



# IO2 – Toolbox of Integration Resources

Handbook –  
Understanding our cultural  
heritage



**exemplar**

Young Migrant Integration Leaders

## Integration Leader Handbook

The aim of this short handbook is to support you, as a young leader of integration, to use the digital resources provided in the Toolbox of Integration Resources with young migrants in your community. Through this short handbook, we will provide you with some background information on the topic being discussed in the digital resource and then we will provide some guidance on a follow-up activity that you can complete with young people in your local network. The activity included in this handbook will work to further develop their understanding of the topic outlined in the digital resource. In some cases, where group discussions are more appropriate, we will guide you in how to set up a group discussion, and will provide some discussion points and questions for you to introduce to young people in your local group.

The topic of this handbook relates to the digital resource – **Understanding our cultural heritage**

### Introduction to the Topic

Nowadays in the area of “world village” young people tend to focus less on their own cultural heritage. The aim of this digital resource is to show young people the importance of their cultural heritage.

This handbook aims to show young people that, even if they are starting a new life in a different country, their cultural heritage still should play an important role in their life.

### **What do we understand as cultural heritage:**

Cultural heritage is a really wide concept. It can be distinguished in built or natural environment and artefacts. Everything that implies our belonging to a community, our history and identity – for example, a book, language, savoir-vivre rules or a landscape.

Cultural heritage of the given country tells us a lot about the ways of living of its inhabitants. Given community has developed and passed on from generation to generation all customs, practices, values, as well as more material part of their heritage – pieces of art, architecture and so on. It is definitely something to be proud of.

### **Importance of the cultural heritage:**

Without any doubt, cultural heritage is an important part of any society. It is equally important to be proud and cultivate your cultural heritage, as it is to respect the cultural heritage of the country you visit or move to.

Cultural heritage of our country has a big influence on our personality and lifestyle. We also have every right to be proud of it and cultivate it abroad as long as it doesn't hurt or disrespect anyone in anyway. Passing on cultural heritage leads to economic growth and better social welfare.

In short words, cultural heritage (especially intangible), has a big impact on our approach to life. When someone is taking it away from us we may feel stripped of self-identity, and feel like we don't belong anywhere.

The main point is to not give up on our cultural heritage when we move to another country and to respect the culture heritage of the hosting country.

### **Using this Resource with a Group**

To use this resource with young people in your local group, we recommend that you begin by introducing the topic to people in your group. To prepare what you will say, you should first watch the digital resource yourself and then you can recap on some of the key points mentioned in this handbook.

You should then invite all young people in your group to watch the digital resource. As you won't have access to a projector and a screen, you can invite your peers to log on to the EXEMPLAR project website: [www.exemplars.eu](http://www.exemplars.eu) and watch the digital resource on their smartphone, tablet or other device.

Once all peers in your network have watched the video resource, you should begin by asking them:

1. What did you think of the video resource?

2. What did you learn from it? Did you learn something new?
3. How did you find this resource useful and why?

## Follow-up Activity

When you have made sure that all young people in your group have watched the digital resource and have engaged in this short discussion, we would encourage you to lead a more in-depth group discussion on the topic of the understanding of own cultural heritage.

**Activity Name:** Group Brainstorm – “The world of 3020”.

**Timing:** We recommend that you should hold this discussion with your group for 15-20 minutes, depending on how much they are willing to engage in the discussion and share with the group. The brainstorm activity should take you and your peers another 20 minutes to complete.

**Materials:** For this activity, you will need to have a flipboard and markers, and a space to sit around and discuss this issue with young people in your group like a local community centre or a café.

As you are doing this work on a voluntary basis and there is no budget for materials, you should contact your local community centre, local government office or even approach local businesses working in the community and see if they would be willing to donate some supplies for you to complete this activity with your peers.

### Setting up a Group Discussion:

- ❖ Start with agreeing with young people in your group that you should all respect the opinions of others, listen when others are speaking and don't interrupt each other, it is important that the atmosphere is right.
- ❖ Ensure that all young people have watched the digital resource, and ask them:
  - How cultural heritage may influence our approach to life?

- Can you give some examples of tangible and intangible cultural heritage of your country?
- In your opinion which one is more important the heritage of the country of your birth or the heritage of the country you are going to move in? Why?
- ❖ When you have discussed these questions, you can then announce to the young people the brainstorming activity “The world of 3020 - one thousand years from now. We’re long gone, and so are most of the things around us.”
- ❖ Ask your group the following questions and write brainstorming ideas on the flipboard:
  - “What do you think people will remember about the world of 2020?”
  - “Do you think they will understand what daily life was like for us?”
  - “If we could send them a package of items to help them understand, what would we include?”
- ❖ Next ask participants to explain the items they have chosen for people to remember 2020. Why are these items important or significant? Explain how these items relate to an understanding of their world, themselves, their culture, their society in the present as well as in the past.
- ❖ Through this group discussion, the aim is to encourage young people in your group to engage with, learn from, value and promote our cultural heritage, and be aware of what they can do to help prevent cultural heritage vanishing by passing it on to future generations.

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