

Young Migrant Integration Leaders [EXEMPLAR]

IO1 – Integration Leaders Curriculum

Modul 4: Selfcare

Self-directed Learning Content

Introduction to the Module:

This is the fourth module of the Integration Leaders Curriculum. This module addresses the topic “Selfcare” which includes tips on how to start a new life in a different country – focusing on how to handle stress in such stressful situation as looking for a new home or job, how to avoid cultural faux pas and how to behave in emergency situations.

Learning Outcomes Achieved:	Knowledge: Knowing how to behave in a different country, where to look for a job or new flat, and how to deal with language and cultural barrier.
	Skills: Being completely independent and able to find your place and take care of yourself in a new country.
	Attitudes: approaching each of above-mentioned issues with patience, calm and, due to having the right knowledge – professionalism.

Unit 4.1 The boundary between attitudes and behavior

Starting over in the new country is never an easy task, especially if you were somewhat forced (economically or even by escaping war), to change your place of living.

Each country has its own rules considering ways to find a job or flat, behaviour, savoir-vivre etc. When you come there for the first time it is really hard to know all those rules already. Your attitude can make a change, with the right amount of persistence to gain this knowledge, hard work and right attitude everything is possible.

Calm down:

No matter how prepared or unprepared you are, starting a new life abroad is really stressful. Start your work from learning how to calm down in stressful situations – as they are inevitable (Ellis Jones, Brett Johnson, 2007):

- ▶ Learn to breathe – try out a few breathing techniques. It is the simplest way to calm down your nerves
- ▶ Let yourself make mistakes – expecting too much from yourself will bring you more harm than good, give yourself a time to adjust.
- ▶ Prepare everything in time – if it is possible to prepare yourself to change your place of living beforehand – having a place to live or even a job before moving to another country will make it a lot easier
- ▶ Stay in touch with your friends – even if they are far away, thanks to today' technology you can stay be in touch with your friends and family abroad. Thanks to that you will not feel alone and will have strength and optimism you need to settle in a new place.

Learn how to behave

- ▶ As it was already stated, each country has its own rules of behaviour. You can easily check those rules on the internet, savoir-vivre and cultural books and so on. It will be really useful while e.g. participating in a job interview.
- ▶ Focus on what is considered as a faux pas in the country you are going to live in. You may be surprised that the neural or even positive gesture you know for years may mean something completely different in other culture.
- ▶ Learn some basic knowledge about the customs of your hosting country.

Meet people

- ▶ Find people who are in the same situation – wherever you are right now, it's really unlikely that you are the only representing of your country or even the only migrant at all. The easiest way to find groups of migrants from your country (or at least speaking the same language) is the internet. You can also ask locals if they know about such people. Both, their knowledge of how to build a new life in bespoken country and support can really help you feel more safe and confident.
- ▶ Try to get to know some natives. It will give you great insight in ways of living in this country and help you find lifelong friends.

Learn the language

- ▶ A language barrier can really complicate your life at first. If you don't speak the local language it will be really hard to find a decent job and new friend.
- ▶ Think about joining language classes for foreigners or at least spend some time everyday to learn language by yourself



- ▶ Learn the local language with a language partner. Look for language exchange clubs or find someone online

Understand local bureaucracy

- ▶ Be sure to have your visa, ID, passport and all documents in order.
- ▶ Check where the government offices are and what appointment you will have to set (e.g. to be able to buy a flat, start a job or get citizenship)

Master local transportation

- ▶ Even if this one looks easy local transportation works a bit different in every city, not mentioning different countries. Main principles will, of course, look the same, but you will have to check details like where can you purchase a monthly pass, how much a single ticket costs and what are the costs of public transportation.

Unit 2.2 Becoming independent

What essentials do you need to take care of:	
Find a place to live	<p>Check your budget and decide wherever you can buy or rent a flat, a room, a stay in a hostel, etc.</p> <p>At the very start not look for a perfect place, a decent one will be enough to settle in, start working and saving money and then look for something better.</p> <p>Do some reading about your region and try to find accommodation in a safe area.</p> <p>You can also check some social programs, which aim to help migrant to find accommodation.</p> <p>Whichever you choose, the easiest way to look for it is to simply use the Internet browser.</p>
Find a job	<p>The perfect scenario would be to find it before moving abroad. You need to secure your living.</p>



	<p>Same as it was with accommodation, start with something safe and decent one, just to be financially safe, and then look for a better job.</p>
Check out social programs for migrants	<p>The point is to treat them as a kick for a start, not the way of living. Check what the government is offering you and visit the right government offices to apply for this help. Government financial help may be enough to survive, but it won't be sufficient for long.</p>
Prepare yourself for emergencies	<p>Emergency is probably what scares you the most when it comes to moving alone in another country.</p> <p>Make yourself a favour and prepare a list of places to go and people to call in case of emergency.</p> <p>Check where the hospital is, choose your family doctor, etc.</p>
Do some reading	<p>In nowadays world we have access to all the information needed. Thanks to the Internet connection you can find whatever information you need in a matter of seconds. If you have any doubts about issues that are really as plain as a day for natives – like how to create a bank account or how to pay your bills – you can simply google it or ask about it on some forum</p>

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