

DEAR FUTURE SELF

KEY COMPETENCES

PERSONAL, SOCIAL AND LEARNING TO LEARN

PERIOD

DURING

PLAY MODE

INDIVIDUAL

AIM OF THE MISSION

To increase self reflection of students, thinking about what they will learn or expect.

TIPS AND TRICKS

Do this activity in the really beginning of your internship and once back home discuss with your mates what happened and how are you changed since you wrote the letter.

DESCRIPTION OF THE ACTIVITY

Have you ever talked with the you of the future? Would you like to do it now? Erasmus experience could be intense, a revolution for your life! Today is your first day of experience, I am sure you are living many emotions and you are thinking many things.

Let's grab a pen and write a letter... to whom? Well, to yourself!

Talk to your classmates and find a place where you can all write your letter with calm.

Start writing your letter, it has to regard what you expect to live, to learn, the fears and expectation that you think will occur during the mobility experience. Send us a photo of you writing it!

Close the letter in an envelope and keep it in a safety place. Where will you keep it?

DURATION

1 hour max

SUITABLE APPS

INTERNET NEEDED

YES NO

Individual

DEBRIEF

MATERIAL NEEDED

Pen and paper

ADDITIONAL DETAILS

To be done at the very beginning of the mobility.