

## FIRST EXPATRIATION

**Are you about to take up your first expatriate assignment?** Our **First Expatriation** programme is the ideal solution to help you prepare for this new adventure, alone or with your family.

Intended for participants about to move abroad for the first time, this international mobility training is designed to promote an awareness of the personal challenges linked with the change of environment (culture shock, preparation of the family project, integration of spouse, alienation, etc.). It should be followed by specific **Expatriation <Culture>** type training.



## Your training programme: a comprehensive package to ensure the success of your first expatriation

The first expatriate assignment is an **important event** in an expatriate's professional **career** and **life**, as well as that of his **family**. These two facets (professional and personal/family) are inextricably linked if the project is to be a **success**. This one-day training course will prepare you for the challenges you'll come up against when moving abroad:

- ✳ **Identifying the key success factors:** understanding one's role, cultural intelligence, adjustment of the family
- ✳ **Mastering the stages of adjustment:** identifying, understanding and anticipating culture shock; integrating the expatriation curve and speeding up adjustment
- ✳ **Adapting to a new cultural environment:** representations of the world and the variability of associated behaviours: introduction to intercultural theories
- ✳ **Building your personal and family project:** why take up an expatriate assignment? A discussion of the objectives of expatriation - how should it be approached? What are the prospects?
- ✳ **Good practices and advice:** mobilising expatriate networks, keeping in touch...
- ✳ **Role plays and customised action plan**

## In practice: a tailor-made organisation to closely meet your needs

- ✳ At our training centres in Amsterdam, Paris, Brussels and Spa (Belgium) or at your office.
  - ✳ 1 training day lasting 7 hours
  - ✳ Individual format
  - ✳ In a closed group format (max. 10 participants)
  - ✳ Optional Discovery activity
  - ✳ Optional Cuisine activity
- |  |                         |
|--|-------------------------|
|  | <b>1995 EUR/package</b> |
|  | <b>2430 EUR/package</b> |
|  | on request              |
|  | on request              |

## EUROPEAN LANGUAGE CENTRE

+ 31 (0)20 609 79 70  
info@europeanlanguagecentre.nl

All our prices are exclusive of VAT.  
Non-residential training is given from Monday to Friday, from 8 a.m. to 6.30 p.m.  
Meals and refreshment charges if training given on our premises: 40 EUR/participant. Additional travelling/accommodation/meal expenses for in-company training.