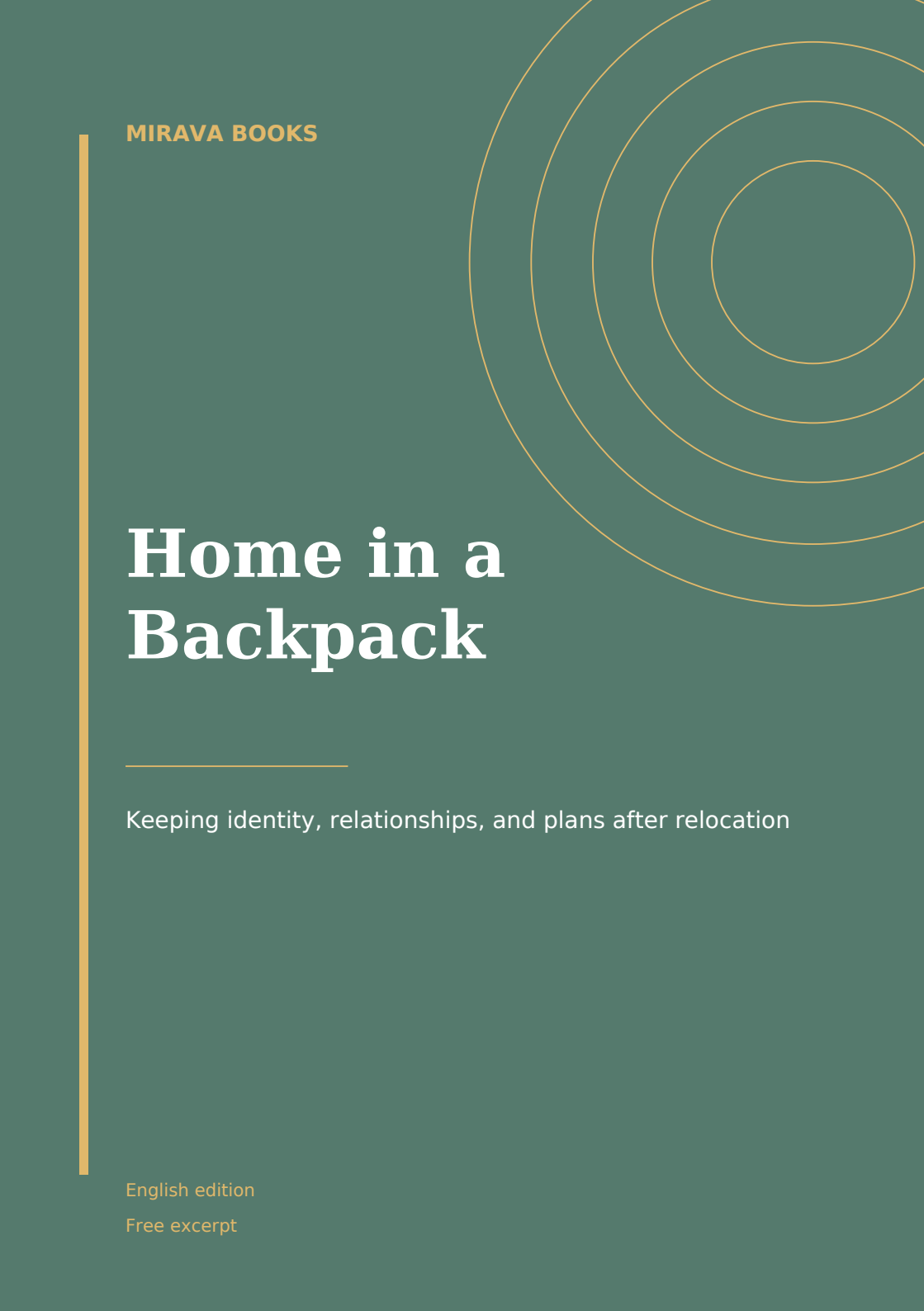




MIRAVA BOOKS

Home in a Backpack

Keeping identity, relationships, and plans after relocation

English edition

Free excerpt

Home in a Backpack

Keeping identity, relationships, and plans after relocation

English edition · Revised edition · October 2026

This guide is for teenagers and adults seeking continuity in their history, relationships and immediate plans after relocation. Choose chapters as needed and treat exercises as invitations rather than a compulsory programme. The examples are fictional; the text was prepared with the help of artificial intelligence. This book does not replace official help with documents, housing, employment or health, or promise adaptation within a set period. Your circumstances and available resources matter more than any universal schedule.

MIRAVA · Text and translation prepared with AI assistance.

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01

What we take with us

Before the new school year, Liza lists things that do not fit in a suitcase: her humour, drawing skills and family expressions. Her address changed, but those parts of her experience remain. Identity cannot be reduced to a document, occupation or birthplace. It includes languages, favourite activities, relationships, beliefs and ways of caring. Some change over time without diminishing the past.

List up to ten qualities and skills you recognise in yourself. Replace “I am good” with actions: repairing clothes, explaining tasks to younger children or remembering stories. If the list is difficult, ask someone close for a particular incident involving you. Not every quality needs to become work or a service to others; enjoying music can also matter.

Choose two available family symbols: a photograph, recipe, expression or drawing from memory. Belongings may be lost, so a symbol need not be an original object. Save important contacts and agree how to communicate. Try one familiar skill in the new place: draw a neighbourhood map, cook a simple dish or help with a manageable task, if both sides welcome it.

Practice: divide a page into “still with me”, “want to preserve” and “want to try”. List skills, a valued relationship or habit, and a small action for the week. Add to it later. This is a personal map, not proof of worth: you need not show strangers or justify access to help through achievements.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] BAMF-NAVI — пример официального поиска консультаций и компетентных ведомств · bamf-navi.bamf.de

[2] BSI — Basistipps zur IT-Sicherheit: пароли и безопасные способы доступа · www.bsi.bund.de