidence and future predictions to debate if social media can bridge social and cultural divides making positive changes or serve to further isolate and divide groups.

**Everyone welcome.**

**Gym**

## Cross-Cultural Relationships

**By Karin Lee**

As adults working at the FIS, we have already had a lot of diverse experiences with working with people that are different from us - as well as navigating friendships and romantic relationships with people from different cultures. This Panel discussion aims to give students the opportunity to interact and inquire how adults have successfully made and maintained relationships with our friends and partners, even across cultural boundaries. The panel will be made up of teachers and/or other adults from our community, on the topic of "Creating and Maintaining Friendships & Relationships" in such a diverse cultural community.

**Everyone welcome.**

**Conference Room**

# Session 2

Ballroom for Parties

**by Yuma Oki & Aurelius Adrian**

Experiential learning to apply disco-fox steps and identify the importance of dance in popular culture.

**Everyone welcome**

**Multipurpose Room**



# Session 2

# Your Mind's on Autopilot...You Have No Control

by Shereen Batra & Siddhi Sharma

Mental health is an important issue that is not talked about often enough. In this session, we will discuss different types of mental health issues, how school and examinations can affect these, and how we can all be in a better place. Through a workshop format, we will have small activities leading up to a larger one, which will be to create a slogan that will help participants bring their thoughts to a concise a few words. Our hope is that this workshop will help participants to become more aware of the issues, and learn how to support friend or loved ones in need.

Everyone welcome    rm. 2.201

# Apprendre à vivre dans un autre pays, tout un défi!

by Geneviève Beaulieu

Partir vivre à l'étranger avec papa et maman peut parfois être plus compliqué qu'il n'y paraît. Comment l'en sors-tu depuis ce grand changement dans ta vie? Viens en discuter avec nous. Geneviève Beaulieu, une québécoise qui vit en Allemagne depuis 4 ans, parlera des défis pour les jeunes de vivre dans un autre pays. Qui sait, peut-être apprendras-tu quelques trucs qui te feront du bien. Peut-être pourras-tu même aider et inspirer les autres avec tes idées sur le sujet. Une chose est certaine, tu vas voir que tu n'es pas seul à vivre toutes sortes d'émotions dans ta nouvelle vie d'expatrié!

**Mother Tongue French speakers only.**

# My Multicultural Self

by Nick Kolentse

Participants will engage in dialogue and reflection to identify five aspects of their multicultural self. They will then explore how these aspects act as a particular lens in which they see the world. Finally, they will explore how these lenses can cause miscommunication / misunderstanding."

Everyone welcome. rm. 2.203

# Session 2

## Teenage Life & Common Problems They Face

by Sanat Umeshkumar & Rishi Rao

Teenagers often are expected to fulfill traditionally high expectations coming from home, this could be academically, socially or any other aspect that is considered important for students' families. This is a common issue and if you are seeking a comfortable place where you can discuss these matters and find possible solutions, you are welcome to join. In this session we will be discussing general cultural/generational clashes students face and come up with solutions in a round table discussion. Students can work collaboratively to come up with solutions by listening to each other.

**Students of similar cultural background welcome.**

**rm. 2.206**

## Vita da Adolescente/Teenager come Espatriato

by Daniela Vagni

Spostarsi da una nazione all'altra è una sfida: nuovi amici, diversi sistemi scolastici, nuove lingue da imparare ogni pochi anni/ frequentemente. Stiamo offrendo uno spazio per parlare e discutere di queste tematiche. Come persona che ha vissuto in diversi posti (Tailandia, Cambogia, Malesia ed Egitto) avrò il piacere di avere il ruolo di facilitatore nel riflettere rispetto alle difficoltà/sfide che avete incontrato, i modi in cui siete riusciti a superare queste difficoltà e soprattutto rispetto agli aspetti positivi di avere una vita internazionale. Avrete l'opportunità di maturare nuove prospettive e di ispirare altre persone con le vostre idee. Partecipate!

**Mother Tongue Italian speakers only.**

**rm. 2.207**

## How do Culture and Lifestyle Influence our Personal Development and Wellbeing?

by Dominique Vermeulen & Floor van Baal

A discussion and in depth focus on the commonalities between "Blue Zones" Dan Buettner and their connection to the Circle of Life. Participants will create an action plan to identify concrete steps to enhance personal development and wellbeing drawing parallels to "Blue Zones".  
**Grades 8-12 only.**

**rm. 2.208**

# Session 2

## FIS sayesinde Dünya insanı olmak

### by Samiye Kudal

Ben bu okul başka okullardan nasıl farklı diye bir konuşma yazıp onu anlatacam. Bu okuldaki pozitif ve negatif olan şeyleri anlatacam.

Özellikle Fis bizi nasıl dünya insanı yapıyor hakkında konuşacam? Gelen kişiler bu konu hakkında düşüncelerini paylaşabilirler çünkü onların düşüncelerini öğrenmek beni mutlu eder.

**Mother Tongue Turkish speakers only.**

**rm. 2.213**

## International Foods

### by Emma Babbs, Natalie Kraetschmer, & Alisa Gorskaya

**In this workshop, participants will be able to make international foods.**

**Everyone welcome.**

**rm. 1.043**

## 대한민국

### by Chris Lee

한국말이 그리우신가요? 이번 문화교류시간을 통해서 저는 여러분들과 국제학교에서 한국인으로 살아가는 경험에 대해 토의하고 싶습니다. 여러분들은 이 시간을 통해 다른 한국인들의 국제학교 삶을 알아가고 또한 저는 FIS에서 주최하는 이벤트에 참여했던 경험을 얘기하고 조언을 주고받을 수 있는 보람찬 한시간을 만들고 싶습니다. 많은 관심과 참석 부탁드립니다.

**Mother Tongue Korean speakers only.**

**rm. 3.002**

# Session 2

## Heimatliebe - Partypatriotismus - Nationalstolz

by Steffi Steinberg

Warum fällt es uns Deutschen schwer, eine positive Meinung zu Deutschland zu haben? Darf man sagen, dass man Deutschland gut findet? Gern Deutsche(r) ist? Stolz auf sein Land ist? In diesem Kurzseminar werden wir uns diesen Fragen, die Teil unserer Identität sind, annähern. Wir werden kurz in die Geschichte schauen, berühmte Persönlichkeiten zu Rate ziehen und über Mode (Dirndl) und Sport (WM) sprechen. Ziel soll sein, dass wir zumindest die Begriffe aus dem Titel definieren.

Mother Tongue German speakers only.

rm. 3.003

## "Culture Kids" Culture through the Eyes of Elementary

by Elementary School Students

ES students will represent how they or their peers feel at the FIS in relation to their own culture being represented, welcomed and respected.

Everyone welcome.

rm. 3.005

## Een Nederlander in het buitenland

by Femke Oudega

Ik ga praten over hoe het was voor mij om te verhuizen naar Duitsland en Finland. Wat voor een impact het had op mijn mentaal welzijn, en hoe ik daarmee omging. Ik ga het ook een beetje hebben over wat ik in de toekomst wil doen. Tijdens de sessie zullen we het ook hebben over hoe het was voor jullie om te verhuizen naar Duitsland (of natuurlijk andere landen).

Mother Tongue Dutch speakers only.

rm. 3.007



# Session 3

## Cultures of Remembrance

**by Tom Egerton, Christian Hoffmann, & John Kennedy**

Nations define themselves by remembering their own past - in a variety of ways. This can take the form of being proud of your nation and its glorious past; it can mean to blame other nations for what has happened to yours; it can mean emphasizing the actions of certain groups (often at the expense of silencing others); it can mean to struggle or distance yourself from what has happened in the past. However remembrance (or the denial of it) is organised: It defines the culture of a country: the culture of responsibility, the culture of care, the culture of openness, the culture of discourse. We would like to open the discussion by reflecting on our respective two nations, Australia and Germany - and their ways of remembering the past; their ways of defining themselves by the way they remember. We would also like to invite others to share, comment, correct, join these experiences; to cast a different light by explaining experiences from other countries and cultures. The purpose is not to judge which culture or which way of remembrance might be better or more productive; rather to increase understanding for different ways to understand one's culture and one's past.

**Everyone welcome.**

**Aula**

## Understanding Mental Health

**by Natasha Schorb**

Does smoking marijuana as a teenage increase your chances of developing a mental illness in your 20s? Are mental illnesses real diseases and, if so, can you catch one? Why are members of certain cultures more likely to receive a mental illness diagnosis than others? And what can you do if a friend is contemplating suicide? Find out the answers to these questions and more during this session on Understanding Mental Health. We will start by exploring the biology of common mental health conditions and later examine the ways in which culture may have an impact on teens' likelihood to talk about and seek support for these issues. The session is planned to be as interactive as possible and there will be many opportunities for you to ask any questions you may have.

**Grades 8-12 only.**

**Gym**

# Session 3

## Math Classroom Cultures

**by 7B Students**

During this poster presentation session, 7B will share their past experiences in Math classrooms in different parts of the world. You will be able to see the perspectives of Math from different countries, their similarities and differences, and some other interesting aspects. If you are in Grades 6 or 7, please join and share your experiences with us too!

**Grades 6 & 7 only.**

**Multipurpose Room**

## Alles Gender oder was?

**by Athina Essler**

"Was ist typisch Mädchen? Was ist typisch Junge? Welche Berufe finden Mädchen oder Jungen spannend? Wer ist das "stärkere" Geschlecht, Mädchen oder Jungs? Welche Rollenbilder haben beide Geschlechter? Wie entstehen sie? Ist diese Vorstellung angeboren oder erlernt? Welchen Einfluss spielt dabei die Welt, in der wir leben?

Wir werden darüber sprechen und versuchen, gemeinsam herauszufinden, ob und wie die kulturellen Werte und Überzeugungen unsere persönliche Identitätsentwicklung beeinflussen!

**Mother Tongue German students, Grades 6 & 7 only.  
Conference Room**

# Session 3

How do Culture and Lifestyle Influence our Personal Development and Wellbeing?

**by Dominique Vermuelen & Floor van Baal**

A discussion and in depth focus on the commonalities between "Blue Zones" Dan Buettner and their connection to the Circle of Life. Participants will create an action plan to identify concrete steps to enhance personal development and wellbeing drawing parallels to "Blue Zones".

**Grades 8-12 only. rm. 2.208**

Grameen Bank, Kiva and the Microfinancing Revolution

**by Adam Steinberg**

In this talk, activity and discussion, you will learn some of the reasoning behind micro-financing and how it is being used as an alternative to "charity," providing loans to help individuals around the world move out of poverty, with dignity. We'll play a "game" to understand the Kiva model and how their web interface allows interested parties to provide capital to "underserved" people around the world, as well as discuss some of the cultural issues the model has faced. We will consider ethical implications around how lenders make decisions about who to fund, and look at issues of marginalization of women and others. A representative from Kiva in San Francisco is slated to Skype in and answer questions!

**Everyone welcome. rm. 2.207**

Exploring your Kulturbrille

**by Dr. Heather Meyer, Keynote Speaker**

The aim of this workshop is to have the students explore their own social imaginaries. In this format, we can explore the proposed keynote theme through contextualising even further to their lives as international school students living in Germany. Here, students can explore what other cultures they belong to (that are not based on national/cultural/linguistic ideologies). Sessions will be hands-on, tailored to student ages and student-centred to allow for an interactive discussion on how and why we classify or categorise ourselves and others.

**Everyone welcome. rm. 2.203**

# Session 3

## The Culture of Fashion

**by Louise Pedersen, Grace Hanna-Griffiths, & Mrs Day**

We will discuss the culture of fast fashion because it one of the most industrially damaging problems we are facing today. It is affecting millions of people all over the world and no one seems to be talking about it so we want to raise awareness. We will discuss the definition of fast fashion and who its effecting, specifically in Asia. We will be showing parts of a documentary that focuses on the negative effects of fast fashion, and then discuss opinions as a group.

**Everyone welcome.**

**rm. 2.201**

## Stereotypes towards East Asians

**by Doris Han, Yiyao Shen, Susanna Shi**

We've noticed that many students think that Asian students are smart, and that it is normal or easy for Asians to get high grades. We want to clarify the reasons why this may be, and introduce session participants to the education system in China. Our goal is to correct these misunderstanding and let participants understand the Chinese way of learning, which is based on ancient history.

**Everyone welcome.**

**rm. 2.202**

# Session 3

## Curly Hair Revolution!

**by Lorraine Kellum with Kelly Vandermeeren**

Messy, unruly, coily, kinky, tangled-up, all-over-the-place hair! Do you sometimes feel that you have no idea how to manage life with your curly hair?! Many would argue that negative feelings about our curly hair come from racism that we have internalized from society, but the Curly Hair Movement is helping us to change our feelings about our whirly-curls! Come to this session to learn about your curl type, how to style, and embrace the hair on your head that belongs to nobody but YOU! No matter how big or small, kinky or coily, you will leave this session feeling nothing but love for yourself! For a glimpse, watch this: <https://youtu.be/wauqFY6B9Ks>

**Everyone welcome. rm. 1.043**

Find your Voice and Speak your Truth: a Singing and Performance Workshop Designed to Identify and Develop the Power in being Different

**by Willetta Carson with Bryan Landmann**

Participants will gain the knowledge that they have the ability to make a uniquely valuable contribution to whatever they endeavor based on their cultural identity and individual talents. In this workshop you will start to brainstorm and develop ideas on how you would like to impact the world and what you would like to say. What's more, you'll learn to reflect on your cultural identity and/or uniqueness as an enhancement not a hindrance. After participating in this workshop you will take away the understanding that you have a voice. And that by connecting and collaborating with others, you can use that voice to impact the world around you.

**Everyone welcome. rm. 1.108**

## Gender Workshop

**by Bastiaan Schrier & Diego Besser**

In this interactive session, we will discuss views and opinions on topics relevant to gender in the 21st century. Starting with a brief survey, we will discuss the results together as a group, with the aim of coming to deeper understandings of gender-related themes.

**Grades 6 & 7 only. rm. 3.003**

# Session 3

## Culture through Visual Art

by Maija Tirronen & Gabby Jones

We would like to show how visual art can be used to express various different cultures. We will share different examples of art styles and how they express different types of cultures. Attendees will have the opportunity to use one of these styles to express an aspect of culture connecting to themselves.

Everyone welcome. rm. 3.004

## Why Does the Language We Use Matter?

by Anna Lessard & Antonia McCammon

This session focuses on the meaning behind language used today; mainly swear words. We believe that everyone attending is at the age or reaching the age that they will make their own decisions on what they say, so our aim is not to lecture them on what is "appropriate" or "inappropriate", but rather to support an understanding of where these words came from and what they mean.

Grades 6 & 7 only. rm. 3.005

## Breaking Latino Stereotypes

by Gabriela Ibarra-Dominguez and Andrea Collados

Across the globe, stereotypes and assumptions are spread that are not completely true. In this talk we will discuss the Latino identity, nation, variety of language and dialects, racism, and discrimination against Latino people. What we aim for people to take away from this talk is for them to understand why the stereotypes that are made are not true and how these affect the perspectives that people have about Latinos.

Everyone welcome. rm. 3.006

# Teacher Learning Opportunity

March 20, 2019, 15:50-17:00

## Breaking Cultural Barriers In and Outside the Classroom by Dr. Heather Meyer, Keynote Speaker

International schools have the very large task of establishing a sense of belonging for both internationally-mobile and host-country families. Yet, the strength of any institutional structure is the chance for its members to maintain a sense of belonging. By the end of this session, staff will have examined how institutional culture is reproduced and maintained at the Franconian International School and will have explored their individual roles in constructing FIS cultures.

The session will begin with a short presentation on the role of Culture on individual and community social imagination in schools. We will draw on ethnographic examples from Heather's own research at another international school in Germany to ground the theory that will be introduced. Following this, we will break the session into 'teams' in which ideas will be collated about how Culture appears, is defined, and engaged with at Franconian International School. Sample themes include:

- FIS Culture and how it relates to other international schools (in Germany / globally)
- The role of teachers in reproducing FIS culture
- Cultural belonging and identity, and how this is facilitated at school
- The meaning and role of 'internationality', 'globality' and 'locality' at FIS

Following this, we will pool together these ideas and discuss – tying in best practice and resources for the everyday classroom.

Aula



# Parent Workshop

March 21, 2019, 9:00-10:30 a.m.

Transitioning between Cultures: How does your Child Perceive their World?

by Dr. Heather Meyer, Keynote Speaker

The ways in which children perceive themselves (and others) in the world are influenced by a variety of spheres—the most important ones being their families and their educational institutions. This workshop aims to bring to discussion the role of Culture for children attending international schools, with a focus on the way in which it impacts social imagination and the effects it can have on mobility. Together, we will explore and discuss the ideas of international mobility (transitioning between schools/countries; adapting; repatriation), identity and belonging, and the role of the family throughout. By the end of the session, the hope is that you will have a pocketful of ideas for supporting your family as you navigate together through both the opportunities and challenges that arise with international mobility.

**Conference Room**

**Questions?** [scott.simpson@the-fis.de](mailto:scott.simpson@the-fis.de), [lorraine.kellum@the-fis.de](mailto:lorraine.kellum@the-fis.de), [michelle.ang@the-fis.de](mailto:michelle.ang@the-fis.de), [susan.min@the-fis.de](mailto:susan.min@the-fis.de), [nicholas.kolentse@the-fis.de](mailto:nicholas.kolentse@the-fis.de)

# Part of the “21st Century Conference” Series

**Join the Conversation!**

#FISIdentityInsights

