

Drama management while abroad

Duration	1,5 hours
Session objectives	Reflection on resilience and tools to develop resilience when going abroad. Use of our personal skills and our personal network.
Nr of Facilitator(s)	1
Nr of Participants	Up to 30
Room requirements	Space for 5 working groups
Supplies and equipment	Movable sits + tables, video projector
Materials	
Handouts	Annex 1_ Context of Drama Management Annex 2_Resilience ppt
Références	

Description

Include Instructions facilitators, step by step description, time schedule

Duration	Instructions
10 min	<p>Split participants in groups of 4 or 5, if possible.</p> <p>Attribute roles to each of them:</p> <ul style="list-style-type: none"> - teacher at home - a student going abroad - mobility provider

	<ul style="list-style-type: none"> - tutor in company in the hosting country - family or friend (optional)
10 min	Distribute some copy of <i>"Context of Drama Management"</i> docs to each group and introduce the role game
30 min	Each participant, adopting his/her role, tries to solve the situation presented or help the student abroad to deal with it.
40 min	<p>Reflection all together on possible ways to deal with the situation presented. <i>"How can we turn difficulties found abroad into life lessons which will benefit our personal growth?"</i></p> <p>Use the PPT presentation as a support</p>

ANNEX 1_Context of Drama Management

DRAMA MANAGEMENT, GROUP WORK ACTIVITY

Step 1. Participants work in the same groups as before (5 groups of 4 people).

Step 2. One participant is a student, another one is the teacher at home, another one is the tutor in company and another one is a mobility provider.

Step 3. The situation: you are going abroad for a traineeship and just arrived at your destination. It is already dark and it's raining cats and dogs. You arrive to your room after a 10 hours trip, 2 flights and a bus. When you arrive to the room, there is only a small bed, an old TV and a small kitchen. You go to bed feeling cold, alone and questioning yourself why did you say yes to this adventure when you could be comfortably sleeping in your cosy bed at home after spending the evening with your friends. The day after, you wake up after sleeping very badly and these are the challenges you will need to solve from now on:

- You need to find your way to the company, where you will start working in 2 days. You don't know how public transport works, if there are discount cards, the frequency, the stops...
- You need to go to the grocery but products in the supermarket are very different to those at home.
- You have to go to work but you haven't been to the company yet and don't know how you should dress or what is expecting you at work.
- You start working in the company but feel isolated because nobody asks you to join during lunch breaks and people speaks their language all the time, instead of English. Even when they speak English, they do much better than you so you have problems following conversations and you feel embarrassed to intervene.
- After your first week of work, you need to go out and spend some time with friends, but you don't know anyone in this new place, so you feel alone.
- During the first weekend abroad, feeling alone, frustrated and powerless, you decide to call home to share how miserable you are, how much you miss your friends and your mom's cooking and you want to go back because the experience is not as you imagined.

How would you deal with these situations? Who would you ask for help? How could the different people help you? (your teacher at home, the tutor in company and the mobility provider).

ANNEX 2 _ Resilience PPT

ANNEX 2_PPT RESILIENCE



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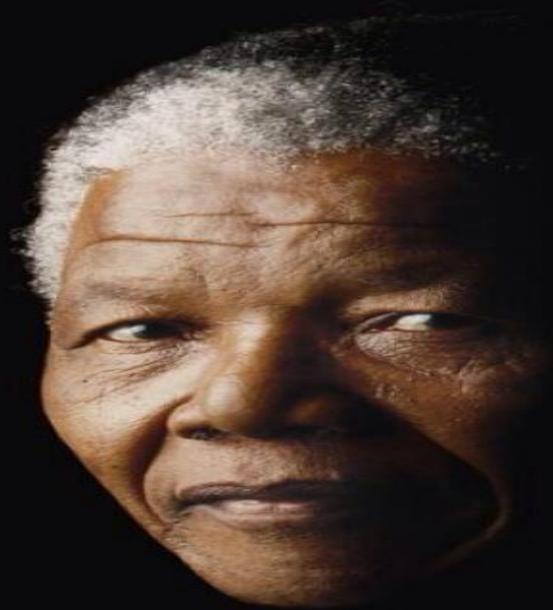


MOBILITEACH
SUMMER SCHOOL

The art of facing up adversities

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela

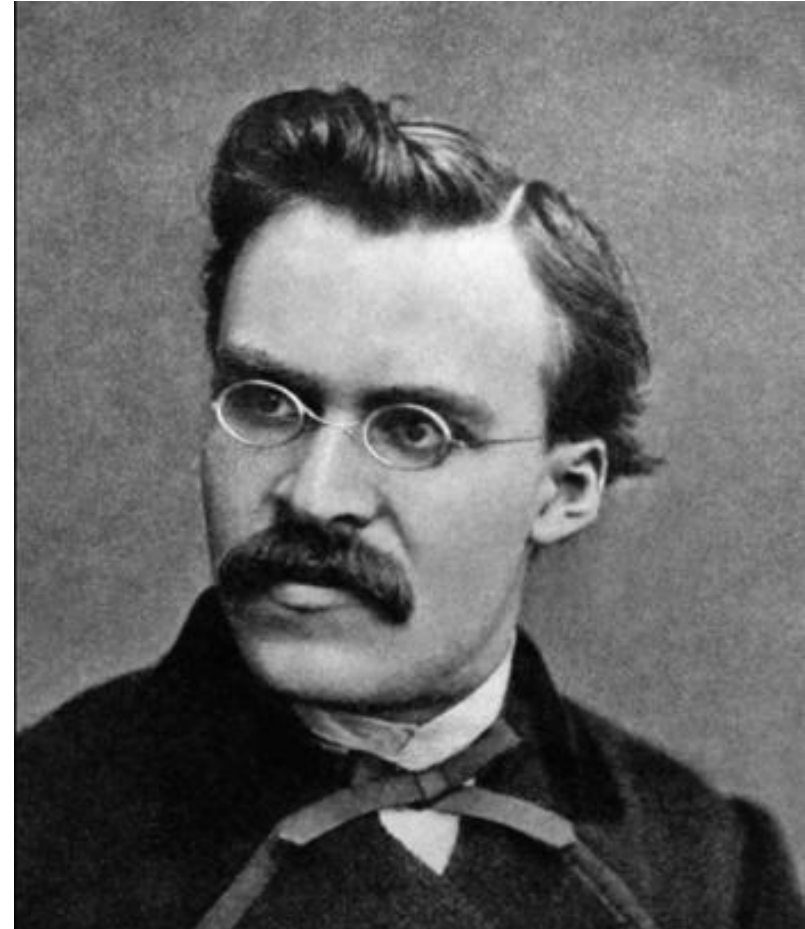


How do we face risk and difficult situations?

- Do we grow stronger or we surrender?
- Do we act or we block?
- Do we learn or we unlearn?
- Is everyone affected in the same way?

'What doesn't kill me make me stronger'

Friedrich Nietzsche



Which are the adversities faced by students abroad?

Language
Culture
Home sickness
New relations
Finance
New social rules



Consequences

Anxiety

Impatience

Questioning

Feeling

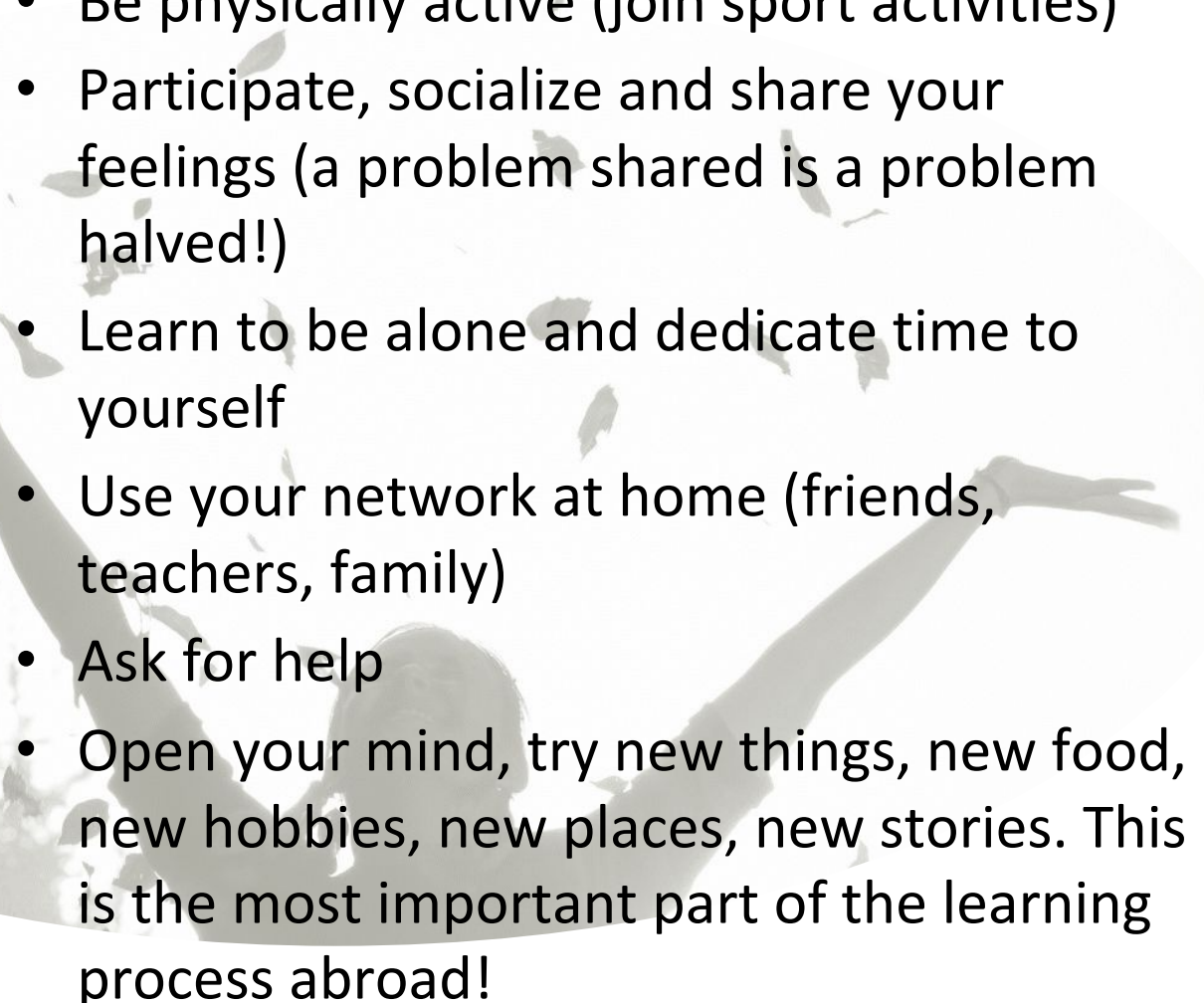
powerless

Frustration



Group work!
(35 minutes)

Some tips to feel better

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- Be physically active (join sport activities)
 - Participate, socialize and share your feelings (a problem shared is a problem halved!)
 - Learn to be alone and dedicate time to yourself
 - Use your network at home (friends, teachers, family)
 - Ask for help
 - Open your mind, try new things, new food, new hobbies, new places, new stories. This is the most important part of the learning process abroad!