

What to expect from my programme

Description

It is very important that before the start of the programme, participants are able to think about all the aspects that are going to come into play and above all that they are able to ask themselves what their own expectations are on different issues. Proper and thoughtful management of expectations significantly reduces conflicts and possible frustrations during the experience and allows participants to put themselves in the shoes of another actor involved in the experience.

Objectives

- Self-awareness
- Cultural awareness
- Develop intercultural sensitivity

Development of the Activity step-by-step

Participants are given 10 to 15 minutes to think of:

At least 4 concrete situations they are going to experience during the experience (with their family, with the reception student, at school or in everyday life).

At least 3 situations that they think may be challenging during the experience.

At least 5 skills they have to cope with this situation.

- After this reflection, participants should describe what they think a typical day will be like during their experience (it is important that they give as much detail as they can). - - At the end of this process there will be a short debriefing:

On a scale of 1 to 10, how accurate do you think you are in your vision of a normal day in your experience, why do you think that?

Have you ever thought about what the other members involved in the programme expect from this experience (families, classmates, teacher, etc.)? (families, classmates, teachers...)?

are you aware that throughout the experience you will develop new skills and strategies to overcome any difficulties?

How would you like to see yourself and your family at the end of this adventure?

- Now it is time to project ourselves into the future. You will have 10 minutes to write an email to yourself which you will receive whenever you want but never before the last days of the programme. You can do this through:

<https://www.futureme.org/>