

Erfahrungsbericht über ein Auslandspraktikum

Bitte reichen Sie Ihren unterschriebenen Bericht in ausgedruckter spätestens vier Wochen nach Ende Ihres Aufenthalts (Zeitraum des Volontariats) im Akademischen Auslandsamt bei Frau Rüppell-Wee. Laden Sie außerdem den unterschriebenen Erfahrungsbericht ausschließlich als pdf Scan im alfresco Kursraum hoch.

Dieser Erfahrungsbericht soll zudem insbesondere zukünftigen Studierenden helfen, sich ein Bild von dem Auslandsstudium an Ihrer Gastschule zu machen. Behalten Sie dies beim Verfassen des Berichts im Hinterkopf. Wir würden uns deshalb sehr freuen, wenn Sie uns die Erlaubnis erteilen, diesen Bericht auch anderen Studierenden – wenn gewünscht auch gerne in anonymisierter Form – zugänglich machen zu dürfen.

Name, Vorname:	Dimtsiou, Mariana
Studiengang:	Bachelor Sek I, PO 2015, PH Ludwigsburg
Studienfächer: (bei Lehramtsstudierenden), ggf. Abschluss:	Englisch, Kunst
Name der Praktikumseinrichtung:	Angels for Children, Ban Phang Heng Secondary School
Praktikumszeitraum von - bis:	18.02.19 – 13.04.2019
Erhaltene Förderung:	<input type="checkbox"/> PROMOS <input type="checkbox"/> Reisekostenzuschuss AAA <input type="checkbox"/> Reisekostenzuschuss Freunde und Förderer <input type="checkbox"/> Reisekostenzuschuss aus Mitteln des Landes <input type="checkbox"/> Keine Förderung über die Hochschule <input checked="" type="checkbox"/> Andere, und zwar: Engel-für-Kinder Stiftungx

Note: You may adapt the spacing for points 1 – 8.

1) Summary

Summarize your stay abroad briefly. Did it meet your expectations? How would you assess your internship abroad?

My stay abroad has been one of the greatest experiences I have ever made so far. I learned a lot about the Lao culture and I easily adapted to my surroundings. The remarkable kindness of the people I met, the gorgeousness of the nature and the new friendships I have met within my team and with some Lao teacher, made my stay unforgettable.

My expectations have been exceeded which I'm very grateful for. I can definitely recommend this to people who are curious about asia, adventurous and at the same time adaptable.

2) Preparations for the stay abroad

Please include the following topics: process of application, contact with the training institution, private preparations, support with the preparations by the PH and the training institution.

As I heard about the program of this foundation from a previous volunteer, only two weeks before the application deadline, I had to make a quick decision. I had only a little time to read through the blog or read some articles about experiences made within this program, but nevertheless everything I read made it appealing and so I decided to apply. My private preparations were to go to the doctor, get all the vaccinations I needed and wanted, make a packing list and make a health insurance.

I also got in contact with some previous volunteers which helped me to remind me of other things I should bring with me. As I was quite nervous about the whole traveling, living and working thing, I just couldn't come up with further questions. I knew that I was aware of the most important things and that I will see what's expecting me when I'm there.

The reader/handbook/guide we got in the meetings was very helpful, since you can find to almost every question a suitable answer inside.

3) The Training Institution

Please describe the training institution shortly (type of institution, structure, employees, location, student body, if it is a school, etc.).

The Ban Phang Heng Secondary School, is a nice, clean and big school with a large schoolyard, where pupils always spend their break on. During lesson time you will notice that there is always one cleaning lady outside, taking care of the schoolyard. You will also find a parking place where pupils can park their scooters. It's surprising, but very common that pupils ride on scooters to get to school.

There are clear rules, concerning cleanliness and tidiness on the whole school grounds. The school is only 7-10 minutes away from the villa. Near enough to use a bike. You will have to cross a main road to get to school, so always ride carefully and prospectively. As you arrive at school or leave school by bike, you will see almost every time, pupils greeting you and opening the gate for you so that you don't have to get off your bike.

If there is any need or question you can always ask for help, from the teachers. Especially when it comes to talking to the director you can ask Saysamone or any other English teacher, to come with you to translate your concern.

4) Course of the internship

Describe the course of the internship; What tasks did you have? What was the cooperation with the colleagues and other interns like? Did any particularly positive or negative situation arise?

My tasks included observation hours of two English teachers, preparing lessons, and teacher lessons also with the two English teachers. Observing their lessons was always interesting because of the different style of teaching. I always brought along my observation sheet, on which I noted everything I wanted to discuss with each afterwards in the preparing lessons.

I really liked working with my tandem teachers. They were very eager and motivated and respected my suggestions on how to prepare the next lessons, in order to arrange them slightly different and interesting. Of course I never underestimated their experience as a teacher and never tried to change their style of teaching. My focus was rather on influencing it and showing them different methods of teaching.

I also had two other tandem teachers with whom I only had teacher lessons. We worked with the 'Top-Notch' book.

I can't think of any negative situations happening. Every lesson went well and a lot of improvement resulted from them. In order to reach this goal a lot of preparation was needed. I wanted to try out different conversation games and create some exercise sheets, to promote as much productivity as possible. For that I searched different things on the internet and in the books we had in the lending library at our villa.

5) **Assessment of the internship**

How has the experience been different from those made in Germany? How can this internship be viewed as more valuable compared to one done in Germany? What did you learn (methods, special knowledge, inter- or trans cultural experiences, personal development as a teacher, etc.)?

What I experienced in Laos had an enormous effect on several soft skills of mine. Living and working for eight weeks in a foreign country can be challenging. You need a lot of patience, empathy, adaptability skills and many more. School lessons in Laos are different to those in Germany. First of all, it's the class which is containing of more than 40, sometimes even more than 50 pupils, the different climate, the less variety of methods used for teaching English and the unusual long school day, both for teachers and pupils.

Soft skills are those, that can't be examined. They include personal, social and methodological competences. Thus it's difficult for me to list all those things.

One thing I can say for sure is that this was a very important experience for me as a future teacher, since intercultural competences are among the most important skills of a teacher.

6) **Stay in the host country**

Please include the following topics: personal experiences and impressions, life outside the training institution, special challenges or difficulties, unexpected or rather elusive experiences.

Laos somehow felt very familiar to me. There were lots of things that reminded me of my motherland, Greece.

Doing something in “Lao style” for example, means as much as doing things inaccurately, loosely or not strictly. Lao people seem to be very relaxed in all matters, rather than stressed. They never feel time pressure and are never in a hurry. They enjoy live, laugh and socialize a lot, although they do not own much, don’t get paid much, despite their full-time jobs, 7 days a week, in a developing country.

It feels good being around those kind of people. They kind of share the same lifestyle as Greeks. I was impressed by the low prices of the restaurants and of course enjoyed eating there. I loved the chaotic traffic, the crowded markets and the hot weather.

Of course there were also special challenges and difficulties. I have to really think thoroughly to come up with some. One thing I couldn’t get used to it, was the food. It’s very traditional and different. You can’t compare it to the asian food you get here in Europe. The second thing that sort of disturbed me was the polluted air. Taking deep breaths was not really satisfying and was a little exhausting.

7) Practical tips for future volunteers

Practical tips:

- take the Laos reader seriously and read as much as possible
- if you have the possibility to stay longer than eight weeks, take this opportunity
- don’t get stressed out about the health insurance. You can make one even one day before leaving
- you can buy a SIM card for only 1€ in Laos and buy an internet flatrate (1 GB) for 1,50 €
- socialize a lot. As well as with your team as with the teachers. It’s always fun with them!
- don’t pack too much clothes. You buy some really cool stuff at the market very cheap
- always try to negotiate the price of clothes at the market and for the rides on tuk-tuks
- be adventurous, but don’t hazard. Health comes first!

8) Miscellaneous

You are welcome to hand in selected pictures from your stay via Email. Future volunteers can access them along with your final report.

Declaration of consent

I hereby give consent that this report will be made accessible to other students of the PH Karlsruhe and the foundation Angels for Children for informational purposes with my name being

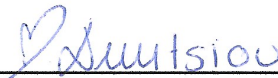
anonymous

visible only as a hard copy in the Academic Exchange Office of the PH Karlsruhe

visible as a hard copy in the Academic Exchange Office of the PH Karlsruhe and as a pdf file on the project website www.thelaosexperience.com

Bühlungen, 22.11.19

Place, Date


Signature