

Instructions

Step 1: Complete the self-assessment of the intercultural skills

This activity is the last activity of your ELISSE training. Now that your ELISSE internship is over, you will review the learnings that you have done since the beginning, by using the assignments that you have done throughout your ELISSE experience.

At the end of your intercultural internship, and once you are back home, you complete one last time your «**Intercultural competences self-assessment**». You do it based on the work and activities you have done throughout the ELISSE experience and following the 3 instructions below:

1. Try to remember activities, exercises or specific moments by using the «Reflection Questionnaires for seminars» and taking the following into consideration:

- find the evolutions observed throughout the intercultural internship, the reflections that you made yourself (on the relation to time, the place left to beliefs, communication, etc.);
- remember the challenges and difficulties you have met, the cultural shocks you have experienced and the solutions you have found;
- remember your motives and notice their evolution throughout the process.

2. In the **concerned box of work, go and look for your “letter to myself”** that you wrote at the beginning of your internship. **Take the time to reread it, and then remember the questions asked** at that time, as if you were traveling back in time.

Reminder of the questions asked:

- Are you referring to certain stereotypes in our everyday life?
- Do you have prejudices and do you contribute to the process of generalization in your everyday work?
- Are you able to give concrete examples linked with the ELISSE internship that starts?
- What are the pre-notions (stereotypes, prejudices, presumptions, etc.) that you will have to face during your intercultural experience?
- What strengths/assets can you mobilize to overcome them?
- Are you open to new ideas?

The answers you would give today if you could go back a few months before, would they be the same or different from what you had done before the ELISSE internship? Try to redo it and answer the questions again, noting the reflections that will probably appear.

3. You can now fill out your **“Intercultural competences self-assessment (for students)”** grid, for the last time, but this time try to **record concrete examples illustrating each point worked** during your ELISSE internship (and if possible in front of each competency indicator).

This last phase of self-assessment is very important because it gives you the resources to carry out your final balance.