



CultureBound
Information & Overview
CAST Training

Our CAST training (Cultural Awareness for Short-Term) prepares short-term mission teams for ministry in a new culture. We offer 3-hour training or workshop scaled to meet the needs of your team in-person or online.

Content

- **What is Culture?**
- **Your Personal Culture**
- **How do you learn culture?**
- **4 Ways cultures differ**
 - The way we communicate
 - The way we experience emotions
 - How we think and process information
 - How we interact with others
- **Building bridges across cultural differences**
- **Specific cultural considerations for your destination**

We provide practical tools your team can use after you arrive at your destination and discuss how you can practice them before arrival. If the training is for a youth team, we will also talk specifically to leaders about how they can help their team integrate culture learning into the trip.