



IMPROVING EUROPEAN WORKECHANGE EXPERIENCES FOR YOUNG PEOPLE
& PROVIDING TRAINING AND SUPPORT FOR TEACHERS AND ENTERPRISES

FOR THE STUDENT

The aim of this logbook is to improve students' ability to work abroad in a foreign culture. It is important to get acquainted with the country before you arrive. As countries differ from each other, it is important to choose the tasks which will be of benefit to you. You should negotiate with your tutor about how much and what kind of information on the target country you will need.

ME AND MY CULTURE

Reflection:

When you go abroad, you might feel insecure, because you don't understand everything and you are not always able to take part in conversations. It is important that you have a clear picture of your own identity: you know who you are, what are your strengths and weaknesses, and what kind of goals you have in relation to your work and personal life.

List 3 of your strengths and 3 weakness:

My Strengths	My Weaknesses

List 3 professional goals:

1.
2.
3.

List 3 personal goals:

1.
2.
3.

When you are abroad, you always represent your home country and it is important to know the basic facts about your own country and its history. Write down the following answers either in English or by using the language of the target country. You shouldn't put too much effort in spelling or grammar. It is far more important to be able to express yourself in a foreign language.

What is/are the official language(s) in your country?	
Name three of the most important events in the history of your country.	



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What is the national day in your country and when/how is it celebrated?	
When did your country join the EU (if an EU country)?	
What is the population of your country?	
What are the main import/export products of your country?	

FACTS ABOUT THE HOST COUNTRY

You will find information about the target country on the internet - take advantage of this. The only problem may be the language. You may find the information only in the language of the target country, but you will face the same problem when being abroad. It is good to learn to solve problems and find out things without knowing the language. You will find information in English, too.

Name some main events in the history of the host country?	
What are the nature and climate like in your target country?	
Describe 3 traditions in the host country	
What have you found about everyday life? (eg. Specialty foods, leisure time activities, working hours, etc.)	
What is/are the official language(s) in the host country	
What is the population of the host country?	

MANAGING EVERYDAY LIFE

You may find it frightening to speak a foreign language. It is important to be brave and speak and make mistakes. No one is concentrating on your mistakes, but he/she is interested in what you say. Sometimes it is difficult to make oneself understood, but then it is good to use body language and drawing skills.

If you are working in an environment where you cannot use the languages you know:

- Find out the most important words and phrases that you are likely to need in your work and free time.
- Write down key words/phrases in your own language, in English and in the target language. The words should be basic greetings and vocationally – specific words. (If English is your native language, you can ignore the right-hand column) Please feel free to continue on a separate sheet of paper.



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Word/phrase in your native language	In English	In language of host country

Finances

If the currency of the target country is different than your own, write:

Name of the currency: _____

1 _____ = _____
 (name of currency) (equivalent in your currency)

10 _____ = _____