

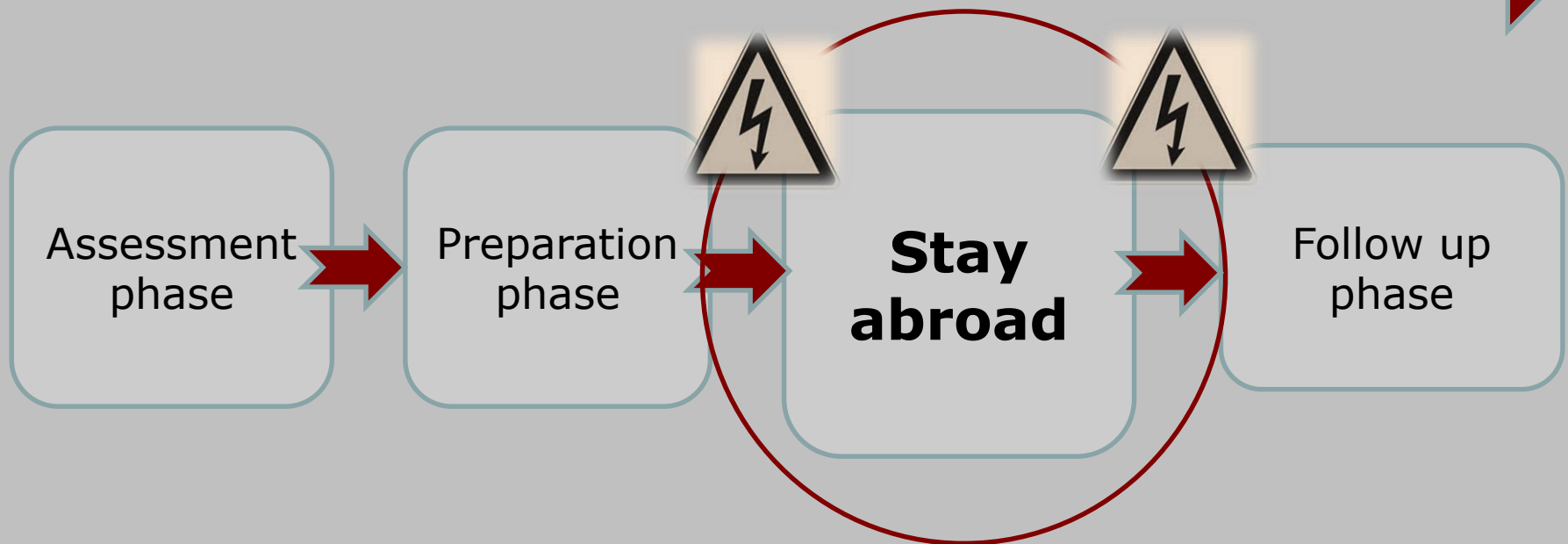


Support during the stay abroad

- 1. Evaluating risks**
- 2. Toolbox for the stay abroad**
- 3. Support during the stay abroad**
- 4. ... Lessons learnt (Work in process)**

1. EVALUATING RISKS

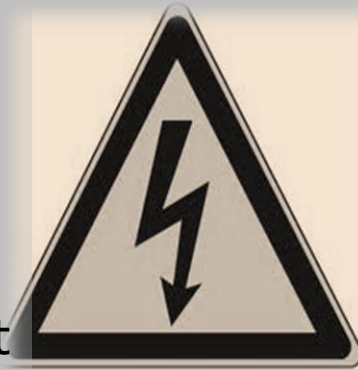
Individual development process



1. EVALUATING RISKS in situation of change and adaption

Before stay abroad

- **Orientation and security**
(persons, sites, schedules, aims, support and language/communication)
- IdA staff, Jobcenter
- family, friends, etc.



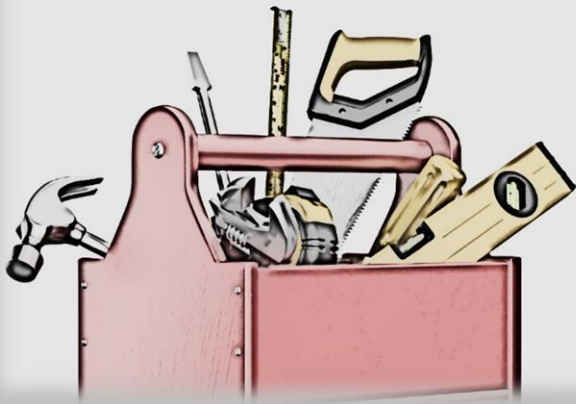
During stay abroad

- **Culture shock**
- living, sleeping, eating, learning & working, leisure time
- aims, contents, day- and week structure
- persons: host family, transnational partner, enterprise, supervisor

2. TOOLBOX for the stay abroad

Pre-departure
briefing

- **Intercultural competence and conflict management training**
 - Prepare for **intercultural misunderstandings** and practice **change of perspective**
 - Explain models that help understand individual adaption processes, e.g. culture shock model
- Match **expectations of participants** with **frame conditions** in host country
- Define aims and point out **challenges a chance** for personal development



2. TOOLBOX for the stay abroad Culture Shock Model (U-Model)

euphoria

comprehension

alienation

misunderstandings

**escalation
disintegration**

3. SUPPORT during stay abroad

Pre-
departure
briefing

On-arrival
orientation

Everyday
life
abroad

- Strategies oriented towards **individual capacities** and **needed support**

Consistent self-reflection

- **Individual risk management plans**

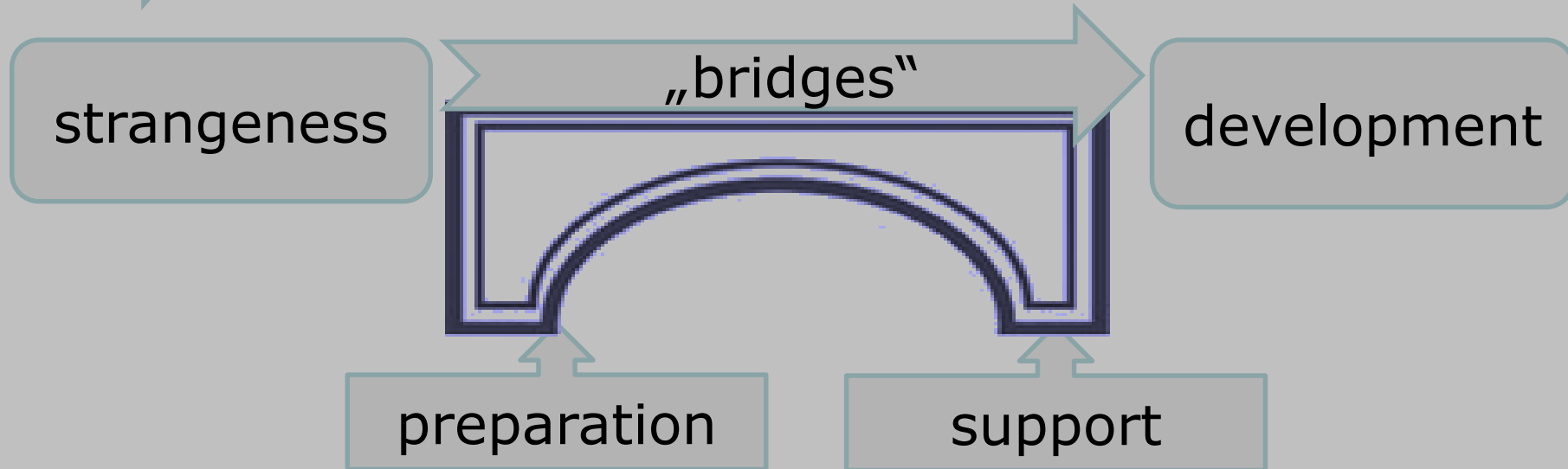
- **Quality of communication**

On-arrival orientation

- ✓ a first phase of 2 weeks for adaption with **less requirements**
- ✓ e.g. 2 weeks of intensive language training before starting internships
- ✓ **slowly increase requirements** (to be fulfilled by participants)

Everyday
life
abroad

- Strategies oriented towards **individual capacities** and **needed support**







Everyday
life
abroad

➤ **Consistent self-reflection**

- ✓ weekly fixed date
- ✓ e.g. personal learning and support plan, work book, (e-)portfolio
- ✓ e.g. case conferences on a regular basis

Learning and support plan

Strengths 	Click here to enter strengths.
Interests 	Click here to enter interests.
NEEDS	SUPPORT STRATEGIES
Learning needs (I learn best when) 	Click here to enter learning needs.
Personal help needs (I need personal help with) 	Click here to enter personal help needs.

Learning and support plan

How do you feel about

Not at all
confident

Very confident

0

1

2

3

4

5

How do you feel about	Initial	End
Organising your time		
Organising your work		
Finishing work on time		
Learning new things		
Memory techniques		
Concentrating		
Asking for help		

Learning and support plan

TARGET SETTING – (shared with everyone who can help you)



Your supervisor will help you come up with targets. These are things you want to get better at. You don't need lots of target. One or two at a time might be easier to achieve

My reasons for coming to Scotland (through my work and learning experience abroad I would like to)	Click here to enter your reasons.	
LEARNING TARGETS		ACHIEVED
Core skills target	Click here to enter targets.	<input type="checkbox"/>
Work target	Click here to enter targets.	<input type="checkbox"/>

Everyday-
life abroad

➤ **Individual risk management plans and actions**
with participants and transnational partners

- ✓ Know participants (aims, requirements, needs)
- ✓ Analyze and plan necessary individual support
- ✓ Talk about typical risks and worst case scenarios
- ✓ Devise „emergency plans“
- ✓ And evaluate common experiences

Everyday-life abroad

➤ **Quality of communication**

- ✓ Network - Stakeholders
 - staff (sending and receiving institution), host families, enterprises etc.
- ✓ A common project identity & culture
 - common aims
 - communication and working language
 - assigned responsibilities, defined rules
 - common experiences
- ✓ a common concept: contents, methods, fields of work, support

Integration process

Preparation

Stay abroad

Follow up

Employability
workplacement

Individual and
continuous support
secures processes
of development.

- ✓ Reflect on actions, point out learning achievements
- ✓ Compare set aims with achievements
- ✓ Offer the right measure of support
- ✓ Foresee, talk about and solve risks and problems within the organized network

Support should be a handrail to overcome challenges.



*The handrail is constructed according to the needs of the participants.
Support facilitates all necessary information to construct the individually matching handrail .*

4. Lessons learnt or work in progress

- A predictable adjustment of the process
- Support according to the target group
- Uninterrupted support
- Intensive supervision
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Thank you 😊