

Worksheet 1

The cultural rucksack

Think your cultural identity as your personal cultural rucksack that you carry with you wherever you go.

Your cultural identity includes your cultural, social and personal background.

Reflect on what symbolises your own cultural belongings.

Think about what influences have formed your identity, character and personality.

Fill up your personal rucksack: Who or what played a role (role models, stories, experiences, etc.)? Which influences were or are still active?

