Cultural Icebreaker Ideas

1. **Two truths and a lie**: Give each participant a piece of paper and instruct them to write three statements about themselves: one of the statements should be false, while the other two should be true. Explain that the goal is to trick people about which one is the lie. Allow five minutes to write statements; then have each person read his or her three statements and have the group guess which one is the lie. Award a prize to the individual who makes the most correct guesses (optional).

2. **Favorite T-shirt**: Ask participants to bring (not wear) their favorite T-shirt to an event. Once all participants have arrived, ask each person to show the shirt to the group and explain how it resembles their personality or what significance the shirt holds to them.

3. **I chose to participate in the InterExchange Work & Travel USA program because**: Have the group form a circle. The first person states his name and the reason he chose to participate in the Work & Travel USA program. Continue going around the circle, having each participant repeat the names of the people preceding them along with their reasons for participating in the program. The hardest part is when the last person in the group has to name all the people in the circle and remember why they came.

4. **Back to back**: Each participant must find a partner of approximately equal height and weight, if possible. The partners will lock arms with their backs to one another. With arms remaining locked at all times, the partners will sit down on the ground and kick their legs out straight and try to stand back up. Then groups of four will try the same thing. Then groups of eight, sixteen and eventually the whole group together.

5. **Balloon game**: Have people put one piece of information about themselves in a balloon, then blow up the balloons and throw them in the middle of the circle of participants. One by one, pop the balloons and guess to whom each piece of information belongs.

6. **Movie ball game (other variations are songs or U.S. cities/states)**: Everyone stands in a circle and bounces a ball to someone else, with a five second limit to do so. Before bouncing the ball, they must say the name of a movie. When someone repeats a movie name or can’t think of one within 5 seconds, she is out of the game. The winner is the last person in the circle.

7. **The four C’s**: Ask participants to name a cartoon character, a color, a car and a cuisine that best describes their personality and explain why. This is a great activity to encourage participants to share information about their home countries.

8. **What do we have in common**: Split the group of participants into pairs. Each pair will have 30 seconds to think of five things they have in common. At the end of the 30 seconds put two pairs together and give the group a minute to find something all four participants have in common. Finally, each group can present the list of things they have in common.