***“One of the most effective ways to learn about yourself is by taking seriously the cultures of others”*** *– Edward. T. Hall*

The word “culture” has a lot of definitions nowadays according to its usage. Here is one of the most popular and understandable: “culture is the arts, beliefs, customs, institutions, and other products of human work and thought considered as a unit, especially with regard to a particular time or social group”. Culture has always been influencing people a lot, but what is the real coherence between “culture” and “molding of the personality”?

Personality formation is a really complicated process implying the influence of variety of different external and internal issues on our personality which cuts the precious gemstone of our souls. Culture is the exact one of these external issues. Today we have the great opportunity to dive into the “culture of others”, not only by visiting some countries but remotely as well. And while meeting some culture face-to-face we’re looking for this response inside us: if we like it or not, if it is familiar to us or not and etc. Absorbing various cultures, communicating with different people, even trying miscellaneous dishes we’re starting to understand what is good and closer to us, and finally who we really are. What’s more, it’s absolutely normal if, for example, you feel that the mindset typical of some other nation has a greater response to your worldview than the belief system of your native country.

Nowadays, having the great opportunities to touch “the culture of others” we should grab this chance, taking into consideration the issue of self-development. Because “one of most effective ways to learn about yourself is by taking seriously the cultures of others” – Edward T. Hall.

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