

# WHEN TWO CULTURES MEET

CHALLENGES AND OPPORTUNITIES  
OF CULTURAL INTEGRATION

# #1

## CULTURE

By culture we mean the set of values, norms, traditions, languages, beliefs, and behaviors that characterize a human group and guide the way people live and interact.



# #2

## CHALLENGES THAT ARISE WHEN TWO CULTURES MEET

- **Language barrier:** communication difficulties.
- **Inequalities:** obstacles to employment, housing, and school inclusion.
- **Discrimination and prejudice:** risk of stereotypes, exclusion, or xenophobia.
- **Transmission of identity** to new generations.
- **Differences in values** and norms.



# #3

## PSYCHOLOGICAL CONSEQUENCES

Acculturation stress

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Identity conflict

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Isolation and loneliness

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Emotional burden in  
young people

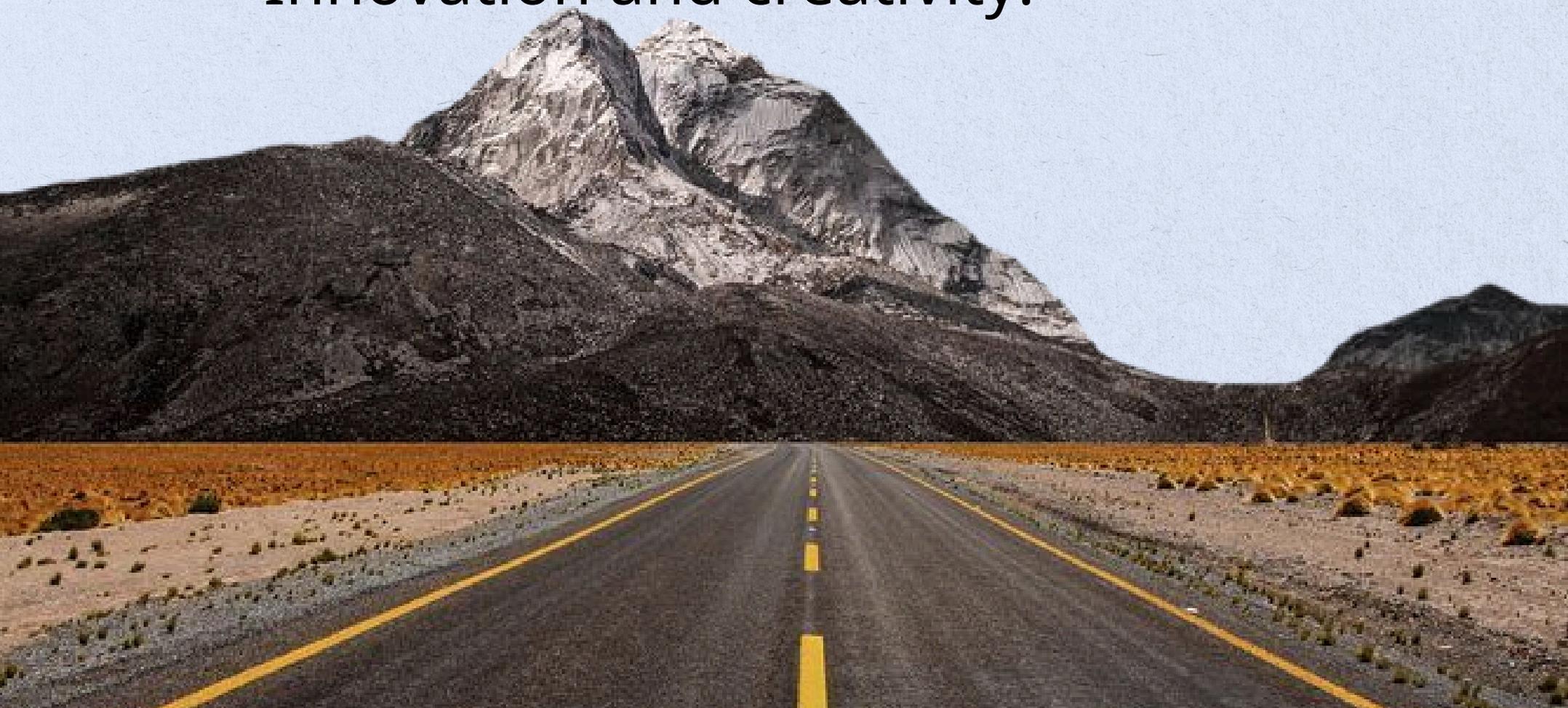
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# #4

## OPPORTUNITIES THAT CAN EMERGE FROM THE ENCOUNTER BETWEEN CULTURES

- More inclusive and supportive communities
- Enrichment of services and the world of work
- Intercultural dialogue
- Exchange of traditions, languages, and knowledge
- Innovation and creativity.



# #5

## **SOCIAL TOOLS CAN FOSTER A POSITIVE ENCOUNTER BETWEEN TWO CULTURES. EDUCATION AND TRAINING**

 Intercultural school programs and language teaching.

 Policies for fair and dignified employment.

 Linguistic and cultural mediation services.

 Community meeting spaces (cultural centers, libraries, associations).

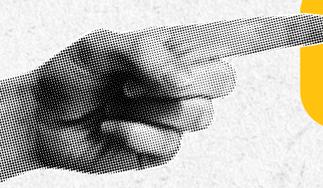
 Awareness campaigns against stereotypes and prejudices.

 Promotion of positive stories of intercultural coexistence.

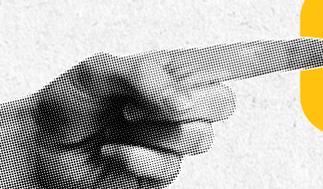
# #6

## PSYCHOLOGICAL BENEFITS OF A SUCCESSFUL MEETING

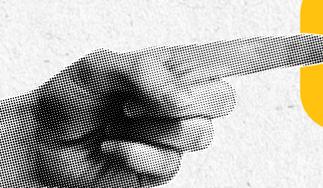
On an individual level:



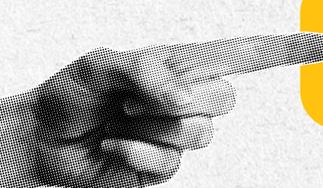
Sense of belonging



Higher self-esteem



Open-mindedness and flexibility



Empathy and understanding of others



# #7

## PSYCHOLOGICAL BENEFITS OF A SUCCESSFUL MEETING

On a collective level:



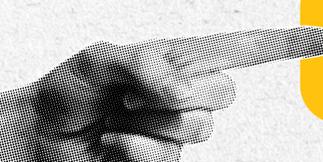
More cohesive and inclusive communities



Widespread social well-being



Open-mindedness and flexibility



Shared creativity and innovation



# #8

## THE HERE4U PROJECT

Are you between  
14 and 24 years old?

If you're lonely, confused, or sad, Here4U is a free and anonymous service that connects you with psychologists, even in your own language.

**CONTACT US VIA  
U-REPORT ON THE MOVE**



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