

INTERCAMBIO
EXCHANGE



A PROJECT OF THE CENTER FOR PARTICIPATORY CHANGE



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 curriculum 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 friendships and a deeper understanding of 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.



"To me it was heartwarming to hear other people's stories."

*Torre White, 2019
interCAMBIO/exCHANGE participant*

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.



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."

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.



FOOD



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 Díaz Martínez, Popular Education Co-Coordinator*



AGENDA

Icebreaker

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



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	hirsself
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

We 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 Llanan 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 & segregation, 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, De-humanization, 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.

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

Pirámide del Odio

Adaptado de Anti-Defamation League

Pyramid of Hate

Adapted from Anti-Defamation League

~~~~~ FAMILY & HOME ~~~~~

AGENDA



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.

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.

"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 makes
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





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

CPC



IGNITE

collective power

TRANSFORM

systems of oppression

HEAL

in community

610 Haywood Rd.
Asheville, NC 28806

828.232.2049
info@cpcwnc.org
cpcwnc.org

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