# Expressing preferences, and give recommendations.

To avoid and a climate of silence and encourage students to express themselves more, open ended questions should be asked just to encourage them to talk and give their opinions related to different topics. The best place to start is by asking questions like “how do you know? Why? Can you walk me through that? Are you sure? Will it work?”

Having a starting point is key then get to the next step. Since asking questions to students will generate a lot of reasons and more opinions the students have to be allowed to express them.

* Use analogies. Allow them to compare one thing to another and give reasons as to why they support a certain view or opinion.
* Promote interaction among students by grouping them and letting them discuss/debate about certain topics and come up with their own conclusions.
* Give them time to reflect on certain opinions thoroughly and ask them to come up with individual responses which should be well supported by reasons.
* Using real life problems that they can relate and reflect on in certainly a good idea. Ask them if they were in such a situation what they would do and why.
* As a teacher you could demonstrate empathy and active listening without being biased. This is a perfect way to make students open to you because they know that you are actually listening to them.
* Be available to ask questions and actually listen. Ask for updates at the end of every lesson learned. Allow them to give their recommendations which can help you know how to program the next lesson.
* Learn to praise publicly. Something like “As grace puts it” or “as Alan suggested earlier on”. Reward students who take a risk to talk on sensitive issues. In a public forum, praise those who speak up.”
* Teach them on how to speak up and be open about crucial matters. Teach them also how to diffuse strong emotions and balance their emotions
* Once in a while ask them to write anonymous questions which you can all discuss.

# Cultural exchanges: Ukrainian culture and traditions

There is always a lot to exchange when it comes to the Ukrainian culture and traditions when you meet up with tourists or foreigners. The basic ones being the location of Ukraine and their day to day living. This is a way of expressing the pride you have for your country culture and traditions and it is also an avenue of learning about other people’s culture and traditions since there is an exchange.

When you meet up with someone new, you will want him to know that you are Ukrainian. Some traditions should be highlighted:

**Talk about the greetings**.

* Typical greetings are warm, handshake which has to be firm with eye contact and you have to repeat the person’s name.
* Female friends kiss on the cheek three times when they meet up starting with the left and then alternating, while male friends may pat each other on the back and hug.

**Gift Giving Etiquette.**

* If you are invited by a Ukrainian for a meal it is polite to bring something; flowers, cake, or a bottle of imported liquor.
* Flowers should only be given in odd numbers and yellow flowers should be avoided.
* Gifts are commonly not opened when received.
* The act of giving a gift is important and valued since it symbolizes friendship.

**Dining Etiquette**

* The oldest or most honored guest is served first.
* Refusing a dish is considered very rude.
* You will often be urged to take second helpings.
* Toasting is part of the culture and generally occurs whenever three or more people share a meal.
* Ukrainians are suspicious of people who do not drink. Having said that, it is better to offer a medical condition as an excuse rather than starting to drink and failing to keep pace with your Ukrainian counterparts.

**The statistics and facts of Ukraine should be something to do exchange on.**

* The location: Eastern Europe, bordering the Black Sea, between Poland, Romania, and Moldova in the west and Russia in the east.
* Capital: Kiev (Kyiv)
* Population: 45 million
* Official language: Ukrainian
* Fatalistic: Life is unpredictable and unstable due to turbulent economic and political times.
* Generosity: very generous and almost all functions involve food.

**Exchange things that only Ukrainians can understand**

* Having fun on Maslenitsa
* Plunging into an ice hole
* Jumping over the bonfire
* Singing Christmas carols
* Greeting people with salt and bread
* Sharing knowledge on September 1st
* Painting and beating eggs
* Having picnic on graves
* Celebrating the old new year
* Striking the family with willow twigs