



ALL ABOUT YOU

IDENTITY AND
INTERCULTURAL
DIALOGUE



Co-funded by the
Erasmus+ Programme
of the European Union



CITTÀ METROPOLITANA DI CAGLIARI



Comune di Quartu Sant'Elena
Quartu Sant'Aleli

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INTRODUCTION

The current handbook was developed by the participants of the Youth Exchange “All about You”, realised in the framework of the Erasmus+ programme with the support of Agenzia Nazionale Giovani. The project was realised under the patronage of the Municipality of Quartu Sant’Elena and of the Metropolitan City of Cagliari.

The main aim of this handbook is to promote the importance of the role of identity in intercultural dialogue and self development. The handbook contains the activities realised by the participants during the youth exchange and the interviews they have done with locals and foreigners, on the topics of identity, sense of belonging, culture and interaction with different cultures.

The handbook is thought and developed by the participants of the project.

THE ERASMUS+ PROGRAMME

Erasmus+ is the EU Programme in the fields of education, training, youth and sport for the period 2014 - 2020. Education, training, youth and sport can make a major contribution to help tackle socio-economic changes, the key challenges that Europe has been facing until the end of the decade and to support the implementation of the European policy agenda for growth, jobs, equity and social inclusion.



ALL ABOUT YOU

WHEN

22 - 28 OCTOBER
2019

WHERE

QUARTU SANT'ELENA
ITALY

In the last decade, the process of cultural diversification in the EU became faster, due to globalisation, evolution in ITC, refugee crisis, making it more necessary to be able to understand and communicate with people from different backgrounds.

The aim of the youth exchange **"All about You"** is to enable young people to discover more about their **identity**, in order to know themselves better and, as a consequence, be more aware of people from other cultural backgrounds and be better at communicating with them. The discovery of one's identity will play the role of a tool for **intercultural dialogue**.

The **objectives** of "All about You" are:

- Provide youngsters with a higher awareness of themselves and their identity;
- Help the participants to discover the elements that build their identity and be able to explain them to the others;
- Develop participants' ability to identify, reflect and deal with cultural differences and increase their acceptance of differences;
- Develop participants' video making and interviewing skills.

The project involved 29 **participants** and group leaders coming from 6 different countries: Spain, France, Italy, Poland, North Macedonia and Cyprus.

Participants were both youngsters coming from villages, rural or isolated areas that have a strong connection to their traditional culture and youngsters with a multicultural background.

THE ACTIVITIES

All the sessions, highly participatory, were focused on the development of the participants and were based on **non formal methods** and they included: group works, team building activities, role plays, meditation session, interviews, video making, discussions activities, presentations, informal moments. Every day, a reflection moment took place, to consolidate the learning of the participants.



DAY 1

Arrival of participants, getting to know each other, ice breaking activities.



DAY 2

Hope fears and contributions, presentation of the programme and of the objectives, 8 key competences and Youthpass, mission impossible, session about the importance of words, presentation of the project and of the country realities at the Municipality of Quartu Sant'Elena.

DAY 3

Meditation session, activities about the role of first impression in day-to-day life, labelling other people, points of view and what can be improved in other people, identifying the most important elements of identity.



5



DAY 4

A debate about differences and intercultural dialogue, activities focused on the role of categorisation, the important of identity in a group and in the society, intercultural communication, Erasmus+



DAY 5

Mandala session, quiz about the project topic which generated a reflection in the group, sessions about how to make an interview, video making and editing, creation of the groups for the interviews of the next days, talent night



DAY 6

Interviews in the city, video editing, first draft of the handbook and of the infographic, pizza time

DAY 7

Presentation of the interviews at the Metropolitan City of Cagliari, common picnic, final evaluation, Youthpass ceremony, official closing and goodbye party

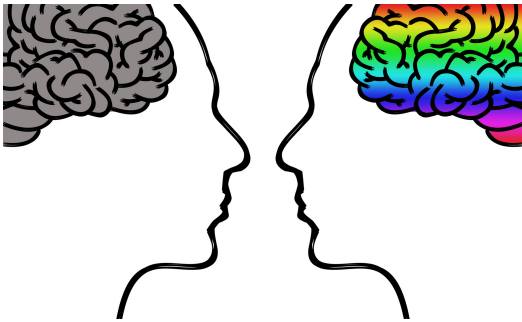


MAIN CONCEPTS

IDENTITY

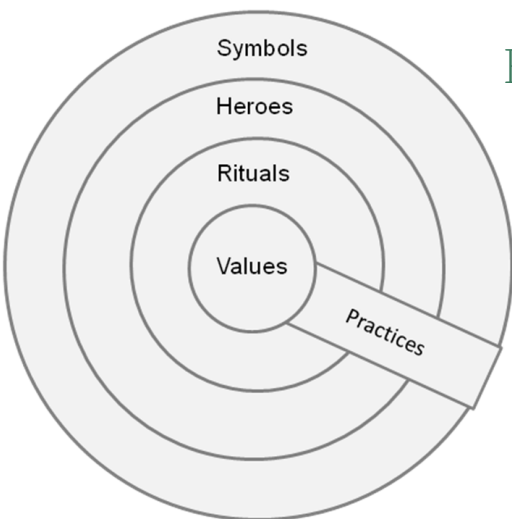
Identity can be defined as “the characteristic determining who or what a person or thing is”, it is therefore made of what a person is (biologically speaking), and of the socio-cultural context of which the person is part. Identity is made of three basic elements: personal identity, family identity and social identity, each of these include both fixed and changeable aspects and is determined by ‘individual circumstances’ (Wetherell et al 2008).

FIXED MINDSET VS GROWTH MINDSET



People with a *fixed mindset* believe their qualities are fixed traits and therefore cannot change. They believe that talent alone leads to success, and effort is not required. They avoid challenges, because it makes them feel like they're not talented or smart.

People with a *growth mindset* have an underlying belief that their learning and intelligence can grow with time and experience. When people believe they can become smarter, they realize that their effort has an effect on their success, so they put in extra time, leading to higher achievement.



HOFSTEDE'S CULTURAL ONION

The Onion Model of Culture shows how culture has a number of layers.

EDWARD T. HALL'S CULTURAL ICEBERG MODEL

The iceberg analogy of culture is useful to explain the visible aspects of culture, which include behaviours and beliefs, and the hidden aspects, which include values and thoughts.

Source: Beyond Culture (1976)
by Edward T. Hall

FIRST IMPRESSION STEREOTYPES AND PREJUDICES

THE INTERVIEWS



Participants, divided in groups, after preparing the questions, interviewed locals and foreigners in Cagliari and Quartu Sant'Elena.

IDENTITY TALKS



Carmela and Clinio are the first people we interviewed: she's from Sardinia and he's originally from Emilia Romagna, that's why she feels more attached to the Sardinian culture than her husband.

Afterwards we found Andrea and Lukasz on the beach: they met nine years ago in Germany during their Erasmus and are still good friends, so that Lukasz is in Cagliari with his wife Barbara and their daughters to visit Andrea's land for the first time!

[WATCH IT HERE](#)

DISCOVERING YOUR IDENTITY



We interviewed people who are living in Sardinia about how they feel about their identity. We discovered that there are some common things that build our identity: culture, tradition, religion, education, interest, ethnic background etc. The most important thing is to follow your path and to find your purpose of living. We asked people about their personal experiences and something that they advise young people who are discovering their identity.

[WATCH IT HERE](#)

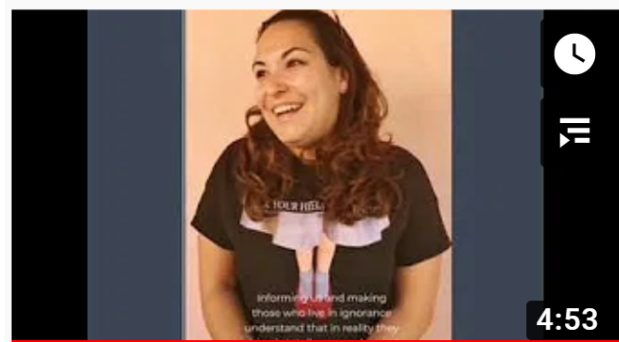
DIVE INTO CULTURE



We made a couple of interesting interviews with the local people. They were answering some simple questions about identity, culture and stereotypes. They were free to speak whatever they wanted to. We notice that people from Sardinia feel different from other parts in Italy, some of them haven't travelled a lot, so they don't have much experience with other cultures. Despite lack of experience and knowledge of the language, they were amazingly friendly to us. Unfortunately, mostly they were uncomfortable in front of the camera and they didn't let us record. Enjoy our work!

[WATCH IT HERE](#)

QUARTU MEETS ERASMUS



We started our interviews with people who were enjoying their brunch in a bar in the center of Quartu. The first woman we interviewed was very happy to participate and be part of our project. Before her, we were having troubles finding people that wanted to be filmed and talk on camera. After her, we were very lucky to find a couple of more people willing to be interviewed. We worked well as a team, trying to find people on the street to talk to us. Afterwards, when it was time to edit, we found ourselves in deep waters. With only one laptop and very limited time to edit, it was very difficult but we managed to work it out!

[WATCH IT HERE](#)

ORGANISATIONS

Un Giorno in Più, Italy
Kreator Kumanovo, North Macedonia
La Vibria Intercultural, Spain
Logos, Poland
Key - Innovation in Culture, Education and Youth, Cyprus
En Root, France

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