

# INTER CAMBIO EXCHANGE





# INTRODUCTION

In our current political climate, the people most affected by structural inequities are being attacked, imprisoned, deported, and killed.

Although the few in power are trying to divide us, CPC is intentionally creating spaces for people to build trust, form meaningful relationships, collaborate, and heal together.



CPC believes that building relationships across difference is integral to successful community action and moves us towards our mission of igniting collective power, transforming systems of oppression and healing in community.

In this spirit of building bridges instead of walls. CPC launched a pilot program in August 2019 called interCAMBIO/exCHANGE. The program is an innovative, peer-learning space that brought together a cohort of Black, Brown, and Latinx people to learn about each other's languages, identities, and cultures while sharing food and personal stories.

Through a 6-week series of workshops, the cohort explored topics on the self, history, race, spirituality, food, gender, home, and family. Each session included simultaneous interpretation and a separate space for youth programming. CPC hired popular educators from Seeds of Hope/Semillas de Esperanza to create kid-friendly curriculm that would complement what the adults were learning.

interCAMBIO/exCHANGE connected CPC's Circles of work—Popular Education, Language Justice and Racial Equity—emphasizing that everyone is an expert in their own experience and deserves inclusive spaces for their voices to be heard. That inclusivity extended to local businesses hired to do catering, note-taking, photography, videography, and graphic design—all of which are Black-, Brown-, or Latinx-owned. Furthermore, the event space was donated by the Arthur R. Edington Education & Career Center, a historic Black landmark that had been a Black elementary school during segregation and a recreation center for the Southside community after integration.

Participants left the experience with new themselves and people from other communities. Thank you to every single person that made the interCAMBIO/exCHANGE possible.

"This has been a life changing experience for me.

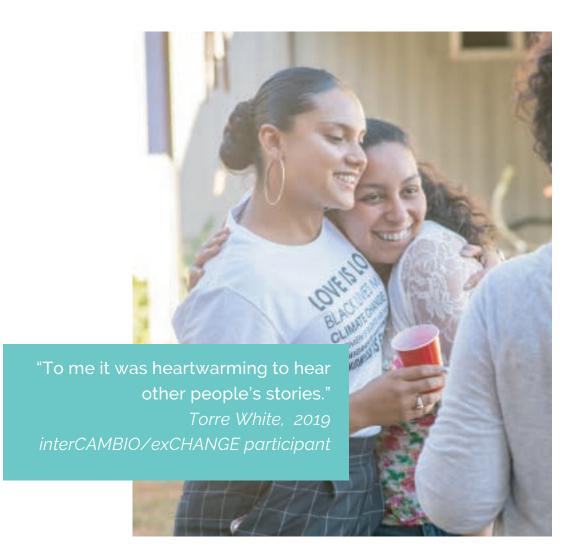
An entire room filled with LOVE."

Jenny Pickens, 2019 interCAMBIO/exCHANGE participant



# >>>> SELF & IDENTITY >>>>>

The first session of the interCAMBIO/exCHANGE focused on introductions, identity, and sharing stories about how we came to live in Asheville.



#### **AGENDA**

# Welcome & CPC intro Identity hot potato

Introduced ourselves in the language we were learning (sharing our name, pronoun and favorite color)

#### **Group agreements**

Wrote what helped and hindered our learning

#### Drawings

How did you get to Asheville?

#### Pair share

Shared our drawings with a partner that spoke another language

#### Telephone

Divided into two teams (English & Spanish) and played an interactive game to practice speaking another language

# Review vocab of the day Closing

Through body movement and word repetition, we shared one word about how we felt

#### **SEEDS of HOPE**

For introductions, Seeds of Hope youth made hand puppets to represent themselves. On the back, they wrote acrostic poems using the letters in their names. We then used word bubbles to guide us through group introductions in English & Spanish.

# **\\\\**

# **HISTORY & RACE**



In this session, we discussed nationality and ethnicity and learned about the history of race and racism in the Americas.



# AGENDA

Welcome & introductions

Quick review of previous session

Group discussion

When did you realize your race?

Nationality, race, ethnicity

We explored the difficult nature of identifying ourselves using these constructs

Breathing exercise

Timeline

We learned and shared about historical events from 1400 to present

Group discussion

What stood out in the timeline? What was similar? Different?

Closing

A candle ceremony where we thanked our ancestors & shared well wishes with our comrades while we lit their candle

# SEEDS of HOPE

We used paint to make a mural of different color hand prints and read books with characters of multiple races.

# >>>>> SPIRITUALITY >>>>>

In this session, we discussed spirituality and shared objects sacred to us.



#### **SEEDS of HOPE**

For spirituality week, we made shields of protection out of poster paper. Kids drew a self-portrait in the middle of the shield and items that protect them around the edges. We learned Spanish and English translations for the people and items that protect us

#### **AGENDA**

#### Homework

We chose an object representing our spirituality and wrote a 2-3 sentence description about the object

#### Opening

We each shared a word and a motion to describe our spirituality

#### Pair share

With a partner, we translated the descriptions of the objects we brought for the altar

#### Altar building

We added our objects to the altar and read the translation out loud

#### Breathing exercise

#### Poem of self

We each wrote words that described our past and current spiritual beliefs and edited it down to a poem

#### Song & chant closing

"We have come this far and we won't turn around We'll flood the streets with justice, we are freedom bound."

"El pueblo unido, jamás será vencido."







We prepared a family meal, sat down together to have dinner, and discussed how our favorite foods are tied to memories, home, and community.

"Food plays a big role in our lives. It is energy and impacts our quality of life." *Juan Diaz Martinez, Popular Education Co-Coordinator* 



#### AGENDA

#### Icebreake

Talked with a partner about our favorite foods

Pair share

What food makes you happy?
What memories does it bring?
Prepared meal together
Enjoyed family meal
Group discussion

Ate pan de muerto and talked about Day of the Dead traditions

Closing

# SEEDS of HOPE

Kids made guacamole and salsa to share during the family meal. We learned the names of different foods in Spanish and English and talked about the places where people eat them. We played food bingo to practice our new vocabulary.

# **GENDER**

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This session included an expansive conversation about gender. Facilitators led us through a survey of little-known world history and we learned 'LGBTQ Ain't Nothing New'!



#### **GRAMMAR LESSON**

#### **Examples of Gender Pronouns:**

ve ver vis vis verself
ey em eir eirs eirself
she her her hers herself
they them their theirs themself
he him his his himself
ze hir hir hirs hirself
ni nim nir nir nirself

#### How is Jamie? Fill in the blanks.

Jamie is organizing \_\_\_\_ community by hosting weekly dinners at the Edington Center. \_\_\_ cooks with friends and hosts discussions about different social dynamics. You should ask \_\_\_\_ for more details and come to the next gathering!

#### **AGENDA**

#### LGBTQ Ain't Nothing New

Participatory mapping of historical non-binary genders across the world

#### Glossary

Were provided with definitions of gender - role, identity, and expression

#### Pyramid of violence Gender galaxy

Reviewed an array of words about identity, expression and pronouns

#### Pronoun Mad Libs

Practiced gender pronoun etiquette

#### Group discussion

What is the distinction between sexuality and gender?

#### Closing

Share and rejoice

#### **SEEDS of HOPE**

We read "They Call Me Mix/Me Llaman Maestre" by Lourdes Rivas and broadened our concepts of gender. Kids designed their own gender expressions for paper dolls. We practiced different gender pronouns in English and Spanish.

#### Genocidio

El acto o intención de aniquilar deliberada y sistemáticamente a todo un pueblo.

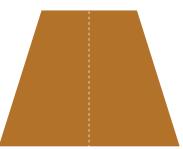


#### Genocide

The act or intent to deliberately and systematically annihilate an entire people

#### Violencia Motivada por Prejuicios

Asesinato, Violación, Agresión, Incendios Provocados, Terrorismo, Vandalismo, Profanación, Amenazas

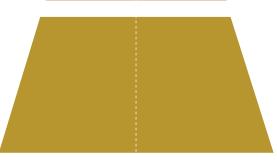


#### **Bias Motivated Violence**

Murder, Rape, Assault, Arson, Terrorism, Vandalism, Desecration, Threats

#### Discriminación

Discriminación económica, Discriminación política, Discriminación educativa, Discriminación laboral, Discriminación en vivienda y segregación, Disparidades en la justicia penal

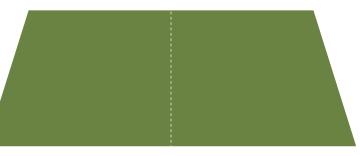


#### **Discrimination**

Economic discrimination, Political discrimination, Employment discrimination, Housing discrimination & segration, Criminal justice disparities

#### **Actos con Prejuicios**

Bullying, Ridiculización, Insultos, Calumnias/Epítetos, Evitar situaciones sociales, Deshumanización, Chistes prejuiciosos/que menosprecian



#### **Acts of Bias**

Bullying, Ridicule, Name-calling, Slurs/Epithets, Social Avoidance, Dehumanization, Biased/Belittling jokes

#### **Actitudes Prejuiciosas**

Estereotipos, Comentarios insensibles, Miedo a las diferencias, Lenguaje no incluyente, Micro agresiones, Justificación de prejuicios buscando personas afines, Aceptación de información negativa o desinformación/ descarte de información positiva.

# Pirámide del Odio

Adaptado de Anti-Defamation League

# Pyramid of Hate

Adapted from Anti-Defamation League

#### **Biased Attitudes**

Stereotyping, Insensitive Remarks, Fear of Difference, Non-inclusive Language, Microaggressions, Justifying biases by seeking out like-minded people, Accepting negative or misinformation/screening out positive information

# FAMILY & HOME



We culminated the six-week interCAMBIO/exCHANGE with a potluck at Dulce Lomita, a cooperatively owned trailer park and the home of several participants. We learned new vocabulary words by creating a family tree and wrote bilingual poems that described our homes.



#### "I Am From"

El atole que preparaba mi mamá para nosotros día a día The atole my mom prepares for me everyday

El sabor de la comida de mamá
The taste of the food that my mom make
Los pájaros cada día arriba de los árboles
The sound of the birds everyday
De poder despertar y sentir cada día que
estoy viva

The feeling to be able to wake up and feel every day I am alive a new day

La vista de las montañas

The sight of the mountains

#### AGENDA

Welcome & Recap Family tree

Complete a family tree

Pair share

Created 'I am from' poem using our five senses

**Evaluation & Certificates** 

Closing

We closed with a brief video recap

#### **SEEDS of HOPE**

To end interCAMBIO, we learned words to help us describe our biological families, chosen families, and friends in Spanish and English. Kids made basic family trees and practiced their words during parachute games.





# **CPC turns 20 in 2020!**

Since 2000, CPC has worked to create just and inclusive communities in WNC and beyond. Join us as we honor our history and continue to **ignite** collective power, **transform** systems of oppression, and **heal** in community with the ultimate vision of **collective liberation**.

Support CPC's vital mission and vision. Donate now! cpcwnc.org



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