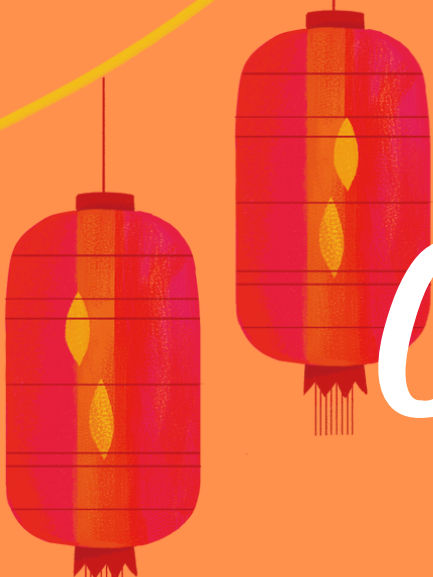




# Getting involved

*Ways to preserve  
our cultures and  
traditions*





# *Contents:*

*1. Taking Action: Practical Steps for Visitors & Locals*

*2. Sharing Your Experiences and Raising Awareness*

*3. Conclusion: A Call to Action for a Vibrant Future*





# *Taking Action*

**WANNA CHALLENGE YOURSELF?!  
GO FOR IT!!**

**WEAR TRADITIONAL CLOTHES ONCE A WEEK: CLOTHING  
CAN BE A STRONG VISUAL REMINDER OF CULTURAL  
IDENTITY. EMBRACE TRADITIONAL GARMENTS.**

**ATTEND LOCAL FESTIVALS: FESTIVALS ARE VIBRANT  
CELEBRATIONS OF CULTURAL TRADITIONS. PARTICIPATE IN  
THE FESTIVITIES AND LEARN ABOUT LOCAL CUSTOMS.**

**LEARN A LOCAL RECIPE: FOOD IS A POWERFUL EXPRESSION  
OF CULTURE. COOKING AND SHARING TRADITIONAL DISHES  
HELPS KEEP CULINARY HERITAGE ALIVE.**

**JOIN COMMUNITY EVENTS: PARTICIPATE IN LOCAL EVENTS  
AND ACTIVITIES. CONNECT WITH COMMUNITY MEMBERS  
AND LEARN ABOUT THEIR TRADITIONS.**

**WEAR TRADITIONAL CLOTHES ONCE A WEEK: CLOTHING  
CAN BE A STRONG VISUAL REMINDER OF CULTURAL  
IDENTITY. EMBRACE TRADITIONAL GARMENTS.**





# Sharing experiences,

**USE SOCIAL MEDIA TO SHARE YOUR EXPERIENCES AND RAISE AWARENESS ABOUT CULTURAL PRESERVATION. DOCUMENT WHAT YOU'RE LEARNING AND EXPERIENCING, AND ENCOURAGE OTHERS TO GET INVOLVED. USE RELEVANT HASHTAGS TO CONNECT WITH LIKE-MINDED INDIVIDUALS AND ORGANIZATIONS.**



**FOLLOW US ON @CULTURESHIFT**



*Conclusion: A call to action  
for a vibrant future!*

**PRESERVING OLD TRADITIONS IS A  
COLLECTIVE RESPONSIBILITY. BY  
TAKING ACTION, SHARING OUR  
EXPERIENCES, AND RAISING  
AWARENESS, WE CAN ENSURE THAT  
OUR CULTURAL HERITAGE THRIVES  
FOR GENERATIONS TO COME. LET'S  
WORK TOGETHER TO BUILD A VIBRANT  
FUTURE WHERE TRADITION AND  
PROGRESS COEXIST IN HARMONY.**

