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**LA IDA**  
**TRANSNATIONAL MOBILITIES**  
GERMANY/SPAIN (GALICIA)  
MENTORING, SOCIAL & WORK INTERVENTION  
METHODOLOGY, PROCESS & PROCEDURES

Guillermo Vergara / Fundación Paideia/ TLN-Berlín 25\_26/11/13

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**1. PHASES** →

The programme is divided into four phases:

- Recruitment
- **Preparation**
- stay abroad
- Return & follow up

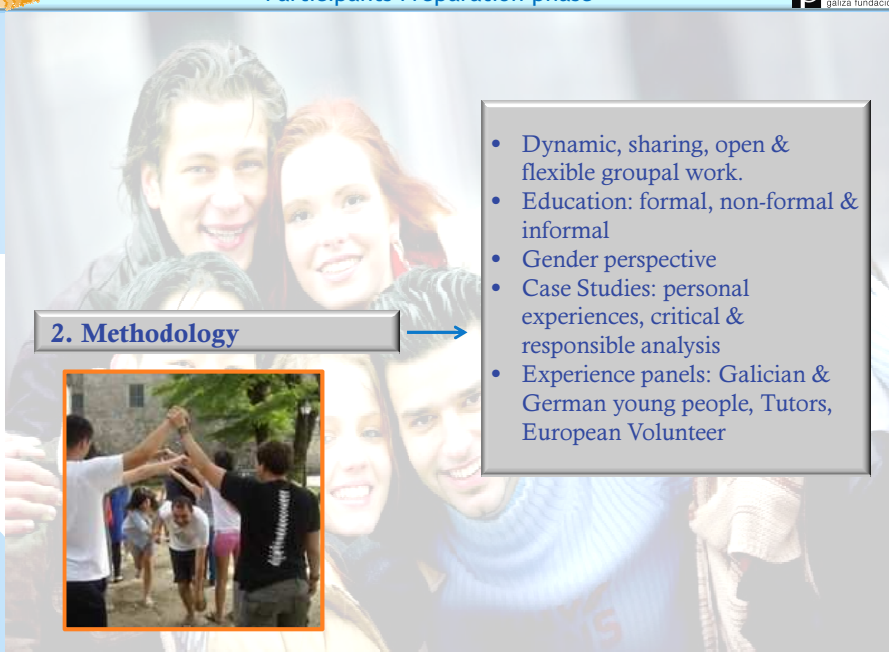

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Participants Preparation phase

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**2. Methodology**

- Dynamic, sharing, open & flexible groupal work.
- Education: formal, non-formal & informal
- Gender perspective
- Case Studies: personal experiences, critical & responsible analysis
- Experience panels: Galician & German young people, Tutors, European Volunteer

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Participants Preparation phase

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**3. Contents**

- Teamworking: social skills, effective coordination, group decision-making.
- Leadership: Critical thinking skills, creative skills
- Intercultural skills: languages (German, English...), history, geography
- Stage Fear, insecurities, inhibitions, fears.
- Communication skills: oral expression, fluency, conviction, active listening, good manners.
- Basic computing skills: Word, web, email
- Self-confidential & self-sufficient
- Involvement in the Project: flexibility, adaptation, responsibility, punctuality motivation
- Learning-to-learn skills, continuing in an independent way




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Participant Preparation phase

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**4. Informative & Training Sessions**



- **Lenguaje Training:** 45- 60 hours
- **Intercultural training:** 35-50 hours
  - German Culture
  - Group Dynamics /Cohesion
  - Europass C.V. Use of Eures
  - Experience Panels: European Volunteers, young Germans in Galicia
  - Emotional Intelligence and aspects of belonging
  - Stereotypes, Culture shock, Interculturality, Prejudices, Cultural Iceberg, Adaptation, curiosities
  - Interview & introduction at the workplace: Guidance, responsible attitudes.
  - Employment regulations: Rights and obligations
  - Integration into a new role: Worker
  - Inclusion in transport means abroad
  - Self confident in the new tasks.

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Participants Preparation phase

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**5. Documents required :**



- Consent for the personal data processing
- Participation agreement: rules
- PAPS-Test
- Passport
- European Health Insurance Card

