

# Culture and Literature Module

Culture Integration: an introduction

Developed by Proportional Message



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# Culture Integration: an introduction

If for you, old age is synonymous with staying at home, know that your thinking is outdated. Gone are the days when the elderly just stayed at home, looking after their grandchildren, watching TV or knitting.

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# Culture Integration: an introduction

People live longer and healthier lives than ever before and have also the potential to make important contributions to societies at old age. However, older people are often vulnerable to exclusion.

Culture integration brings all social groups and individuals into the political, social, cultural and economic structures of a society so that they can participate in the decision-making process on issues that concern them.



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# Culture Integration: an introduction

Cultural and social integration is a process of building values, relations and institutions for a society where all individuals, regardless of race, sex, age, ethnicity, language or religion, can fully exercise their rights and responsibilities on an equal basis with others.



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# Culture Integration: an introduction

Every person should be allowed to age in security and with dignity and be in a position to contribute to society and engage in cultural activities in the most meaningful way. Such an environment is at the root of stable, safe and just societies where all members, including vulnerable ones, enjoy equality of opportunities!



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# Culture Engagement and Active Participation

By participating in cultural activities, you are able to stay or join events, increasing their repertoire of knowledge and socialization!

- Places like clubs, hotels, studios, NGOs, theatres, cinemas, churches, museums, senior residential centers, social groups, are great to meet new people!
- They promote activities organized in detail to meet your interests and physical needs.

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# Culture Engagement and active participation

- Besides having fun and having a moment of leisure, you can live a new experience, make new friends, get to know places, stories and people.
- When done in a group, it is usually more stimulating to want to be present at these events. The establishment of friendship bonds is also important.
- In these events the so-called cultural relations are created, you will be able to express yourself and also get to know other people's tastes, which directly contributes to integrate groups which have common interests.



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# The importance of cultural engagement

Participating in cultural activities has a mental effect, contributing to overall well-being. These activities have a very important cognitive role, as they stimulate the individual's mind and develop potential, reflecting directly on your quality of life.



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# Culture Engagement and active participation

Integration and participation of all age groups is closely linked to the notion of social cohesion, a vital element of a healthy society. It denotes the capacity of a society to ensure the welfare of its members, minimizing disparities and avoiding polarization and conflict, and it requires fostering solidarity and reciprocity between generations (Zelenev 2009).

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# Multicultural settings

It is important to be aware and sensitive to the ways of other cultures. For example, etiquette in terms of personal space, physical touch, eye contact and hand gestures vary from one culture to the next. Every day, try to learn something new about a culture other than your own - multicultural settings develop communication skills and stimulate open-mindedness.

Keep an open mind and give others the respect and compassion you would expect for yourself.

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# Participation in cultural activities and its benefits

Simple common sense tells us that people of any age fare much better in life when they're physically, socially, and mentally active! This is especially true when we begin to grow older, as our bodies and minds begin to lose their youthful levels of fitness and their natural healing abilities.



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It is important to make an effort  
to remain active in meaningful  
ways!



# Benefits of participating in cultural activities

- By participating in cultural activities, you are able to keep up or join events, increasing your knowledge and socialization.
- Venues such as clubs, theatres, cinemas, churches, museums, Senior Residential Homes, cities, social groups and so on are great meet!
- They promote activities that are organized in detail to meet your interests and physical needs.



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# Benefits of participating in cultural activities

- Besides having fun and having a moment of leisure, you can live a new experience, make new friends, get to know different places, stories and people.
- These moments also act mentally, contributing to well-being. They have a very important cognitive role, as they stimulate the mind and develop potentiality, reflecting directly on your quality of life.
- People are reaching old age much more active, functional and independent. Being able to do so at an older age would help you become better communicator, more knowledgeable and open-minded.



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# Benefits of participating in cultural activities

- One of the most important things you are able to develop are **communication skills**.
- There are many things to consider when talking to someone with a different nationality and culture! In fact, most people have a difficult time interacting with other people with different nationalities, as factors like language and cultural barriers make it a real trial. Foreigners and locals alike both have perceived notions about certain nationalities as well, which may make it more difficult.



# Intercultural Bonds

They may even exchange stories about their countries and other interesting information about their nations as well. Overall, this experience allows you to be open-minded and to get a deeper understanding and appreciation of each other's culture. In essence, it can truly benefit and help maintain a healthy relationship with other people.



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# Active inclusion through cultural issues

## Celebration of Various Cultures



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One of the best things about being in a multicultural environment is being able to celebrate cultural events from countries around the world. Having the chance to celebrate these events brings appreciation among the elderly and helps each nationality feel represented.

This kind of experience also gives you more opportunities to get to know different people and form intercultural bonds.



# Different ways cultures celebrate aging

- **"Old man" isn't a bad word in Greek.**

In Greek and Greek-American culture, old age is honored and celebrated, and respect for elders is central to the family.

- **In India, elders are the head of the family.**

The elders are supported by the younger members of the family and they in turn play a key role in raising their grandchildren.

# Different ways cultures celebrate aging

- **In the African-American community, death is seen as an opportunity to celebrate life.**

In African-American culture, death is seen as part of the "natural rhythm of life," which lessens the cultural fear around aging.

- **Native American elders pass down their knowledge.**

In many tribal communities, elders are respected for their wisdom and life experiences. Within Native American families, it's common for the elders to be expected to pass down their learnings to younger members of the family.

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