IUHPFL GRAZ 2015

HERZLICH WILLKOMMEN!
OVERVIEW

- Our Facebook Page
- What do you need for Class?
- What are Support and Success Groups?
- Some Tips for Immersion
- What to expect when Culture Shock hits you
OUR FACEBOOK PAGE

- https://www.facebook.com/groups/446794465468559/
- IUHPFL Graz 2015
WHAT DO YOU NEED FOR CLASS?

- IUHPFL Course Books
- Writing Material
- Notebook
- Folders

- You can buy anything else in Graz!
WHAT ARE SUPPORT AND SUCCESS GROUPS?

- Each instructor will lead a support & success group
- We will meet Monday and Thursday from 9-9.25am
  (with the option of meeting less frequently after the first week)

During group time we will:
- Discuss highs & lows
- Share moments that were exciting or that we’re proud of
- Ask questions/voice concerns/etc.
- Figure out together how to solve any “Problemchen” that may arise.
SOME TIPS FOR IMMERSION

- Reaching out to host families, instructors and friends
- Having a positive attitude and being appreciative
- Learning about the culture, exploring
- Exercising / Going for walks
- Journaling, Drawing
- Reading books in the language
- Listening to music in the language
- The importance of HUMOR
WHAT TO EXPECT WHEN CULTURE SHOCK HITS YOU…

- Different for different people, but there are some trends
- Typical to have negative feelings of frustration / anger / sadness
- THIS IS NORMAL!!!