This talk describes a participatory action research (PAR) approach to linguistic and cultural revitalization, taking a PAR project of a Black Tai community in Thailand as a case study. It gives a sketch of the history and current status of the Black Tai language and culture and the ways in which reclamation activities and restoration of their linguistic and cultural rights can enhance the well-being of the speakers and enable them to be proactive in taking charge of social problems leading to sustainable community development. The project targets younger generation, especially youth as primary stakeholder, partner, and beneficiary of the intergenerational transmission of Black Tai linguistic and cultural heritage. Linguistic and cultural heritage is seen as essentially an asset, an invaluable capital for self- and community development. To safeguard the vitality of Black Tai linguistic and cultural heritage, non-formal curricular developments are discussed with the community and accordingly implemented and evaluated. The curriculum is learner-driven and activity-based creating opportunities for local knowledge to be passed down from generation to generation through knowledge elicitation; restoring lost ties between generations; increasing interaction in homes and schools among community members of all generations. The research project showcases an alternative holistic approach to language revitalization; linking language culture and personal and community empowerment; language lives through actual every day use of it in society. The research outcome indicates that active engagement of local members is essential to the success of the intergenerational transmission of linguistic and cultural heritage leading to sustainable development of the whole community.