

## *Exploring East African Culture*

### *An introduction to the culture, Family Structure and Social Life of East Africans to Better Work with and Understand East Africans communities*

#### **Training overview**

Minnesota is the home of the largest East African community in the United States. This conference has been developed for anyone working in a state, local or federal government capacity working with East African community. This training session will detail the culture and norms of the East African community. The goal of the training is to enrich awareness of the individuals work with East African community in both public and private, with particular focus on healthcare, education and law enforcement related issues. to better serve East community and help them have smooth transition to their new home.

By attending this session, you will be privy to a great deal of information that will help you to better work with East African Community. Whether you are working with Muslim populations in the U.S., or abroad, you will find this session very informative.

#### **In this session YOU WILL**

- Explore social, history and geographical background of the main East African communities such as Somalia, Ethiopia, and Sudan.
- Explore social structure of the East African community such as family relations, extended family relationships and individual and social responsibility.
- Understand the social structure of East African communities such as the role of men and women, parents and children, relationships, marriage, conflict resolution, dress, food, residuals and holidays.
- Explore culture and norms of the East African community such as communication and the role of elders in the community.
- Explore issues that have particularly importance to know law enforcement officers about East African Community.
- The lecture is supported with a twenty minute audio visual about East African wedding.
- Get answers to all your about East African community.

#### **Who Should Attend?**

The training will benefit anyone interested in learning: more about East African community, background of the East African, the basis of their culture, families and the framework of their social structure. It is highly recommended to those who work with East African community and families including social workers, law enforcement officers, attorneys, healthcare professionals, media staff and psychologists.

#### **About the Speaker**

**Abdi Elmi** is founder and director of AGE Associates, a multi-ethnic training and consulting organization. AGE Associates provides diversity training and consulting to various organizations in health and Human services, law enforcement, public schools and other social services. Abdi provided consulting services to many projects run by international organizations including WHO, UNICEF and UNISOM. He lived and extensively traveled to the Middle East and many African countries. His areas of expertise are diversity trainings, culture and competence, exploring Islamic and Muslim cultures, exploring African cultures and evaluation of translation/interpreting in Arabic and Somali. Mr. Elmi has got a Masters degree in Health and Human Services Administration and speaks fluent Somali, Arabic and English. He can be reached at [director@ageassociate.com](mailto:director@ageassociate.com)

### What participants said about our trainings?

I thought the presentation was very interesting. You covered a lot of ground in a relatively short period of time. I appreciate that you took questions throughout the presentation, and let people feel comfortable asking about anything. I have witnessed in other cultural competency-types of trainings that people are afraid to ask something and look bad, or risk offending someone. It was a very useful 3 hours for me, and I definitely learned a lot. It could easily have been a 4-hour training, and then the pace could have slowed down a bit. It felt like a lot of new information in rapid succession.

Thank you so much for sharing this information with us, and I hope to see you at another training soon!

**Sarah Senseman, MPH**

“Training really comes to life when a trainer can tell stories about his material. It was very helpful to hear some of your stories about East African immigrants and some of the ways their culture has clashed with U.S. native culture. Those stories really bring our cultural differences to light and show us how we should not rush to judge people from other cultures”

**Cathy Woodbury  
Staff Development Specialist**

“It reinforced and reminded me that recent immigrants will soon be integrated into this society and frictions/problems will resolve themselves. History bears this to be true”.

***Police officer  
Anoka Police Department, Minnesota.***