

## Participant Consent Form

### Project Title:

***How can the exploration of food culture serve as a bridge between home and new environments for youth migrating within and across different regions or countries?***

You are being invited to take part in a research project. Before you decide to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the attached information sheet carefully and discuss it with others if you wish. Ask if anything is unclear or if you would like more information.



### Project Introduction

This research explores how the exploration of urban food culture can act as a bridge between home and new environments for young people migrating within and across different regions or countries. This study investigates how food-related experiences help migrants maintain connections with their cultural roots while adjusting to new surroundings. Migrating, whether domestically or internationally, often comes with emotional and cultural challenges, such as homesickness and the need to adapt to unfamiliar environments. This research aims to explore the role food plays in helping migrants navigate these transitions, offering a deeper understanding of how food culture fosters emotional resilience and a sense of belonging in new places.

### Intervention Aim

The purpose of the intervention is to explore how food and culinary practices in immigrant restaurants serve as a bridge between the home culture and new environments for youth migrating across regions or countries. The goal of the intervention is to deeply explore the relationship between food and cultural identity, and to help participants tap into their own cultural memories through systematic guidance, as well as to encourage participants to reflect on how to balance tradition and innovation in the new environment.

- I understand that I have given my consent to be interviewed about my thoughts on how food and culinary practices in immigrant restaurants serve as a bridge between home and new environments for migrants, and how these experiences contribute to cultural adaptation.
- I fully give my consent to take part.
- I understand that I have given approval for my opinions to be included in the research outputs. Anything I say may be used in academic papers relating to the project, although these quotations will be anonymous.
- I understand that I have given my consent for my likeness to be filmed and recorded and that this recording will be used for research purposes only.
- I have read the information sheet about the research project, which I have been asked to take part in and have been given a copy of this information to keep.
- What is going to happen and why it is being done has been explained to me, and I have had the opportunity to discuss the details and ask questions.
- Having given this consent I understand that I have the right to withdraw from the research programme at any time without disadvantage to myself and without having to give any reason.
- I hereby fully and freely consent to participation in the study, which has been fully explained to me.

<i>Participant's name</i> (BLOCK CAPITALS):	SAGE ZHANG		
<i>Participant's signature:</i>		<i>Date: 27/10/2024</i>	
<i>Investigator's name</i> (BLOCK CAPITALS):	YUYUN MA		
<i>Investigator's signature:</i>		<i>Date: 27/10/2024</i>	

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