

Я думаю, что начать учиться танцевать никогда не поздно. Как мне кажется, лучше всего учиться национальным танцам, потому что они связаны с историей и географией своего родного народа. Через танец можно глубже понять истоки культуры своей страны, людей, которые живут рядом с тобой. Я верю, что неспособных к танцам нет. Научиться простым ритмичным движениям может каждый, тем более что в национальных танцах обычно сложных движений не бывает.

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## **THE ROLE OF INTERCULTURAL COMPETENCE IN THE PROMOTION OF TOLERANCE AND INCLUSION**

Cultural diversity relates to the full spectrum of human diversity in any form of cultural expression and activities. The variety includes race, nation and ethnicity, sexual and gender identities, age and physical abilities, language and religion, experience and background as well as other relevant social and cultural characteristics. Contemporary society in Ukraine faces new challenges in maintaining cultural diversity for sustainable development. Negative stereotypes, prejudices and discrimination block the processes of mutual cultural enrichment and cooperation within the society and on the international arena. Proper educational and informational interventions are necessary to confront the negative attitudes and actions and to promote tolerance and inclusion with respect to different vulnerable minorities living in Ukraine.

The enhancement of intercultural competence in all the aspects of present-day life meets the needs of Ukrainian business, education and social growth. Intercultural competence is the ability to implement specific knowledge, skills and attitudes that lead to effective and appropriate behavior and communications in intercultural interactions. The acquiring of intercultural competence by groups and individuals gives them a set of qualities which contribute to cooperation and communication in professional and educational activities.

Individual cultural competence is based on knowledge of self and knowledge of others. Self-reflection and self-awareness provide the background for cultural competence. Self-reflection in cultural respect is the active and conscious process of inquiry into one's own thoughts, feelings and actions, leading to increased self-awareness and understanding the cultural basis of them. Among some of the methods of self-reflection and self-awareness are consideration of feedback from others, meditation, writing notes, involving in a dialogue and creative endeavors. Self-

awareness includes recognition of one's own personality, with his or her strengths and weaknesses, likes and dislikes and how one's own experience has influenced different aspects of personality. Constant educational efforts are necessary: they include study and reflection on one's own heritage, worldview, identity, skills, and limitations. It also includes an awareness of the power and privileges over others related to cultural identities such as race, class, gender, sexual orientation, literacy and educational level etc.

Intercultural competence requires life-long commitment to respecting human rights, dignity, and differences. It leads to and based upon effective communication skills that convey respect and sensitivity. Behaviors of the culturally competent individual may include: engaging in self-assessment and expression of individual heritage, identity, values, beliefs and biases; studying concepts relevant to diversity, such as power, privilege, and prejudice; acquiring knowledge about and being willing to listen to other perspectives.

In relationships towards other people interculturally competent person forms both personal and business relationships on trust and caring respecting differences; involves with diverse individuals outside of work or classroom environments; recognizes different and similar learning, communication, motivational, and decision-making strategies of people he or she interacts with; uses inclusive language and appropriate questioning. Developing the ability and willingness to challenge prejudice, discrimination and oppression in everyday activities is vitally important result of intercultural competence.

Intercultural competence is an essential part of one's own personal, educational, and professional development. Continuous efforts and inclusion of this competence in the educational strategies are of great importance for intercultural adaptation and communication.

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## **UNDERSTANDING THE PROCESS OF INTERCULTURAL COMPETENCE**

The concept of intercultural competence may appear in different fields of science and acquire certain meaning within the field. Intercultural competence is considered to be very important in contemporary diverse society. Prejudice and discrimination towards cultural minorities are linked to economic, social and political inequalities and tensions. It impact the societies of every country including Ukraine and China. In order to overcome these tensions and to build up peaceful coexistence,