

# THE COMFORT JOURNEY

## KEY COMPETENCES

PERSONAL SOCIAL AND LEARNING TO LEARN

## PERIOD

AFTER

## PLAY MODE

INDIVIDUAL

## AIM OF THE MISSION

Self-reflection, increasing awareness about one's learning process. Turn it into a visual form to make it more attractive.

## TIPS AND TRICKS

## DESCRIPTION OF THE ACTIVITY

Based on learning outcomes you reached you now will reflect on your learning process and how your approach to new challenges has changed after the internship.

**Think about your comfort zone before mobility: what were the things/person/thought that made you comfortable.**

**Create a poster representing your comfort zone before your Erasmus experience.**

**What happens during mobility? How does the comfort zone change? What did you learn from that?**

**Living overseas gives us the possibility to learn new things. Think about the challenge you lived during your experience (at least three) and explain how you faced them and how they affected you. What did you learn? How do you realize you learn that? Compare it with the comfort zone you had before mobility and how it changes.**

DURATION

2 hours

Canva

SUITABLE APPS

INTERNET NEEDED

YES

NO

Group with supervisor

DEBRIEF

MATERIAL NEEDED

## ADDITIONAL DETAILS

**TRAINER ROLE:** It's necessary to have a proper reflection time in order to create a comfortable zone to think about the previous comfort zone and how this changes shape and colour during the mobility.

Trainer can choose which is the instrument in which he/she feels more comfortable with the student: if it is with a digital tool, or with artistic-creative tools.