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## Was Sie aus diesem Essential mitnehmen können

- Interkulturelle Trainings werden in unterschiedlichen gesellschaftlichen Bereichen eingesetzt, um Trainingsteilnehmende darauf vorzubereiten, sich angemessen in kulturell diversen Situationen zu verhalten, Vorurteile und diskriminierendes Verhalten abzubauen und in konkreten Konfliktfällen handlungsfähig zu sein.
- Die Wirksamkeit von interkulturellen Trainings hängt von mehreren Faktoren ab. Interkulturelle Trainings können Trainingszufriedenheit erzeugen und Wissen vermitteln. Insbesondere theoretisch fundierte und empirisch bewährte interkulturelle Trainings, die an einen spezifischen Trainingsbedarf angepasst wurden, können auch Einstellungen ändern und verhaltensrelevante Fähigkeiten vermitteln.
- Die Evaluation von interkulturellen Trainings in der Praxis ist notwendig, um zu überprüfen, ob die spezifischen Ziele eines Trainings erreicht wurden, da trotz guter Absichten nicht-intendierte (negative) Effekte auftreten können.
- Für die schrittweise Planung eigener interkultureller Trainings und die Bewertung von existierenden interkulturellen Trainings gibt es konkrete Empfehlungen und eine Checkliste.

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