



Preparing – Networking – Accompanying

Moving abroad with your partner and family

Courses for accompanying partners and
children at the Academy for International
Cooperation

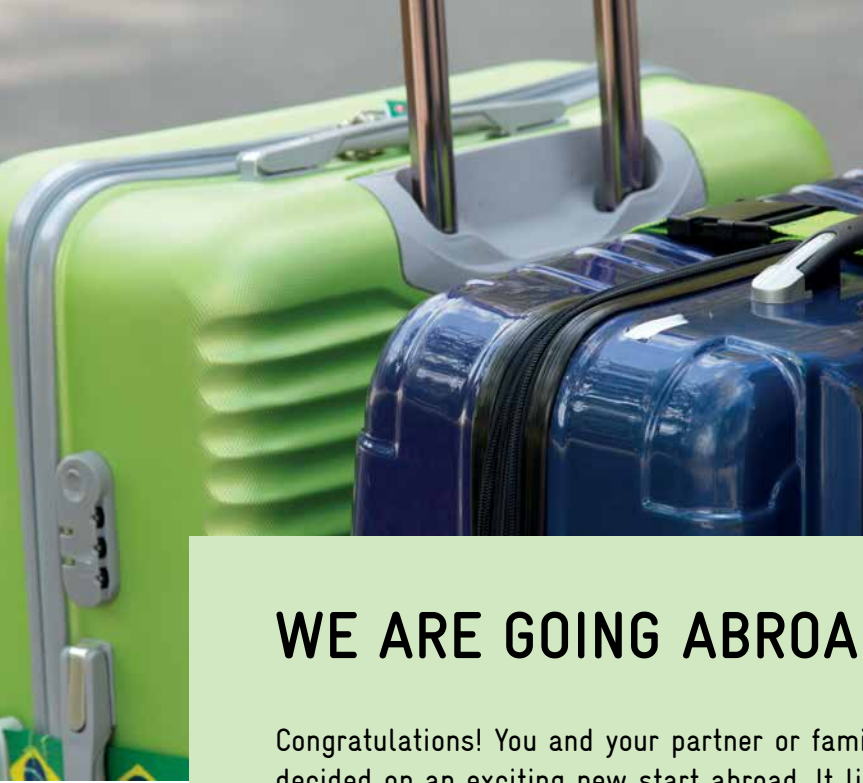
We do learning

giz | Academy
for International
Cooperation (AIZ)

On behalf of



Federal Ministry
for Economic Cooperation
and Development



WE ARE GOING ABROAD!

Congratulations! You and your partner or family have decided on an exciting new start abroad. It lies at the heart of the Academy to help you make this step, together. Therefore, we offer you and your family a stress-free package deal. This ranges from childcare to training courses as part of the preparation for departure.

We offer a special service to ensure that you are as fully prepared as possible for both the challenges and the rewards a life abroad has to offer. You can take part in our preparation courses in person at Campus Kottenforst or online whilst living in your new country of assignment.



PREPARATION COURSES FOR ACCOMPANYING PARTNERS (MAP)

As a partner who is travelling abroad for a period of over 12 months you can participate in most of the courses, free of charge.

You can book the following courses:

- › Dealing with Complexity and Diversity
- › Country Analysis
- › Agenda 2030
- › Introduction Course Local Languages & Language Training
- › Security Training, Safety and Security Training,
- › Dealing with Stress and Trauma
- › First Aid for Assignments Abroad
- › Digital for Development & Digital Security
- › Tutored Learning



As well as the above courses, we also have a media and information centre (library). This



offers a great opportunity to research and expand your knowledge as well as making use of the SQ portal as a platform for online training and other online resources at the Academy. We also advise you to network with other colleagues and their families who are moving to the same country as you. This way you can create a support system.

› sq-portal.de

ACCOMPANYING PARTNER

This three-day course gives you a holistic overview of your **personal development and the relationship** with your spouse in the context of your joint stay abroad.

You are best prepared for going abroad together with your partner as well as the opportunities and challenges in your country of assignment as a couple. You are able to reflect on your own role as well as your professional goals and are now able to successfully implement these, also in the aspect of self-care.

THIS COURSE HELPS YOU TO

- prepare for the **process of arrival as a couple** in an ideal way.
- reflect on your own personal **role in terms of your relationship with your partner and/or family.**
- realising your personal and/or **professional goals**, planning them realistically and implementing them successfully.
- attribute the value of **self-care** in difficult situations,
- prepare for your **return** or prepare for a second deployment in a different country abroad.



“When I first started there were mainly only female participants on the course. Now and then there was a man but that was out of the ordinary. That has all changed in the last few years with more couples participating and completing the course together. This provides them with the tools to create a fun two-way project.”

SABINE SCHARFE
(PREVIOUS ACCOMPANYING PARTNER & NOW SQ-TRAINER)



MOVING ABROAD WITH CHILDREN

This two-day training gives you a holistic view of the opportunities and challenges your children face going and living abroad. You will learn how to plan as a family and you will help your children to cope with the different stages of departure.

THIS COURSE HELPS YOU TO

- › support your children **in an age-appropriate way during departure, arrival, and getting settled** in your host country.
- › become familiar with the sociological term **third culture kids** as well as the special challenges and opportunities linked to that.
- › recognise signs of **culture shock or homesickness** on the part of your children and developing appropriate coping strategies.
- › getting to know the advantages and disadvantages of different types of schools in your host country as well as generating clarity on your own decision-making criteria.
- › gaining an understanding of **multilingualism** and accompanying children appropriately in language learning, and
- › getting to know practical orientation services /offers and options for self-reflection.

“All three of the tutors managed to get us to get together as one main MAP group. They provided us with a trusting environment, even in these digital times. Now it is almost sad that we all have to go our separate ways.”

PARTICIPANT



TUTORED LEARNING

Individually tailored course to your needs and interests which will focus on your learning goals during your stay abroad. **You will choose a topic related to your stay abroad and will be guided by your tutor.** It's up to you to decide whether to attend the training face-to-face or online. The time and duration (2-3 days) of the training are negotiable.

CONSULTING SESSIONS

Even the most thorough of planning can't always cover every eventuality. Every country and family situation are different. Therefore, once you have completed your training you have **three counselling sessions** available to you over a 12-month period.



A FAMILY-FRIENDLY ENVIRONMENT

Our Röttgen campus offers a great place for families with children. Families are usually placed in the **family apartments in the greenery** and near the woods. There are many **leisure activities** available on your doorstep. Including table tennis and indoor bowling. There are playgrounds nearby, football fields and many **nature areas** including a pond.

The surrounding areas also offer the opportunity for exploration and beautiful day trips for the whole family.

THE CHILDCARE CENTRE

So that our participants can fully engage in their preparation for moving abroad, families have childcare at their disposal directly on Campus Kottenforst.

This is a perfect environment for youngsters to mingle and meet other children in a similar situation. **Our experienced and qualified childcare workers prepare your children for their lifechanging experience by providing and stimulating age appropriate activities.**

Children from one to twelve years of age are welcome. Older children have access to the School in Röttgen and young adults may be able to participate in individual training classes.

“WORK-LIFE-ROMANCE”

... offers an option for open communication in a safe place. This usually takes place on a Tuesday evening as part of the MAP course. Here you can learn coping strategies and share any insecurities or worries in a neutral environment. You will learn to see things from a different perspective and how to work together as a team in order to enhance your experience of life abroad. This session will be delivered by experienced and qualified tutors.



If you are interested in our childcare facilities, please contact our management team as soon as possible

T +49 228-4460 2000
M tagungsmanagement.
roettgen@giz.de

WE ARE HERE TO SUPPORT ACCOMPANYING PARTNERS AND FAMILIES

If you have any questions, do not hesitate to contact us via e-mail, phone or in person. Please get the HR person of your sending organization to register you and address your registration to AIZ Customer Service “Key Qualifications”:

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You will find further information and detailed course descriptions on the Academy’s booking platform:

learning-giz.de

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