

salto|youth

Discover Yourself

The personal companion to

Understanding Youth

Exploring Identity and its Role in International Youth Work

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www.SALTO-YOUTH.net/diversity

The British Council
10 Spring Gardens
London SW1A 2BN
United Kingdom

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The personal companion to **Understanding Youth**
Exploring Identity and its Role in International Youth Work

Dear Reader...

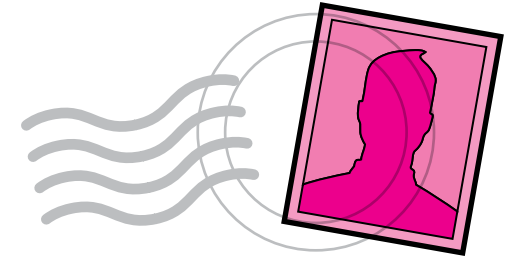


In the publication 'Understanding You(th)', you will read a lot about the theory of identity. We have presented you with testimonials of people who have realised projects and found out new things about their own or other people's identity and we have provided you with methods that you can use when working with young people on this topic.

But now it is all about YOU! This personal companion is designed just for you, to help you have a look at yourself and your own identity, and maybe even learn more about who you are or who you want to be.

Therefore this companion only works if you use it, (and obviously only if you want to do so). So if you want to find out more about yourself, your values, your wishes, your sense of belonging, your past, your present and your future, then take some time, and a pen, sit down and get started.

You do not do this for anyone else other than yourself. Some of the questions will be difficult to answer and some might not seem very interesting for you personally. If you don't want to answer them, then don't do it. No one else will evaluate your answers but you.



It sometimes seems difficult to understand yourself and your own identity in just one instant. In order to understand who you really are, you have to become aware of your developments, of the influences that affect you, the experiences that formed you, of who you were in the past, who you are now and who you want to be in the future.

We invite you to fill out as much as you want of this personal companion, then just put it away for a while and come back to it whenever you feel like it or whenever you find it in your closet on one of those rainy Sunday afternoons. Reading your answers again might help you to compare yourself from the then to the now, the 'You' you were when you first filled out this companion to the 'You' you are at that time of re-reading. It will help you to reflect on yourself, to discover the most important things in your life, what remains, what changes and why.

We hope you have fun on this journey through your own identity!

Go ahead and DISCOVER YOURSELF!

1. You

Today's Date:

How important are the following items as part of your personal identity?

Note 1 = not at all, 10 = very strong part of my identity.

	1	2	3	4	5	6	7	8	9	10
Your feelings										
Your thoughts										
Your memories										
Your religious beliefs										
Your political views										
Your social class										
Your ethnic background										
Your appearance										
Your clothes / style										
Your body language										
Your smell										
Your voice										
Your sense of humour										
Your temper										

	1	2	3	4	5	6	7	8	9	10
Your gender / sex										
Your sexual orientation										
Your family										
Your friends										
Your partner										
Your language										
Your dialect / accent										
Your communication style										
Your age										
Your education										
Your job										
Your hobbies										
Your belongings										
Others										

1.2 Think about the people around you! Who has the biggest impact on who you are and who you have become?

Draw a circle of all those people in your life (family, friends, people from the past, idols, colleagues, etc.) Put the ones with the biggest impact close to the ME' circle and the ones with the least impact further away from your circle.



1.3 What is your first memory?

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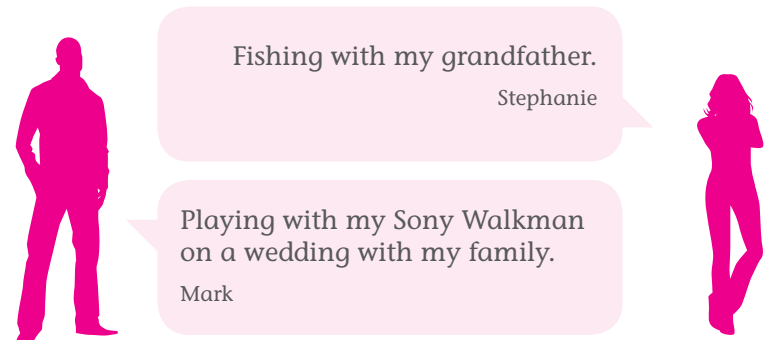
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1.4 If you were what would you be?

Why? List the characteristics that you consider you have in common.

An animal:

.....

Similarities to myself:

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A city or place:

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Similarities to myself:

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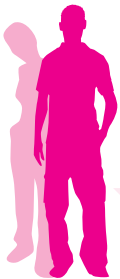
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Phoenix. Whatever happens, it always tries to recover and go on.

Salima

An ant. It's small, quick and strong.

Renata

A lion. A gentle giant, but potentially dangerous.

Paavo



New York! It is very busy but also very charming and attractive.

Toni

The Amazonas. It is full of life and never stops surprising you.

Antony

A small bubbling beck. It is always running and developing.

Hannah



A specific food:

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Similarities to myself:

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1.5 The philosopher Rene Descartes once said “Cogito ergo sum.” In English this translates as “I think, therefore I am.”

What would YOU say?

I

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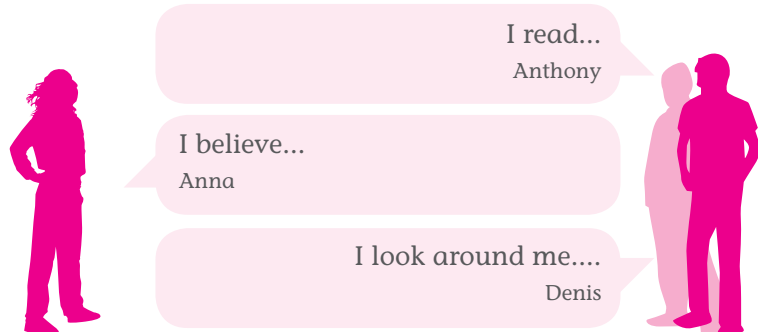
therefore I am.



Burger and chips.
Nice but not healthy.
Daniel

Ice cream. Sweet, it's changing its state, it is available in many different flavours.
Martina

Sushi. Offering a great variety of tastes.
Michaela



I read...
Anthony

I believe...
Anna

I look around me....
Denis

1.6 When you think back to yourself when you were 15, what were the main differences with the 'You' of today?

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1.7 What do you like about yourself and your life today?

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1.8 When you imagine yourself in 5 years, what do you imagine differently to the 'You' of today?

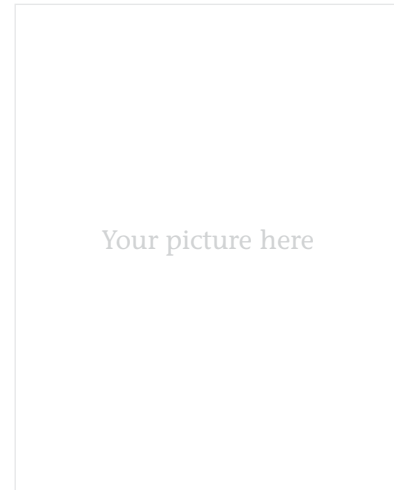
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1.9 Can you think of any events in your life that caused a change in your identity? If you have one, put a picture of it in here.



1.10 What's the best advice for life anyone has ever given you? Did it change something for you?

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1.11 What or who inspires you?

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1.12 What is your greatest fear?

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1.13 What is your most treasured possession?

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1.14 What do you like the most about yourself?

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1.15 What do you like the least about yourself?

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1.16 What do you consider your greatest achievement?

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2. You & Your Groups

2.1 How strong is your sense of belonging to certain groups?
(1 = no feeling at all / 10 = very strong)

	1	2	3	4	5	6	7	8	9	10
Your local community										
Same nationality										
People from Europe										
Same cultural group										
Your family										
Circle of friends										
Religious group										
Political group										
Gender group										
Same age group										
Work colleagues										
Sports team										
Leisure activity groups										
Other groups										

2.2 Have a look at your wallet and the things inside. (ID, student license, member cards, receipts, pictures etc.). Do they give information about certain group identities that you belong to? Which ones?

Make a little drawing of your cards, pictures etc. here.

2.3 Did you ever experience a situation in which you felt strongly attached to your national identity? If yes, please describe it!

Sometimes when I realize how much I love my Bulgarian friends, who really know me as I am.

Martina, Bulgaria

When I hear foreigners speaking Russian.

Jekaterina, Russia

When I watched the Turkey-Spain football game when I was in Madrid.

Gülçin, Turkey



2.4 If you had to describe your national identity in 3 words, what would they be?

2.5 If you had to leave your country and could only take 3 'things' that don't exist in other places, what would they be?

The tactfulness of the people, the sense of humour from old movies and Latvian language jokes.

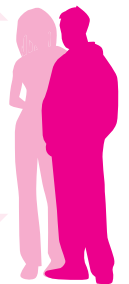
Renata, Latvia

British humour.

Helen, Great Britain

Bread of Tuscany, olive oil and coffee.

Luca, Italy



2.6. When you tell people abroad where you are from
– what are their first images/ stereotypes about
your country?

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Can you identify yourself with these images?

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Oh, are you from Amsterdam?
How often do you smoke a joint?
Mark, Netherlands

The pope, vodka, solidarity,
communism.
Barbara, Poland

Drunks, bad food and
conservatives.
Helen, Great Britain

2.7. Are there things about yourself you would describe as 'European'? Which ones?

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Notes

Here you have space for your own thoughts.



The fact that I have a great history,
a European history!

Salima, France

The understanding that I can
work/ live / contribute not only
in my own country, but in
many others.

Renata, Latvia





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This personal companion is part of the publication **Understanding You(th) Exploring Identity and its Role in International Youth Work**



It is designed to help you have a look at yourself and your own identity.

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