

MY CULTURE
MY STORY



AUSTRALIAN
HERITAGE
FESTIVAL



Trust Kids!

EXPLORING CULTURAL HERITAGE

CULTURAL DETECTIVES

Some suggestions and tips for finding out more about your cultural heritage

PRESERVING HERITAGE

We've compiled a list of things to do to preserve, promote and share heritage

Welcome



> Welcome to the *Trust Kids!* challenge – 25 things to do to explore, celebrate, preserve and share your cultural heritage.

Try to tick off as many activities as possible from the list here or on the australianheritagefestival.org.au website and when you come to the “Sharing our culture” section, don’t forget to send those to the Australian Heritage Festival!

When you have finished, please let us know and we will send you a special *Trust Kids!* **Cultural Heritage Ambassador Certificate.**

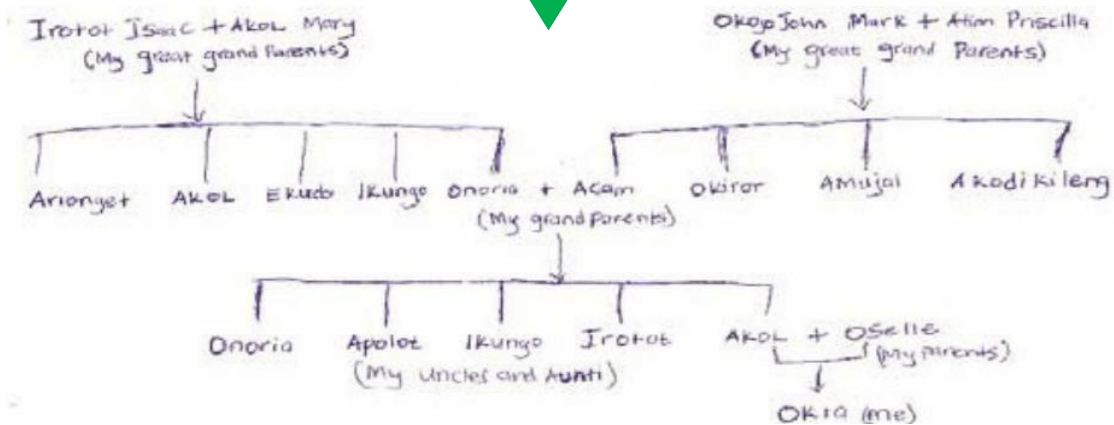
And remember, this list is just the start. We hope you will come up with your own ideas for celebrating the best bits of your cultural heritage an identity. Please share them with us if you do!



MY CULTURE
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What is cultural identity?

Identity helps us to belong, to feel safe and to feel proud. One of the great things about being an Australian is that our national identity is made up of many different cultures. Learning about our own identity will help us to better respect and tolerate each other. Cultural identity refers to the manner in which we express our uniqueness. This may be through the way we look or dress, the language we speak, the food we eat and other forms of expression. Identity is also expressed through values – what we consider as individuals, families or communities as positive.



➤ Our first section is about you! Knowing stories about our names helps us trace our origin as individuals and to identify the values that our parents cherish. Ask them why they chose your name.

Drawing your family tree is a great way to address your heritage and gain knowledge about great grandparents and other family members you may never have had the chance to meet.

Write your name. Add your parents and brothers and sisters. Write in your aunts and uncles, cousins and grandparents if you can.

You'll also need to find out as much as you can about your country of origin – it's coat of arms, flag, national anthem. Then design your own family logo or emblem.

Finally, ask a relative to tell you a special family story – it could be about a place or building which has a special meaning to them. Storytelling is an important part of heritage.

HINT

Were you
named after
anyone or
anything?

myself



WHAT MY NAME MEANS

> MY FAMILY TREE

> MY COUNTRY



Find out your country's coat of arms, flag, national anthem

FAMILY LOGO (designed by me!)

FAMILY STORY



Ask a relative to tell you a special family story

notes

Cultural heritage detectives



Besides family, where else can we look for what makes up our “heritage”? The answer is: “everywhere”! What can you find in your neighbourhood?

Our heritage is the things that we value and want to pass onto the next generation. This can be buildings and landscape but also memories, rituals, music, skills and knowledge. The word is linked to the idea of “inheritance”.

➤ Draw a map of heritage in your area. It can include anything you think should be preserved for the future, such as a special tree a historic building, a garden or knowledgeable person.

Then visit one of your locations on your map. (You could even take a photo of yourself there, which would help in the last section!)

Next, is some research. We’d like you to investigate a local heritage story. This could be about a place, a local tradition ritual or expression – use your sleuthing skills, heritage detectives!

Have you ever wondered how your town got it’s name? Now’s the time to find out!

Finally, we’d like you to check out what your town or area is famous for. Food, buildings, crafts, famous people, music, dance....? May be draw a picture?

my heritage

> HERITAGE MAP

> HERITAGE RESEARCH



This is the
Mistress Stone, a
test of courage
on St Kilda in
Scotland - young
men have to
stand on it on
one leg!

MY AREA IS FAMOUS FOR

.....

.....

.....

.....

HOW MY TOWN GOT ITS NAME

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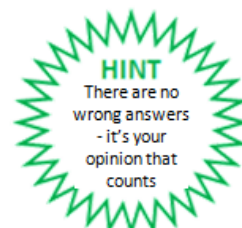
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> VISIT A PLACE ON MY MAP





There are many different ways to express our culture, such as through storytelling rituals, music, poetry, costume, dance, traditional sports and games and handicrafts.

This is our intangible cultural heritage which is passed down from generation to generation but which must be regularly practiced and learned within communities and between generations to keep it alive.

> In this section we need you to get creative and lose any inhibitions! We would like you to learn a traditional dance, game, poem or proverb. Maybe ask your parents, grandparents or a friend if they could teach you?

It would be great if you could wear a traditional dress – or part of it. If you don't have one in your family, why not make something to decorate a costume, perhaps with flowers?

The Australian Heritage Festival has many events celebrating our culture. Ask a grown up to go with you to an event - maybe one which showcases local or regional dishes or one which has local crafts or artworks.



living culture



> LEARN A DANCE OR GAME

WEAR A TRADITIONAL COSTUME



< COOK A TRADITIONAL DISH



PARTICIPATE IN THE AHF



< TRY A HANDICRAFT



HINT

Remember to
ask your
grandparents
and elders!

Preserving and promoting culture

We've looked at what it means to be us and how we relate to others. We've explored our heritage and we've had a go at expressing our culture. Now we need to think of how to preserve and promote this important inheritance.

INTO has 70 member organisations involved in this kind of activity but what can we do as individuals to make a difference? And whose responsibility is it?



> Try and find someone in your area who is making money from handicrafts or other cultural heritage. How did they start, does it pay, what are the challenges, how can young people get involved?

Interview an elder or a grandparent about what they can remember from the old days, what traditions and rituals they had, what games they played, what they would like to pass on as an inheritance to the next generation.

Join a community activity to preserve heritage, such as collecting rubbish, cleaning or other voluntary work.

Gather some precious objects or stories into a mini-museum or exhibition. You could also use old family photographs which is the last activity in this section.

preservation



< FIND A HERITAGE BUSINESS

INTERVIEW AN ELDER >



< MAKE A MINI-MUSEUM



LOOK AT SOME OLD PHOTOS >



< TAKE ACTION



HINT

Why not adopt a
place or activity
with your friends



Learning about our cultural backgrounds and those of our neighbours and friends from all over the world helps us appreciate the wonderful diversity of Australia. Part of the *Trust Kids!* Programme is about celebrating the local, unique and authentic. Having a better understanding our own and other cultures and being better connected can help us feel more “together”. By using the technology and social media available to us we can celebrate our cultural diversity in a friendly and positive way – and the 4 weeks of the annual Australian Heritage Festival is a great way to start!



> We very much hope you will share the last five challenges with the Australian Heritage Festival and INTO, either by email, social media or the Australian Heritage Festival website (details of how to do this are on the final page).

Take a #AHFselfie – and not just with buildings, don’t forget natural heritage, AHF events, food and costumes.

Make a short video clip (3 minutes max) about cultural heritage using a smart phone, camera or whatever other means you have. Write an article or poem about your heritage and lastly draw something you like about your culture.

sharing

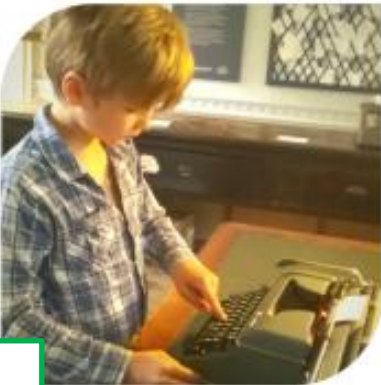


< TAKE A HERITAGE SELFIE

DESIGN A POSTER >



< WRITE ABOUT YOUR HERITAGE



MAKE A VIDEO CLIP >



< DRAW SOMETHING YOU LIKE
ABOUT YOUR HERITAGE



MY CULTURE
MY STORY

Thanks



We are grateful to the INTO members for their suggestions and input into *Trust Kids!*



#ahftrustkids



check list

- | | |
|---|---|
| <input type="checkbox"/> Find out what your name means | <input type="checkbox"/> Try a traditional handicraft |
| <input type="checkbox"/> Draw your family tree | <input type="checkbox"/> Ask someone to help you cook a regional dish |
| <input type="checkbox"/> Design your own family logo | <input type="checkbox"/> Interview an elder about traditions |
| <input type="checkbox"/> Find out about your country | <input type="checkbox"/> Make a mini-museum |
| <input type="checkbox"/> Ask a family member to tell you a special family story | <input type="checkbox"/> Join an activity to preserve heritage |
| <input type="checkbox"/> Map the heritage in your area | <input type="checkbox"/> Look at some old photos |
| <input type="checkbox"/> Visit a place on your map | <input type="checkbox"/> Find someone who earns money from cultural heritage |
| <input type="checkbox"/> Research a local history story | <input type="checkbox"/> Take a heritage selfie |
| <input type="checkbox"/> How did your town get its name | <input type="checkbox"/> Design a 'protect our heritage' poster |
| <input type="checkbox"/> What is your town famous for | <input type="checkbox"/> Write an article or poem about heritage |
| <input type="checkbox"/> Learn a traditional dance/game | <input type="checkbox"/> Make a video clip about your heritage |
| <input type="checkbox"/> Wear your traditional dress | <input type="checkbox"/> Draw something you like about your cultural heritage |
| <input type="checkbox"/> Participate in a local festival | |

> Please share the last five challenges with the AHF team and when you have completed all 25, we will send you your *Trust Kids!* Cultural Heritage Ambassador Certificate.