

Topic: Cultural Adjustment

Activity: The Resettlement Process Takes Time: A Lesson Plan for Use With Refugees From Burma

Objectives	Participants will be able to: <ul style="list-style-type: none">✓ describe why cultural adjustment takes a long time✓ compare the length of time cultural adjustment takes to past life experiences
Lesson Time	50 minutes
Materials	<ul style="list-style-type: none">• <i>Refugees from Burma in the United States</i> (http://www.cal.org/co/videos/Burmese/Refugees_from_Burma.html)• Internet access, laptop, projector, and screen, or DVD, television, and DVD player• Flipchart paper, markers, tape• Optional: <i>The Resettlement Process Takes Time: Images Worksheet</i>, 1 per participant (included)• Optional: <i>The Resettlement Process Takes Time: Quotes Worksheet</i>, 1 per participant (included)• Optional: Writing implements, 1 per participant (to accompany worksheets)
Introduction	<p>Visualization. Ask participants to close their eyes and listen as you say:</p> <p><i>Think about a time you learned something new. Maybe it was learning to kick a soccer ball, cook something new, or learn a new skill for work. Think about how long it took to learn that one thing, and the steps you had to take to master the new skill.</i></p> <p>Pause for a minute before asking participants to open their eyes.</p> <p>Pair-and-share. With a partner, participants spend a couple minutes describing what they visualized.</p>
Viewing Activities	<p>Tell participants the group will now watch a 22-minute video of interviews with refugees from Burma resettled in the United States. Ask participants to pay special attention to the refugees talking about having to learn new things in the United States.</p> <p>View <i>Refugees from Burma in the United States</i>.</p>
Practice	<p>Think-pair-share. Ask participants to take a minute to think about the video and what the resettled refugees said about learning once in the United States. With their partner, participants share one thing a refugee in the video talked about learning. Bring the large group together and ask for feedback. Record on a flipchart.</p> <p>Points may include the following: the resettlement process takes time; over time, things change and you become more familiar with the system; it is important to openly ask for help; it is easier for some and harder for others; learning English takes a long time; transportation can be challenging; finding a job can be exhausting and take a long time.</p>
Discussion	<ul style="list-style-type: none">• What do you think will be most challenging about the resettlement process?

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Questions

- What is something new you learned in the past? How did you learn it? How much time did it take?
- Remember that was learning one thing. Why does resettlement take a long time? How do you think it might be frustrating?

Variations

1. Distribute *The Resettlement Process Takes Time: Images Worksheets* and writing implements to participants prior to watching the video. While viewing, participants check off the images when they see them. Encourage participants to refer to the images on their worksheets to remember what happened in the video.
2. When working with more literate participants, distribute *The Resettlement Process Takes Time: Quotes Worksheet*. After viewing the video, participants complete the worksheet and discuss their answers in small groups. These quotes can also be utilized during the large group discussion to highlight specific examples of the resettlement process and how much time it takes discussed in the video.

Key English Vocabulary

adjustment	confused	enjoyment
friends	over time	time
to ask for help	to learn	to take a long time

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The Resettlement Process Takes Time: Images Worksheet

Directions: As you watch the DVD, look for the images below.
Put a check (✓) in the box next to the image when you see the image.



Kweh Htoo



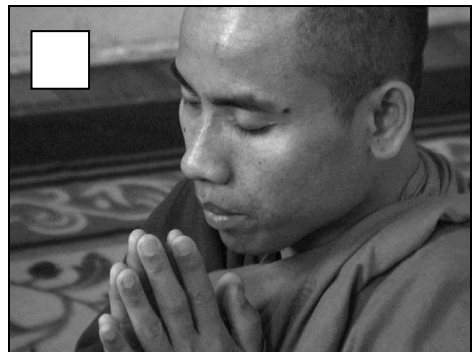
Mar Koe



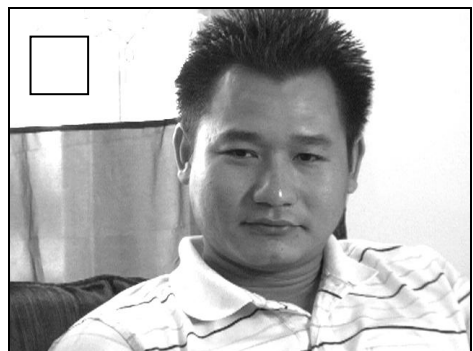
Ma Mae Hu Shi



Saw Bik and family



Awng Hai N-Kum



Pain Paing

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The Resettlement Process Takes Time: Quotes Worksheet

Directions: Read the quote from the DVD.

Decide if the statement is positive, negative, or neutral, and how you feel about what is being said.

Quote	Positive, negative, or neutral?	How do you feel about the statement?
<p><u>Saw Bik:</u> As soon as we came over here we met with our case worker and our interpreter. In the first week we were very confused. We came a long way and we had jet lag. The case worker helped us out a lot.</p>		
<p><u>Mar Koe:</u> When we first arrived we were quite happy. However, we mixed up night and day. During the daytime, we slept well but at night we couldn't sleep. Almost all the time we couldn't sleep. We didn't have any friends and we didn't know our neighbors. At that time, we didn't have any enjoyment.</p>		
<p><u>Kweh Htoo:</u> We had a hard time finding friends, but now we're friends with them, they're friends with us and things are getting easier.</p>		
<p><u>Ma Mae Hu Shi:</u> When I first came here, I didn't know any English at all – I could only spell my name. But right now I'm getting better.</p>		
<p><u>Pain Paing:</u> She keeps saying "easy, easy, easy," but every individual is different. It's impossible for everything to be easy – people just have to try.</p>		
<p><u>Awng Hai N-Kum:</u> If you work hard over here, you can be a very successful person. You can make your dream come true.</p>		

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