

Testimonials: encouraging young people to keep a diary/ a blog

The most important and most difficult tasks are to make young people understand how much they can gain through their mobility project, how their learning process looks and how much they change over the time of their stay abroad.

The role of sending and receiving organisations are to help the participant's motivate themselves and to systematically compare their skills and knowledge before, during, and after the project.

How to do it? Here are few suggestions:

1. At the inception, arrange a meeting to explain to the participant what the learning processes are, and why it is important to self-reflect on their own learning progress;
2. Familiarize the participant with the different types of recordings such as a blog, journal, own page on a social network etc. to be able to choose the most useful;
3. Show how to get started and help write the first post. If the participant will start, then there is more chance he/she will continue. Remember - always the hardest thing is to get started!
4. Tell the participant not to create too ambitious and unrealistic posts, as this may lead to frustration, producing the opposite effect. The key is to make brief and systematic notes, which can always be developed and if necessary, he/she will always be able to return;
5. Create good conditions for writing. Explain why at home or in the workplace he/she will not be able to focus on self-reflection - there will always be some excuses or something to do. Designate a specific time in the day for self-reflection and, if possible, find a place where he/she can think;
6. Reward and praise. There is nothing that motivates more than a vision of award. It can be a word of appreciation, invitation for a pizza or to the cinema. Do not save words of satisfaction with existing perseverance in writing, encourage to further work;
7. Organize a competition for the best blog, website, newspaper, etc. Make the competition available to all participants and inform everyone about the prize;
8. Follow the changes and be one of the observers. You will be able to keep control of the participant's progress and if they discontinue writing you can quickly intervene;
9. Read and ask. This way you can prove that others are interested in what he/she is writing;
10. Help to find an audience: friends, family, colleagues, etc.