

A postcard from:



ST SWITHIANS  
GIRLS' COLLEGE



# CULTURAL EXCHANGE: EMPOWERING YOUTH

**1. GLOBAL UNDERSTANDING**  
FOSTERING EMPATHY

**2. INNOVATIVE IDEAS**  
SHARING KNOWLEDGE

**3. DRIVING CHANGE**  
ADVOCATING FOR JUSTICE

**4. BREAKING BARRIERS**  
DISPELLING PREJUDICE

POWERPOINT SLIDE

# POSTCARD



Our “Cultural Exchange” provides an opportunity to connect with others from diverse backgrounds, gain new perspectives, and experience different cultures firsthand. It encourages personal growth by building confidence, communication skills and global awareness. Participants will develop a deeper understanding of the world and will be better equipped to think critically, collaborate and solve real world problems. By joining, you become part of a global community forming meaningful connections while gaining the skills and mindset needed to drive positive change both locally and internationally.

Prepare a brief introduction about yourself (who you are, where you live, and one thing that matters to you), one aspect of your local culture you would like to share, one challenge facing young people in your community, and two thoughtful questions you would like to ask students from another country; short notes are sufficient - no speeches/presentations required.

*St Stithians Girls' College*

*a Zoom Around the World with Round Square event*

Title: Cultural Exchange: empowering the youth

Date: 13 May 2026

Time: 5pm CAT (GMT +2)

We make the start time to be 8am in Los Angeles, 10am in Quito and Bogotá, 11am in Miami and Ottawa, 12pm in Buenos Aires and São Paulo, 4pm in London, 5pm in Paris and Johannesburg, 6pm in Nairobi, Doha, and Athens, 7pm in Dubai and Yerevan, and 8:30pm in Delhi. but please check for your own location.

Participants: 16 - 18-year-olds

Register: <https://podio.com/webforms/30709794/2606928>

Pre-work: Prepare your introduction, share one aspect of your local culture and one challenge facing young people in your community. Have two questions ready for the other delegates.