



LOGBOOK (FIRST)¹

SURNAME AND GIVEN NAME

PLACE AND DATE

HOW MANY MONTHS HAVE YOU BEEN ABROAD?

HOW WOULD YOU DESCRIBE YOURSELF?

Describe your character before departure and today. If you wish, you can start by using some adjectives.

HAVE YOU DISCOVERED SOMETHING NEW ABOUT YOURSELF THROUGH THIS EXPERIENCE ABROAD? IF YES, WHAT? DESCRIBE HOW YOU DISCOVERED IT.

WHAT ARE THE MAIN PROBLEMS, ESPECIALLY FROM A RELATIONAL POINT OF VIEW (IN THE FAMILY, AT SCHOOL, WITH FRIENDS...), YOU HAVE ENCOUNTERED SO FAR IN THIS EXPERIENCE ABROAD? HOW DID YOU DEAL WITH THEM? You can choose to describe an event in particular or you can talk about your experience in general.

¹ Baiutti, M. (2021). *Developing and Assessing Intercultural Competence during a Mobility Programme for Pupils in Upper Secondary School: The Intercultura Assessment Protocol*. *Frontiers: The Interdisciplinary Journal of Study Abroad*, 33(1), 11-42.



WHAT ARE THE MOST POSITIVE EXPERIENCES, ESPECIALLY FROM A RELATIONAL POINT OF VIEW (IN THE FAMILY, AT SCHOOL, WITH FRIENDS...), YOU HAVE HAD SO FAR? HOW DID YOU FEEL WHEN YOU LIVED THEM? You can choose to describe an event in particular or you can talk about your experience in general.

WHAT ARE YOU LEARNING FROM YOUR EXPERIENCE ABROAD ABOUT THE HOST CONTEXT WHERE YOU ARE LIVING? CAN YOU MAKE SOME COMPARISONS WITH YOUR HOME CONTEXT? Describe briefly if you have learned something, for example, from a historical, political, religious, relational, linguistic, social, or school point of view (feel free to choose one or more aspects among those proposed or to add others).

IS THERE ANYTHING ELSE THAT YOU WOULD LIKE TO ADD?