



SELF CARE PLAN

Your internship abroad will be a key point in the next few months. In a new environment with new opportunities, you may be challenged in new ways. Please take some time, make a cup of tea/coffee and find a comfortable, quiet space to take 30 minutes to reflect on the questions and fill this form out. This can really help you prepare yourself for your new experience and is an important part of the pre-departure process.

	<i>Question</i>	<i>Examples</i>	<i>My Answer</i>
Hobbies	What do you do normally to help you relax?	Reading/Netflix/going out with friends/playing football	
	What do you like to do when you're in a good mood?	List anything you enjoy doing so you don't forget about it if you don't feel so great.	
	What can you do that will help you through a difficult day?	Taking more breaks/taking on easier tasks/eating something familiar/drinking less coffee	
Values and Experiences	What three qualities would your friends describe you as having?	Fun-loving, hard-working, thoughtful, shy, stressed, anxious, funny, sociable, introverted	
	What is the biggest unknown for you in your destination?		



SELF CARE PLAN

	What would you like to achieve during your time on the programme?		
	Have you ever had a difficult time away from home/on holiday? If so, how did you manage it?		
Home/Family	Who normally helps you if you are having a hard time?	Friends/other interns on place/family members/teachers	
	Have you considered how you would contact this person if you are having a hard time?	Don't forget WeChat has a video call function!	
	Is there anything/anyone you need to avoid if having a hard time?	Staying in bed all day/stopping going out/drinking too much alcohol/anxious friends	
Questions I'd like to ask Pagoda Projects before I set off...			
Don't forget to send these in an email to your Branch Manager!			

This self-care plan template has been prepared for you after consultation with Pagoda Projects staff members, ELG Shanghai and previous interns.