

„Mitleben“ caters to:

- ... improve the acceptance and tolerance of both migrants as well as residents in a consistent, long-term way
- ... strengthening the local identity and self-consciousness
 - advancing the city ecology
 - creating a stronger community bond for local residents
 - identification with the city of Mettmann and its local inhabitants
- ... intensify the intercultural self-identity and the general acceptance of a multi-cultural community
 - strengthening a global consciousness
 - social integration and acceptance regard less of cultural or ethnical origins
- ... create a network between local organisations active in the integrational field
- ... and serving a contribution to the prevention of crime, violence and addictions problems.

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For more information and recents new, visit our Facebook page at: www.facebook.com/Mitleben



Mettmann as intercultural learning and meeting place

together | experience | participate



Integration-Kulturzentrum e.V.
im Kreis Mettmann

Integrational Project „Mitleben“

Mettmann as intercultural learning and meeting place

Why does Mettmann need an integrational project?

The seemingly never ending flow of immigrants of people from different cultural origins gives the county of Mettmann a never before seen potential for and cultural integration. It opens up **opportunities** and **chances** for the existing commune and its newly arrived migrants.

Then again, it forces upon its people **new challenges** on integrational work.

Not least are the personal circumstances, including unemployment and language barriers, a result of unwillingness of the immigrants to integrate, but moreover a cause of the social and cultural nature of the target community.

A sustainable integration does not only mean to integrate immigrants into the social and cultural community that is already existing, but also to diminish and clear up prejudice and reservation of the local inhabitants.

At this point the project „Mitleben“ sets in and creates an intercultural dialog between migrants and the local community **to foster and develop the corporate feeling, reduce and clear up existing prejudices and strengthen the cultural relations of its diverse inhabitants.**

What potential does the project give?

There are about 35 different nationalities living on the communal area of Mettmann. „Mitleben“ sets in at the point of **intercultural and integrational approaches without age or origin restrictions.**

Who sponsors the project?

„Mitleben“ is a sponsored project from the **Bundesamt für Migration und Flüchtlinge (Federal Office for Immigration and Refugees)** that is being established under the roof of the **Paritätischen Wohlfahrtsverband** and being developed and guided by the **Integrations- und Kulturzentrum Mettmann e.V.** as well as the **Integrationsrat Mettmann.**



Gefördert durch:



aufgrund eines Beschlusses des Deutschen Bundestages

Significantly involved: Ria Garcia, Integrationsrat | Luciana Martena, Integrationsrat | Denis Bulatow, IKZ | Jennifer Kappmeier-Klenk, Ethnologin (M.A.), priv. | Volkshochschule der Städte Mettmann und Wülfrath

The four pillars of „Mitleben“

1. Cross-cultural gardening „Striking roots“ in our (new) home

Cross-cultural gardening serves especially the improvement of the city's ecology and promotes the collaborative work as well as the joint contribution to a common goal. By creating a **vegetable and herb garden**, participants realise a common project aside from cultural, religious and language barriers and establish a meeting and relaxation point for all inhabitants of the city.

2. Cross-cultural cooking classes „The way to the heart goes through his stomach“

A general saying that accompanies a daily activity which everyone is familiar with, completely independent of origin. The fascination of different cultures can be experienced through its culinary diversity and **speciality of original dishes, ingredients and eating habits.**

3. Cultural exchange Experiencing new cultures „up close“

Not at last is dancing one of the oldest ways of expression for human aspirations – one that even works without vocal language. Music, rhythm and body language are able to bring people together and create emotions. Every culture has its own special music, theatrical plays, poems etc. that are able to transport important content.

4. Audiovisual documentation A sustainable and lasting impressions is created by photographs and movies.

The different courses are accompanied and documented in medial forms, to retain events that participants and guests can look back onto and **remember very special moments of an inter-cultural community** and the work that has been accomplished, as well as promote participation and encourage commitment by fellow residents of the city.