

Orientation	Pre-Departure
Session Overview	The purpose of this session is to help the students get comfortable interacting with each other and staff. It will also help give them tools to find and make friends overseas.
Participants	<input checked="" type="checkbox"/> Students <input type="checkbox"/> Host Parents <input type="checkbox"/> Natural Parents <input type="checkbox"/> Host Siblings
Format	<input checked="" type="checkbox"/> Highly Active / Interactive <input type="checkbox"/> Discussion <input type="checkbox"/> Some Activity / Interactivity <input type="checkbox"/> Independent
Duration	25 minutes
Group Size	8-16
Minimum Staffing	2 facilitators
Materials Needed	Flipchart, pens, masking tape, Find a Friend sheets
Preparation	<p>Read through all of the material and make sure you are comfortable discussing it; make notecards or highlight suggested questions to ask students in group discussions.</p> <p>Photocopy the Find a Friend sheet; enough for 1/participant</p>

## INTRODUCTION: (5-10 minutes)

Conduct one of the mixers below to get students talking to each other and put a bit at ease. Then follow up with the 2 activities.

### MIXER OPTION 1: *Line Up*

The object of this is to have the members of the group line up in a particular order. For instance, tell them to line-up by birth date, alphabetically by first or last name, or even alphabetically by hometown. You can make this more difficult by not allowing anyone to talk during the activity.

#### Info for Facilitator

- Bullets represent talking points or instructions.
- ✓ Checkmarks represent key points or take aways.

#### Info for Facilitator

You can do this mixer throughout the day to keep participants meeting new people.

## MIXER OPTION 2: *Run Away With the Circus!*

1. Tell participants they are running away with the circus for a day. Have them select a character that they would like to be if they ran away with the circus for a day. Tell participants to be as wacky as they would like and to have fun.
2. Take a few moments to share a few examples and laughs as a group. Ask why they chose that character. Ask how the character relates to themselves. Ask how the character does not relate to themselves.

## MIXER OPTION 3: *People Knots*

1. Ask everyone to sit on the floor in a circle with legs extended toward the middle.
2. Each person should grab two others' hands and holds them. Group members cannot grab the hands of someone to the immediate left or right and must grab the hand of two different people.
3. Ask everyone to stand up and try to untangle the group until it becomes a single circle with everyone holding hands with the people to their right and left. Nobody should let go of anyone's hands during the process.

### Info for Facilitator

Believe it or not, it is always possible to 'untangle' the knot.

## MIXER OPTION 4: *Ha (5 minutes)*

1. Ask participants to form a circle and then explain that the object of this activity is for the participants, without laughing, to pass the word "ha" around the circle.
2. Designate one participant to be the head of the circle. That participant begins by saying "ha". The person sitting to his or her right must repeat the "ha" and then say another "ha." The third person must say "ha ha" and then give an additional "ha." In this manner the "ha" continues around the circle. It ends when all of the participants, trying not to laugh (a virtual impossibility), have repeated the "ha's" that preceded them and then added their own "ha." You can continue the exercise for five minutes regardless of how many times the "ha's" go around the circle.

## ACTIVITY 1: Looking Ahead (5-10 minutes)

1. Ask them: What are you looking forward to? What are you most concerned about?
2. While the student is answering, write on two flip charts: Looking Forward To and Most Concerned About.
3. Tell the group that there is much to cover. You know they have lots to ask and learn, but you may have to delay answers as it fits the agenda. Tell them you're looking forward to getting to know them better.

### Info for Facilitator

Keep both lists posted during the whole orientation as a reference to be sure you're addressing their anticipations and concerns.

## ACTIVITY 2: Find a Friend Game (5-10 minutes)

1. Pass out the handout and explain the game: Students should find others with similar characteristics and complete the sheet. **DO NOT TRADE PAPERS.** Students will ask for each other's names and hometowns and write them on their own papers. See who can finish first.
2. Ask the group who can remember something that they shared with someone else. For example one student may say, "Both Brenden and I play the trumpet".

Flip Chart Questions:

- Were there some questions that were harder to find answers to?
- What were some of the more unusual answers?
- What were some of the easier answers?

## WRAP UP (5 minutes)

- End this session by asking students why it is important to find common ground with others, particularly when in a new environment.
- ✓ It might be easy to focus on the differences between you and the others, but focusing on similarity can help to build a strong relationship.



# YFU

## Intercultural Exchange Program

### FIND A FRIEND!

Your Name: \_\_\_\_\_

Find other students who have the following experiences or characteristics. Write their names in the blanks and try to have as many different names as you can!

Remember: Don't trade papers!

- 1) \_\_\_\_\_ has met someone famous. (person: \_\_\_\_\_)
- 2) \_\_\_\_\_ has the same favorite band/musician:
- 3) \_\_\_\_\_ can whistle. (He/she has to prove it!)
- 4) \_\_\_\_\_ can play an instrument. (instrument: \_\_\_\_\_)
- 5) \_\_\_\_\_ and I have the same favorite food. (food: \_\_\_\_\_)
- 6) \_\_\_\_\_ plays the same sport I do. (sport: \_\_\_\_\_)
- 7) \_\_\_\_\_ can eat more than 10 pieces of pizza.
- 8) \_\_\_\_\_ can speak another language. (language: \_\_\_\_\_)
- 9) \_\_\_\_\_ and I were born in the same month OR on the same day.
- 10) \_\_\_\_\_ has been to another country. (country: \_\_\_\_\_)
- 11) \_\_\_\_\_ knows how to greet their host family in their own language. (He/she has to prove it!)
- 12) \_\_\_\_\_ has Skyped with their host family already.
- 13) \_\_\_\_\_ knows what Albatross is.