

**Just moved to Stuttgart?
Trouble adjusting to life in Germany?
Learn to Enjoy your Life Abroad and **Join us!****

Culture, Communication and Comfort

Living across cultures is an exciting and challenging experience. It can also be very frustrating, especially when you don't understand why you feel so different from the people you interact with everyday. This one-day workshop prepares you to better your life here in Germany by raising your awareness of cultural differences and similarities as well as understanding their impact on day-to-day interactions.

Understanding and appreciating the cultural adjustment process is key in this program. You will learn how to effectively manage your change and transition. Practical tips and tools are provided to help you through the adaptation process.

**Ready to Register?
Send an email to
jamie@caterpillarspirit.com**

*A partnership between
Caterpillar Spirit
and*

FIRST100DAYS Relocation Service

www.first100days.de
www.caterpillarspirit.com

Who Should Attend

- ◇ Expatriates who have recently arrived or been here for a few months
- ◇ Employees and managers who work with expatriates
- ◇ People looking to expand their general intercultural knowledge and specific knowledge of American and German cultures

Program Goals

- ◇ Understand and appreciate the complexity of culture differences
- ◇ Take a journey of self-awareness: travel and meet yourself
- ◇ Improve your chances for a successful experience
- ◇ Learn how to speed up your own cultural adjustment process

Program Design

This well-balanced program is designed to accommodate all learning styles. Interactive presentations, simulations, exercises, discussion and storytelling are always included

Language

English (instruction and materials);
Trainer is fluent in German and English

Date/Time/Program/Location

30 Jan 2010 * 09.00-17.00
First100Days offices in Leonberg

Cost

150€ (incl. 19% MwsT); includes a pre-assessment, all materials, light snacks and lunch

**Be prepared to walk away with practical suggestions you can apply right away
to increase your understanding of where you are and how you can live **your best life!****