

# Instructions-Letter to myself

## 3- Letter to myself

**Objective:** Become aware of how my internship impacted my intercultural competencies

### Instructions

1. Have look at your self-assessment (see tool 1), and become aware of your less developed intercultural competencies.
2. Choose the ones that are the most relevant to you and that you wish the internship will allow you to work on.
3. Write a letter to yourself before the internship in which you describe your perceptions of the intercultural challenges you may face, the actions that you plan to do to improve your intercultural competencies, and the notions you wish to remind yourself (stereotypes, generalization, etc.).
4. Inspire yourself of the reflection made through the Mask and video activities.
5. Half way through (or at the end, depending on the length of the internship) you will read your letter asking yourself the following questions:
  - What things did you discover about intercultural differences?
  - Have your perceptions changed since your first letter?
  - Did you take the actions you wanted to take?
  - Did those actions help you develop your competencies?
  - Did the theory become alive and helped you to reflect on your intercultural experience?

When you read your letter it could be a good moment to fill in the self-assessment again and become aware of your learning process so far.

After reading your letter and completing your self-assessment, be aware of the adjustments you still may have to make in your learning process.