



IO1 – Integration Leaders Curriculum

Self-directed learning materials Module 4: Selfcare

Topic:	Physical, emotional and mental self-care
Title of Resource:	“How to take care of yourself as an expat”
Why use this resource?	The article presents a few Energy Thieves that drain a lot of physical, emotional and mental strength in a different climate or the unusual immediate environment.
What will you get from using this resource?	Through this article the group can find new ways of self-care and what do you do to keep body, mind, and soul balanced while living abroad.
Link to resource:	https://www.cultureenergy.com/how-take-care-of-yourself-as-expat/?fbclid=IwAR3HYfrg6h6UQWG_r6dUj7T7F4vDJJ5tFHgNP-2t1ZROq9GnLXSdoQ1IKD0

Topic:	Reducing stress, having a good attitude
Title of Resource:	“Nine Strategies Successful People Use to Overcome Stress”
Why use this resource?	The article presents in detail the Nine scientifically-proven strategies for defeating stress whenever it strikes and provides ideas that complement each of these strategies.
What will you get from using this resource?	This resource provides an idea of how to be more positive and teach participants how can they reduce stress in the new situation and show them the importance of a good attitude.
Link to resource:	https://lifehacker.com/nine-strategies-successful-people-use-to-overcome-stres-5976310

Topic:	Exploring new environment
Title of Resource:	“10 reasons why you should move abroad”
Why use this resource?	This TEDx Talk with the founder of an organization Geekettes - Jessica Erickson talks about the skills she uses in the workplace are attributed to her experience studying and living abroad.
What will you get from using this resource?	This video is inspiring more women to become innovators and leaders and gives examples of what defining moments traveling abroad can bring and help expand the personal and professional portfolio.
Link to resource:	https://www.youtube.com/watch?v=7gSWGFuCI0M&feature=share&fbclid=IwAR2nJj4RrCMI8bNDVQ_P9SZv0mS8VkMDTA9rMINbmKdIE7rHBWC2xJcPNkY

Topic:	Job seeking
Title of Resource:	Top Job Sites in Europe by web popularity ranking
Why use this resource?	JobRank.org is an international employment directory and search engine selecting, ranking and reviewing worldwide top job sites.
What will you get from using this resource?	The participants will find more than 9,500 career resources in 200 countries. JobRank.org is a free starting point to find the best job sites in every country.
Link to resource:	https://www.jobrank.org/Europe/

Topic:	Making friends
Title of Resource:	“How to start a conversation and make friends”
Why use this resource?	The book presents many workshops and conversation skills based on feedback and questions from hundreds of readers, students, random people, plus additional research and personal experience of the author – Don Gabor.
What will you get from using this resource?	The participants will find a lot of useful tips and ideas in this book. They will learn about conversation styles, how to talk to people from other countries, mobile phone etiquette, and online conversations.
Link to resource:	https://issuu.com/giorgimurvanidze5/docs/how_to_start_a_conversation_and_mak

Thema:	Online Freunde finden.
Name der Ressource:	Online Freunde finden: Geht das? Wie finde ich Freunde? Folge 1
Warum diese Ressource?	Diese Ressource ist durch "funk" finanziert und ist daher relativ seriös. Es ist eine gut gemacht Kurzdokumentation zum Thema „Freunde finden“
Was lernt man aus dieser Resource ?	Man lernt über die verschiedenen Möglichkeiten online Freunde zu finden. Außerdem berichtet der Reporter über seine Erfahrungen zum Thema „online Freunde finden“.
Link zur Ressource:	https://www.youtube.com/watch?v=28vf2XZdnz8

Thema:	Was ist Stress? Und Tipps damit umzugehen.
Name der Ressource:	Die 15 besten Tipps zum Stress abbauen und bewältigen
Warum diese Ressource?	Diese Ressource gibt einen umfassenden Überblick über Stress generell. Und gibt Tipps wie man am besten damit umgehen.
Was lernt man aus dieser Resource ?	Man lernt über die verschiedenen Arten von Stress und wie sie sich auswirken. Außerdem erhält man 15 wichtige Tipps wie man damit am besten damit umgeht.
Link zur Ressource:	https://mindmonia.com/de/tipps-stress-abbauen/

Thema:	Sich zeit für sich selbst nehmen.
Name der Ressource:	Investiere mehr Zeit in dich
Warum diese Ressource?	Diese Ressource gibt einen Überblick warum man sich mehr Zeit für sich selbst nehmen sollte. Es ist auch ein Podcast auf der Website abrufbar.
Was lernt man aus dieser Resource ?	Man lernt aus dieser Ressource, dass es wichtig ist Zeit in sich selbst zu investieren. Außerdem stellt sie dar wie man effektiv Zeit in sich selbst investieren kann.
Link zur Ressource:	https://www.selbst-management.biz/investiere-mehr-zeit-dich/