



WHAT'S IN YOUR SUITCASE?

CONVERSATION GUIDE

Picture your favorite suitcase or bag.

Now picture yourself packing for a long trip - include your clothes, toothbrush, and maybe an extra sweater.

Before you close the bag, imagine including one item that is meaningful to you that you would always want to have if you remained in the new place.

Maybe it is a photo album, a family recipe or a father's watch.

Now, describe the item to a friend or loved one. Help them picture it. Even better, if you have the item share it with them.

Next, describe why the item is important to you and perhaps a story you associate with the item.

In life, often the most important things we pack in our suitcases are not the physical items so much as the stories behind them and the experiences that shape our lives that we can share with others.

Enjoy unpacking your stories!



Suitcase Stories® is a signature program of the International Institute of New England that explores migration through the art of storytelling. Founded in Lowell, MA, The International Institute of New England is one of the oldest and largest social service organizations for new Americans in the region.

www.suitcasestories.org