

A letter to myself

Before leaving....

- 1) What do I expect regarding the new context, new contacts, new experiences, loneliness? What am I looking forward to?
- 2) Which challenges and difficulties do I perceive/anticipate?
- 3) Which resources will be useful/advantageous for my outgoing?
- 4) What biographical aspects of your life course can be helpful?
- 5) Do you feel prepared to leave? Or do you prefer to jump into cold water?
- 6) Have you ever experienced a culture shock?
- 7) Which strategies will you adopt to manage these challenges?
- 8) Is there a hidden side of your personality or your attitude that could present a difficulty or a challenge to adapt to a new situation, to cultural challenges or unexpected circumstances/social life?