

## **Out-comes of the training**

### ***Description of the method***

And now it's a good time to think back at the training as a whole. Think of the emotions that this training brought.

Please write a letter to yourself. You can do it in your own language and this is really personal. You could write about:

- your first impressions when you met your "match",
- what kind of expectations you had towards this training;
- what did you see in the other country - was this any different than other times (if you had been there before);
- what did you learn during these two days of job shadowing (JS);
- how satisfied are you with your JS period;
- what are you going to take with you;
- has it already had an impact on your work or the way you see some things regarding your work;
- what part of the training did you enjoy the most;
- what part of the training did you enjoy the least;
- were you personally well prepared for this training period;
- etc.

When you are finished with your letter, please take an envelope and put your letter in that envelope, seal it and write your name and home address on this letter. Then the organisers will collect your letters and the letters will be posted to you in two months. Then you can analyze once more – how much has changed since the time you were being a JS or you were being shadowed.

Things that you need:

A piece of paper for everyone

Envelopes for everyone

Time:

30-40 min