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ONE CULTURE HANDBOOK (ENGLISH)

***Overcoming Nationalism and Euroscepticism
Through Culture***

ONE CULTURE
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1. Introduction

Europe is more than lines on a map or a set of institutions. It's a story still being written by people, ideas, and the ways we live together. That story feels fragile at times. Nationalism, mistrust, and isolation too often replace curiosity and connection.

ONE Culture, Overcoming Nationalism and Euroscepticism through Culture, started from a simple belief: art and learning can bring people closer again. When we create together, we start to see that difference doesn't divide us. It shapes the shared story we belong to.

Funded by the Erasmus+ Program of the European Union, ONE Culture brings together six partners from Austria, Belgium, France, Italy, the Netherlands, and Romania. It's part of the Erasmus+ action for Adult Education (KA220-ADU). The project explores how culture-based learning can strengthen civic participation, intercultural understanding, and a sense of European belonging. Culture here isn't decoration. It's dialogue: a living way to challenge stereotypes and rebuild trust.

At its heart, ONE Culture asks how art and heritage can turn euroscepticism and nationalism into opportunities for conversation, recognition, and shared responsibility. Through painting, storytelling, performance, and exchange, adults experience Europe not as theory, but as practice. Dialogue balances division. Creativity becomes citizenship. Participation becomes trust.

This handbook is for trainers, educators, and cultural facilitators who want to use the ONE Culture toolkit in their own work. It gathers ideas and examples from museums, training centers, and cultural organizations in six countries. Together they show that informal, art-based learning can open minds where argument alone cannot.

Inside you'll find methods, reflections, and links to the full toolkit modules. The goal is simple: make cultural learning more open, hands-on, and enjoyable. Whether you work with newcomers, adults returning to education, or long-time residents, these tools help create spaces where curiosity replaces judgement and Europe feels closer to home.

We hope this handbook inspires you to experiment, adapt, and share your own versions of ONE Culture. Every local action adds a new note to a wider European conversation, one that resists isolation, celebrates diversity, and keeps our shared story alive.

How to read this handbook

A small orientation never hurt anyone. In chapter 2 you'll find the thinking that sits under everything. If you ever feel a whisper of "why are we doing it this way," that chapter has your back. Chapter 3 contains the guidelines for using the online platform. Chapter 4 speaks to trainers. Not in the "here is the sacred script" sense, more "these are the ingredients, now cook in your own kitchen." It gives you the spirit of working with the toolkit rather than a set of rules you'll feel guilty for breaking. Chapter 5 flips the perspective. Think of it as sitting in a participant's chair for a moment, seeing what the experience feels like from that side. Helps to remember this is a human process, not a checkbox marathon.

Chapter 6 brings concrete examples and sparks. Some small, some a bit more reflective. Take what resonates, ignore what doesn't. No one is grading your taste. After that, the heart of it all, the toolkits. First, the national research pieces that fed the project, then practical routes for trainers, and finally creative activities for learners. It's the place where the theory stops behaving like theory and starts rolling up its sleeves.

You don't need to read in order unless you secretly enjoy that kind of discipline. Wander, jump, return, scribble in the margins if that helps. Europe didn't become Europe by following one straight path either.

2. Methodological guidelines

Before diving into the ONE Culture toolkit, it helps to know what's behind it. These Methodological Guidelines bring together ideas and findings from six partner countries. Each explored how art and creativity can help people look past nationalism and euroscepticism and rediscover what connects them.

The report offers a short overview of that shared research. You'll find examples of art-based learning, storytelling, digital tools, and intercultural dialogue that inspired the activities in this handbook. It shows how creative methods can build inclusion, sustainability, and civic participation. Art isn't a nice extra. It's a way of learning that connects people across borders and backgrounds.

In short, these guidelines are the foundation of everything that follows. They explain why creative learning works, and how it helps adults grow empathy, curiosity, and a stronger sense of European belonging.

You can read the full document here:

<https://www.one-culture.eu/wp-content/uploads/2025/11/EN-Common-Report-Desk-Research.pdf>

3. Guidelines for using the online platform

This section supports trainers in making the most of the project's online platform. It explains how to navigate the interface, access relevant activities, explore the virtual exhibitions and interact with the content to enhance both teaching practice and learner engagement.

Familiarizing yourself with these sections will make it easier to incorporate the platform into your training sessions.

3.1. How to navigate the online platform

The online platform has been designed to be intuitive and accessible, even for users with limited digital experience. When you log in/ are on the homepage:

- Home page: you will find an overview of the latest activities, featured resources, ...
- Main menu: use the top navigation bar to access key sections (such as Toolkits, Virtual Exhibitions, Contact, ...)

- User dashboard: your personal dashboard allows you to track saved activities, recently viewed content
- Support section: a dedicated “help” area provides tutorials, FAQs and guidance

3.2. How to find the activity that you need

The platform includes a wide variety of activities designed for adult education contexts. To help you quickly identify the most suitable one for your group, several search tools are available on this website:

Find an activity according to a specific theme, value, skill set, goal or activity type. Activities are organised based on:

- Themes (e.g., sustainability, intercultural dialogue)
- Values (e.g., empathy, respect)
- Skills (e.g., communication, teamwork)
- Learning goals (e.g., group cohesion, creativity)
- Activity type (e.g., group work, individual reflection, outdoor activity)

Using the filter

- Go to the Toolkit, then activities section and select “Filter”
- Choose the criteria most relevant to your training context
- Combine several criteria (for example: theme = inclusion + skill = communication) to refine the results
- The platform will automatically display activities matching your selection

Using the search bar

- If you already know the name of an activity or have a keyword in mind, type it directly in the search bar
- Use simple keywords for broader results
- The system will show you related activities, toolkits and resources

These tools ensure that you can quickly locate the most appropriate activity for your learners’ needs.

3.3. How to navigate the virtual exhibitions

The virtual exhibitions showcase creative outputs, testimonies, photos, and materials produced by learners during project activities. These are online adaptations of the onsite national and international exhibitions.

To explore the virtual exhibitions:

- Open the “Virtual Exhibitions” section from the main menu.
- Browse through different exhibition rooms dedicated to specific themes or partner organizations.
- Click on visual elements (e.g., images, audio clips, videos) to access details or stories behind the work.
- Use the arrows or scroll function to move through the virtual space.

These exhibitions are designed to inspire trainers and learners, highlighting good practices and real-life examples.

3.4. Like your favorite activity, leave a comment or share your feedback

Engaging with online platform's content helps improve the quality of the tools and foster a lively community.

- Like an activity: click on the heart icon to save it to your dashboard. This also helps other trainers see which activities are most appreciated by the community
- Leave a comment: share insights about how you used the activity, suggestions or recommendations
- Share with your colleagues and learners: click on the channel logo of your choice to share activities or the toolkits
- Share your feedback: use the feedback button to report issues, request improvements or suggest new ideas. Your input helps the partnership continue developing inclusive and relevant resources

4. Guidelines for trainers on using the toolkit

The ONE Culture toolkit isn't a recipe book. It's a collection of ingredients. Creative, flexible, and designed to be mixed. Trainers are encouraged to adapt. Every community has its own rhythm, and every group of learners will respond differently. What matters is not perfection, but participation.

Start with context.

Before you choose an activity, take time to read the Methodology Guidelines. They explain the values behind the project: inclusion, sustainability, dialogue, and creativity as tools for learning. Think about how these translate to your learners' reality. Are they a group of migrants, museum visitors, parents returning to education, young adults seeking direction? Adjust tone and pace to meet them where they are.

Create a safe and curious space.

The toolkit works best when people feel they can experiment. Encourage play, humor, and reflection. Art-based activities can evoke strong emotions. Use them to open conversation, not to lecture. If something feels too abstract, let learners translate it into their own experiences.

Choose your mix.

Each section of the toolkit highlights a different theme: sustainability, cultural heritage, EU values, intergenerational and intercultural dialogue. You can use them as stand-alone sessions or link them into a longer learning journey. Try starting with something visual or collective, before moving into deeper reflection activities

Reflect as you go.

After each session, ask what participants noticed, felt, or learned. Not just about Europe, but about themselves and others around them. Keep a simple reflection log: quotes, drawings, group feedback. These small traces often reveal the deeper impact that statistics miss.

Collaborate and share.

The ONE Culture community thrives on exchange. Trainers are invited to share their own adaptations, photos, and feedback through the project's digital platform. This helps others across Europe see how a single activity can take new life in different cultural settings.

And finally: keep it human.

This toolkit is about connection. If it sparks laughter, questions, or a sense of belonging, it's working. Don't worry about doing it "by the book." The spirit of ONE Culture lives in your interpretation. In how you help people see Europe not as an idea from Brussels, but as something they already carry within their daily lives.

5. Guidelines for learners on using the toolkit

Learning through ONE Culture is not about memorizing facts or proving what you already know. It's about discovery. Of yourself, of others, and of the stories that connect us as Europeans. Every activity in this toolkit offers a different doorway into that shared space. You don't need to be an artist, a historian, or a political expert. Curiosity is enough.

Come as you are.

Your background, language, or education level doesn't matter here. What you bring, your memories, opinions, humor, and imagination, is what gives meaning to the sessions. Be open to trying things that feel unfamiliar. Mistakes are part of the process; they often lead to the most interesting conversations.

Learn through doing.

The toolkit invites you to paint, write, move, build, or debate. These are not exercises for their own sake, but ways to think differently. When you draw, you observe. When you perform, you express. When you discuss, you connect. Creativity helps ideas about identity and belonging come alive.

Connect with others.

Every activity works better in dialogue. Listen to what others share, even, or especially, when it's different from your own view. You might find echoes of your story in someone else's, or learn something unexpected about your community. This exchange is where "European values" stop being slogans and start becoming lived experience.

Reflect on what happens.

After each session, take a moment to notice how it felt. What surprised you? What changed your perspective? Write it down, sketch it, or just talk it through with someone. Reflection turns experience into understanding.

Take it beyond the workshop.

The point of ONE Culture isn't to end with a certificate. It's to keep the conversation going. Share what you've learned with friends, family, or neighbors. Visit local museums or cultural events with new eyes. Ask questions about the stories behind places, artworks, or traditions.

Learning through art and dialogue is a reminder that Europe is not "out there." It's built daily, in how we speak, create, and coexist. This toolkit simply helps you see and shape your part in that ongoing story.

6. Suggestions and examples

There's no single way to run a ONE Culture activity. The best sessions grow from the people in the room, not from the page. Still, a few small patterns tend to make a difference.

Start with the senses.

Before asking people to think about Europe, invite them to feel it. Use sound, smell, or movement. A shared song, an object from home, a smell that evokes a place. These simple things create common ground faster than theory ever could.

Let the room do the teaching.

Pay attention to what participants notice, laugh at, or resist. Those reactions are data. Follow them. If a discussion drifts into something local or personal, stay with it. That's where abstract ideas about identity turn concrete.

Keep it light, even when it's serious.

Art, heritage, and belonging can touch deep nerves. Humor and play make space for honesty. A drawing exercise can open more truth than a debate about values.

Use what's around you.

Museums, parks, cafés, and markets all are classrooms. The toolkit doesn't require special equipment; it only asks for curiosity. A walk through the neighborhood can reveal layers of shared history hiding in plain sight.

Make silence part of the dialogue.

Not everyone will want to speak first. Allow pauses. Some people process by writing or creating rather than talking. Include them on their terms.

End with something visible.

Whenever possible, leave a trace: a small exhibition, a digital post, a collective photo, a story wall. Tangible results help learners see that what they made together matters beyond the workshop.

Close the circle.

Ask what participants will carry forward: one idea, one feeling, one change they might make. Write it down. Those fragments often grow into the next project, or simply into a more connected way of living.

The examples collected across Europe show that ONE Culture works when it feels alive — when people recognize themselves in the learning and see Europe reflected, not imposed. Use these reflections as gentle prompts, then make the rest your own.

7. Links to all toolkits

The chapters above introduced the ideas behind ONE Culture. Its purpose, values, and the spirit of creative learning that runs through every activity. The next part is where thought meets practice.

Here you'll find all the materials that make the project work in real classrooms, community spaces, and museums: national researches, reports, and both toolkit modules for trainers and learners. Together, they show how the same principles can take shape in many different forms. From eco-art workshops in Italy to sound-based storytelling in Belgium, from intergenerational exchanges in Austria to museum-based creativity in Romania and the Netherlands.

These resources are open invitations. Use them as written or adapt them freely. Each document represents the shared effort of partners across Europe who believe that learning through art and culture can build empathy, resilience, and a stronger sense of belonging.

7.1. National researches and reports

Before creating the ONE Culture toolkit, each partner organization explored its own national landscape looking for creative methods that already connect adults to culture, community, and European values. These national researches are the roots of the project.

Each report maps local experiences: how art, heritage, and informal learning are used to foster inclusion, dialogue, and sustainability. Together, they reveal a mosaic of European practices: different in form, but united by the same belief that creativity can bridge divides and bring people closer to the idea of Europe.

These studies provided the evidence and inspiration for the shared methodology that follows. They show what's possible when local initiatives become part of a larger European story.

7.1.1. National research Austria

Summary: Connects local heritage and memory work to global citizenship. Using approaches like “Dig Where You Stand,” ROOTS, and VIRAL, it links oral history, intergenerational learning, and digital storytelling to community empowerment and sustainable remembrance culture.

Keywords: heritage, memory, participation, intergenerational learning, digital tools

https://www.one-culture.eu/wp-content/uploads/2025/11/National-Research_ONE-Culture_-_Austria.pdf

https://www.one-culture.eu/wp-content/uploads/2025/11/National-Report_-_Austria-1.pdf

7.1.2. National research Belgium

Summary: This research focuses on storytelling as a tool for adult learning and intercultural dialogue. It analyses Erasmus projects like DEPART and COMUSYC, showing how creative expression (art, comics, music) fosters empathy, critical thinking, and social inclusion. It proposes narrative workshops and role-play as methods for reflection on EU values and citizenship.

Keywords: storytelling, empathy, inclusion, creativity, reflection, citizenship

<https://www.one-culture.eu/wp-content/uploads/2025/11/ENCRE-ONE-Culture-2.1-Methodology-Guidelines-2.1.1-National-research.pdf>

<https://www.one-culture.eu/wp-content/uploads/2025/11/ENCRE-ONE-Culture-2.1-Methodology-Guidelines-2.1.2-National-report.pdf>

7.1.3. National research France

Summary: Highlights microlearning and social media as creative tools for adult learning. It includes innovative projects such as Escape Your Stereotypes, Green Artivism, and Theatre of SDGs, blending gamification, activism, and environmental theatre to raise awareness about EU values and sustainability.

Keywords: microlearning, gamification, activism, sustainability, interculturality

<https://www.one-culture.eu/wp-content/uploads/2025/11/ONE-Culture-Methodology-Guidelines-FRANCE.pdf>

<https://www.one-culture.eu/wp-content/uploads/2025/11/Resume-National-Report-Desk-Research-One-Culture.pdf>

7.1.4. National research Italy

Summary: Explores learning through art to link creativity with environmental and social sustainability. Projects like GREENART, EcoActiZenship, and Street Art for Rights illustrate how artistic practice can engage citizens in eco-awareness and community resilience. The toolkit combines art, activism, and sustainability for civic participation.

Keywords: art, sustainability, community, activism, eco-citizenship

<https://www.one-culture.eu/wp-content/uploads/2025/11/Skill-Up-ONE-Culture-Methodology-Guidelines.pdf>

<https://www.one-culture.eu/wp-content/uploads/2025/11/Skill-Up-National-Report-Desk-Research-One-Culture.pdf>

7.1.5. National research The Netherlands

Summary: Centers on teaching and learning with living heritage as a bridge between cultural identity and education. Using projects like WAAT, Creative Museum, and Rebelah, it shows how digital storytelling and heritage-based methods nurture belonging, inclusion, and intercultural dialogue.

Keywords: heritage, inclusion, digital storytelling, identity, education

<https://www.one-culture.eu/wp-content/uploads/2025/11/Methodology-guidelines-Quiosq-final.pdf>
<https://www.one-culture.eu/wp-content/uploads/2025/11/Quiosq-National-Report-Desk-Research-One-Culture-final.pdf>

7.1.6. National research Romania

Summary: Focuses on art-based research and its role in citizenship and inclusion. Through projects like WB-TAC and YouPart, it promotes collaborative art, civic participation, and corporate social responsibility as methods to strengthen European values and community engagement.

Keywords: art-based research, participation, citizenship, empowerment, inclusion

https://www.one-culture.eu/wp-content/uploads/2025/11/CMNM_ONE-Culture-National-Desk-Research_Methodology-Guidelines.pdf
https://www.one-culture.eu/wp-content/uploads/2025/11/CMNM_National-Report-Desk-Research-One-Culture.pdf

7.2. Toolkit for trainers

The Toolkit for Trainers brings together six creative methods developed by the ONE Culture partners across Europe. Each one offers a different route into art-based learning and dialogue. Together, they form a map of how culture can connect communities, generations, and ideas.

In Belgium, Understanding EU Values in Adult Education helps trainers turn abstract principles like democracy, equality, and human dignity into lived experiences through discussion, storytelling, and civic reflection. In Romania, European Cultural Heritage focuses on museums and heritage as social spaces where preservation becomes a form of participation and shared responsibility.

The Italian module, Environmental and Social Sustainability: Empowering Communities through Creative Action, turns sustainability into collective creativity, showing how eco-art and community projects can make global issues tangible and hopeful. The Austrian Intergenerational Dialogue toolkit builds bridges between age groups through oral history, theatre, and shared storytelling, proving that knowledge travels both ways.

France contributes Intercultural Dialogue, which gives trainers strategies to transform diversity into conversation, using empathy, non-violent communication, and participatory exercises to strengthen social cohesion. Finally, the Dutch module, Space as a Learning Tool, Europe on a Plate, reminds us

that learning begins where we stand: in our kitchens, streets, and landscapes, where space itself becomes a classroom.

Together, these toolkits show the richness of Europe's educational imagination. They are not prescriptive manuals but invitations to create. Each method can be adapted to local contexts, combined with others, or used to inspire new approaches. What unites them is the belief that adult education, when rooted in culture and creativity, can open spaces of belonging and build a more connected Europe.

7.2.1. Environmental and social sustainability

Summary: This toolkit introduces adult educators to creative ways of teaching environmental and social sustainability. It connects ecological responsibility with social equity, showing how art, storytelling, and community projects can drive awareness and action. Learners explore global citizenship through hands-on activities like eco-art, murals, and digital campaigns. The approach emphasizes participation, reflection, and collaboration. Ultimately, it equips educators to turn sustainability from theory into lived community practice.

Keywords: sustainability, social inclusion, eco-art, global citizenship, creative education

<https://www.one-culture.eu/wp-content/uploads/2025/11/Environmental-and-Social-Sustainability.docx.pdf>

7.2.2. European cultural heritage

Summary: This toolkit examines how cultural heritage connects Europe's past, present, and future. It highlights museums and cultural institutions as spaces for inclusion, sustainability, and shared identity. Learners explore tangible and intangible heritage and its role in fostering social responsibility and creative learning.

Keywords: heritage, identity, inclusion, sustainability, culture

<https://www.one-culture.eu/wp-content/uploads/2025/11/European-Cultural-Heritage.pdf>

7.2.3. Intercultural dialogue

Summary: The toolkit equips educators to promote empathy, tolerance, and communication across cultures. It draws from theories like cultural relativism and non-violent communication to help learners confront prejudice. Activities emphasize experiential learning, active listening, and storytelling. The goal is social cohesion through understanding and dialogue.

Keywords: dialogue, empathy, inclusion, non-violent communication, diversity

<https://www.one-culture.eu/wp-content/uploads/2025/11/Intercultural-Dialogue.pdf>

7.2.4. Intergenerational dialogue

Summary: The module promotes learning and cooperation across age groups. It shows how dialogue between generations strengthens democracy, mutual respect, and collective memory. Using oral history and lifelong learning, educators design projects where young and old learn from each other on equal terms.

Keywords: generations, lifelong learning, oral history, participation, social cohesion

<https://www.one-culture.eu/wp-content/uploads/2025/11/Intergenerational-Dialogue.pdf>

7.2.5. Space as a learning tool

Summary: This module shows how physical and cultural spaces can become active learning tools. It uses food traditions to explore identity, sustainability, and connection across Europe. Through microlearning and constructivist methods, educators turn everyday environments into spaces for reflection and inclusion. The approach fosters cultural literacy and shared understanding.

Keywords: space, microlearning, intangible heritage, identity, inclusion

<https://www.one-culture.eu/wp-content/uploads/2025/11/Space-as-a-Learning-Tool.pdf>

7.2.6. Understanding EU values in adult education

Summary: This module focuses on core EU principles (democracy, freedom, equality, rule of law, and human rights) and how to integrate them into adult education. It connects theory with practice through debates, simulations, and civic engagement. Educators help learners counter misinformation and embrace democratic participation.

Keywords: democracy, citizenship, human rights, critical thinking, inclusion

<https://www.one-culture.eu/wp-content/uploads/2025/11/Understanding-EU-Values-in-Adult-Education.pdf>

7.3. Toolkit on EU values for learners

The Toolkit on EU Values for Learners is the creative heart of *ONE Culture*. Across twelve activities, it invites adult learners to explore what European values look and feel like in real life, through art, dialogue, humor, and shared experience. Each partner organization contributed its own way of turning abstract principles into human stories.

From France, *Cre(active) Courtroom* and *A Day in the Life of a Global Citizen* transform learning into performance and storytelling. Learners take on roles (judges, activists, filmmakers) to debate justice, sustainability, and solidarity in the world they inhabit. These exercises make complex ideas tangible, revealing how citizenship begins with empathy and imagination.

In the Netherlands, *Beyond Borders: Becoming Agents of Change in a Connected Europe* and *Common Ground Across Borders* challenge participants to think globally while acting locally. They

discover how European and global citizenship overlap, and how collaboration can turn reflection into action.

Romania's *Beyond Borders: Rediscovering Prehistoric Art through Cucuteni Ceramics* and *Waves of Expression: Exploring the Black Sea Through Painting* root European identity in its oldest layers of creativity. Through art-making, learners reflect on heritage, sustainability, and the shared continuity of cultures across time.

In Austria, *Creatively Presenting EU Values* and *Intercultural Encounters in Your Community* bring these values to life through visual and participatory expression. Using theatre, photography, and storytelling, participants make democracy and inclusion visible in their own surroundings.

From Italy and Belgium come activities that turn daily spaces into stages for connection. *The EU Values Café* opens space for dialogue over coffee, where diversity, freedom, and dignity can be discussed without the stiffness of formal debate. *Speech Bubbles of Europe* transforms comics into civic tools, using humor and illustration to express European identity in a fresh, accessible way.

Other modules build bridges between generations and perspectives. *Intercultural Civil Walk – Voices of the City* turns the streets into a living museum of belonging, while *What's Your Roman Empire?* reimagines Europe's shared past through playful self-reflection.

Each activity is self-contained yet deeply connected to the others. Together, they show that European values are not instructions to be memorized but relationships to be lived. In dialogue, creativity, and mutual respect. Trainers are encouraged to adapt the activities to their own contexts, using them as conversation starters, workshops, or community events.

Whether through debate, art, or storytelling, this toolkit reminds us that Europe is not an idea to believe in, but a practice to keep alive one shared moment at a time.

7.3.1. Cre(ative) courtroom

Summary: Learners stage a mock trial to explore climate justice and EU values like equality, solidarity, and human rights. Taking on courtroom roles, they debate real-world environmental and social issues, using creativity to present evidence and arguments. The format encourages collaboration, empathy, and active citizenship while making abstract EU values tangible.

Keywords: climate justice, creativity, participation, solidarity, human rights

<https://www.one-culture.eu/wp-content/uploads/2025/11/1.-Informal-Training-Practice-Creative-Courtroom.pdf>

7.3.2. A day in the life of a global citizen

Summary: Participants create short videos illustrating the daily actions of a responsible global citizen. Through storytelling and teamwork, they link EU values to everyday life, reflecting on their own roles in promoting democracy, sustainability, and social inclusion. The process builds digital, creative, and civic skills while fostering awareness of shared responsibility.

Keywords: global citizenship, storytelling, creativity, inclusion, responsibility

<https://www.one-culture.eu/wp-content/uploads/2025/11/2.-Informal-Training-Practice-A-Day-in-the-Life-of-a-Global-Citizen.pdf>

7.3.3. Beyond borders: becoming agents of change in a connected Europe

Summary: This toolkit helps adult learners explore global citizenship and European identity through reflection and local action. It challenges Euroscepticism by encouraging empathy, awareness of interdependence, and civic participation. Learners design small-scale projects to apply global values (justice, sustainability, and solidarity) within their communities.

Keywords: global citizenship, inclusion, solidarity, participation, empowerment

https://www.one-culture.eu/wp-content/uploads/2025/11/3.-Informal-Training-Practice-Beyond-Borders_-BECOMING-AGENTS-OF-CHANGE-IN-A-CONNECTED-EUROPE.pdf

7.3.4. Beyond borders: rediscovering prehistoric art through Cucuteni ceramics

Summary: A hands-on workshop using prehistoric art to explore identity, creativity, and shared heritage. Learners recreate Cucuteni pottery to reflect on cultural continuity, sustainability, and diversity in Europe. Through art and dialogue, they connect ancient practices to modern European values of freedom, democracy, and solidarity.

Keywords: heritage, creativity, identity, sustainability, inclusion

https://www.one-culture.eu/wp-content/uploads/2025/11/4.-Informal-Training-Practice-Beyond-Borders_-REDISCOVERING-PREHISTORIC-ART-THROUGH-CUCUTENI-CERAMICS.pdf

7.3.5. Common ground across borders

Summary: Learners explore what unites Europeans beyond nationality by comparing European traits with those of a randomly chosen non-European country. Through group discussion and poster creation, they reflect on shared culture, stereotypes, and identity. The session fosters critical thinking, empathy, and intercultural dialogue, highlighting Europe's cultural connections.

Keywords: European identity, intercultural dialogue, reflection, unity, diversity

<https://www.one-culture.eu/wp-content/uploads/2025/11/5.-Informal-Training-Practice-Common-ground-across-borders.pdf>

7.3.6. Creatively presenting EU-values

Summary: Participants bring EU values like freedom, equality, and democracy to life through visual performance. Working in teams, they create “living statues” that represent these principles in symbolic form. The process deepens understanding through creativity and teamwork while encouraging debate on how values shape daily life.

Keywords: creativity, EU values, democracy, collaboration, expression

<https://www.one-culture.eu/wp-content/uploads/2025/11/6.-Informal-Training-Practice-Creatively-presenting-EU-Values.docx.pdf>

7.3.7. Intercultural civil walk – voices of the city

Summary: A guided city walk where participants explore multicultural districts, discover local stories, and reflect on European values in everyday life. Through storytelling and observation, learners connect diversity and inclusion to citizenship and belonging. The experience turns the city into a living classroom of European identity.

Keywords: intercultural dialogue, inclusion, citizenship, storytelling, belonging

<https://www.one-culture.eu/wp-content/uploads/2025/11/7.-Informal-Training-Practice-Intercultural-Civil-Walk-voices-of-the-city.pdf>

7.3.8. Intercultural encounters in your community

Summary: Using a World Café format, participants meet residents of diverse backgrounds to exchange migration stories and personal experiences. The activity builds empathy and understanding of community diversity, linking everyday life to EU values of tolerance, freedom, and respect. It's simple, inclusive, and dialogue-driven.

Keywords: dialogue, diversity, tolerance, storytelling, community

<https://www.one-culture.eu/wp-content/uploads/2025/11/8.-Informal-Training-Practice-Intercultural-Encounters-in-your-Community.docx.pdf>

7.3.9. Speech bubbles of Europe

Summary: Participants explore EU values like dignity, democracy, and equality through the medium of comics. They draw and exchange one-frame stories, filling in each other's speech bubbles to co-create meaning. The playful method bridges language barriers, encourages empathy, and highlights how values can be visually and collectively expressed.

Keywords: comics, creativity, dialogue, equality, democracy

<https://www.one-culture.eu/wp-content/uploads/2025/11/9.-Informal-Training-Practice-Speech-Bubbles-of-Europe.pdf>

7.3.10. The EU values Café

Summary: A dynamic, café-style discussion that turns EU values into lived conversation. Participants rotate between themed tables, discuss real-life dilemmas, and create artistic or media-based responses. The atmosphere is informal yet reflective, connecting political ideals with daily experience and civic responsibility.

Keywords: dialogue, participation, citizenship, creativity, democracy

<https://www.one-culture.eu/wp-content/uploads/2025/11/10.-Informal-Training-practice-The-EU-Values-Cafe.pdf>

7.3.11. What's your Roman Empire

Summary: This practice links ancient Roman heritage to modern European values through guided reflection and metaphor. Learners connect monuments like the Colosseum or Via Appia to justice, peace, and freedom, then design their own “Roman Empire of Values.” It merges history, identity, and civic imagination.

Keywords: heritage, identity, citizenship, reflection, creativity

https://www.one-culture.eu/wp-content/uploads/2025/11/11.-Informal-Training-Practice-What_s-Your-Roman-Empire_.pdf

7.3.12. Waves of expression exploring the Black Sea through painting in art Iasi Museum

Summary: A museum-based painting workshop where participants learn about the Black Sea's cultural and geopolitical significance while creating their own artworks. The activity connects art, identity, and sustainability, using creativity to discuss unity, diversity, and Europe's shared environmental responsibility.

Keywords: art, heritage, sustainability, identity, inclusion

<https://www.one-culture.eu/wp-content/uploads/2025/11/12.-Informal-Training-Practice-WAVES-OF-EXPRESSION-EXPLORING-THE-BLACK-SEA-THROUGH-PAINTING-IN-ART-IASI-MUSEUM- Informal-Activities-for-EU-Values-One-Culture.pdf>

8. Afterword

The ONE Culture journey began with a simple question: how can art and learning help people feel part of a shared European story? The answers turned out to be as diverse as Europe itself, drawn in clay, filmed on phones, sung in cafés, or mapped in city streets.

What connects all these approaches is not a single method, but an attitude: curiosity, openness, and a belief that dialogue changes things. When adults learn creatively, they do more than acquire knowledge. They build belonging.

This handbook is not an endpoint. It's a living document that grows with every adaptation, every new story shared. Its value lies in how it's used: in workshops that spark laughter, in quiet reflections that shift perspective, in unexpected partnerships that cross borders.

The ONE Culture partners hope that what started as a European project continues as a human one: a network of educators, artists, and citizens who keep finding new ways to make Europe visible, tangible, and kind.

May these pages remind you that culture isn't just a thing to preserve, but a way to connect. And that every act of learning, however small, helps write the next chapter of this shared story.

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