

universität freiburg

# Intercultural Mentoring Program (ICM)

## Kick-Off 2024/25

Service Center Studium (SCS)

Golnoosh Baghi – ICM Coordinator

Freiburg, 18. October 2024



# Agenda of the Day

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- Meet the Team!
- Mentee Briefing
- ICM Program Overview
- The Magic of Mentoring
- ICM Essentials & Values
- ICM Timeline
- ICM Events
- Useful Resources
- Snap & Connect!

# Confirm your participation!

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Please scan the QR code,  
Enter your name & field of study.  
Confirm your participation in the Kick-Off event.



# Introduction to ICM Team



**Golnoosh Baghi**

ICM Coordinator



**Emma-Lou Rapp**

ICM Student Assistant

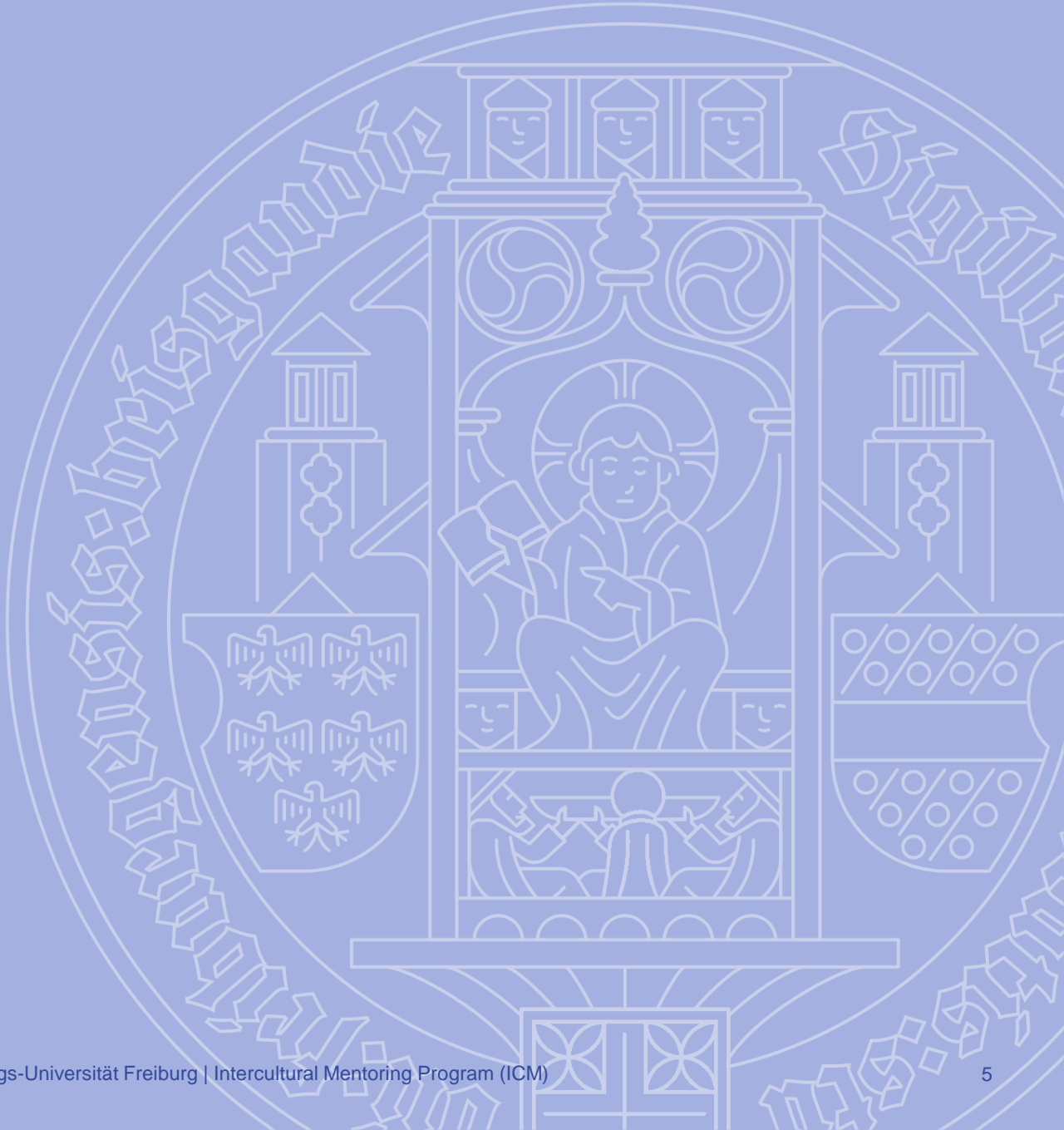


**Mavie Klink**

ICM Student Assistant



# Mentee Briefing



# Mentee Briefing

- You've just arrived in Germany and are starting your journey at the University of Freiburg.
- Your social circle here is very different from what you're used to back home.
- You're immersed in a new language that you may or may not feel confident using yet.
- You're managing daily tasks and responsibilities in a completely new environment.
- It's natural to feel homesick when living abroad, and it's a part of adapting to a new life.



# Mentee Briefing

- How can I adapt quickly and fully embrace my experience abroad?
- What are the best ways to meet people and build new friendships?
- How can I effectively improve my German language skills?
- Where do I handle practical matters such as opening a bank account, getting health insurance, or a SIM card?
- What steps can I take to manage and overcome feelings of homesickness?



The best thing you can  
do is already done –  
You've joined ICM as a  
mentee!



# What is ICM?





# Intercultural Mentoring Program (ICM)

- a program for all the university
- offered by Service Center Studium (SCS)
- part of the support services for international students
- involving both international and national students
- connecting students based on their field of study and personal interests

# ICM Mentors & Mentees

# Mentors and Mentees – who are they?

## Mentors:

- Experienced students who have either lived in Germany for a longer time or are native to the country.
- They support incoming students by sharing their knowledge and personal experiences.

## Mentees:

- International students who are now starting their studies in WS 24/25.
- They receive guidance from a mentor on various topics, including academic information, understanding German culture, and student life.



# Mentee-Mentor Relationship



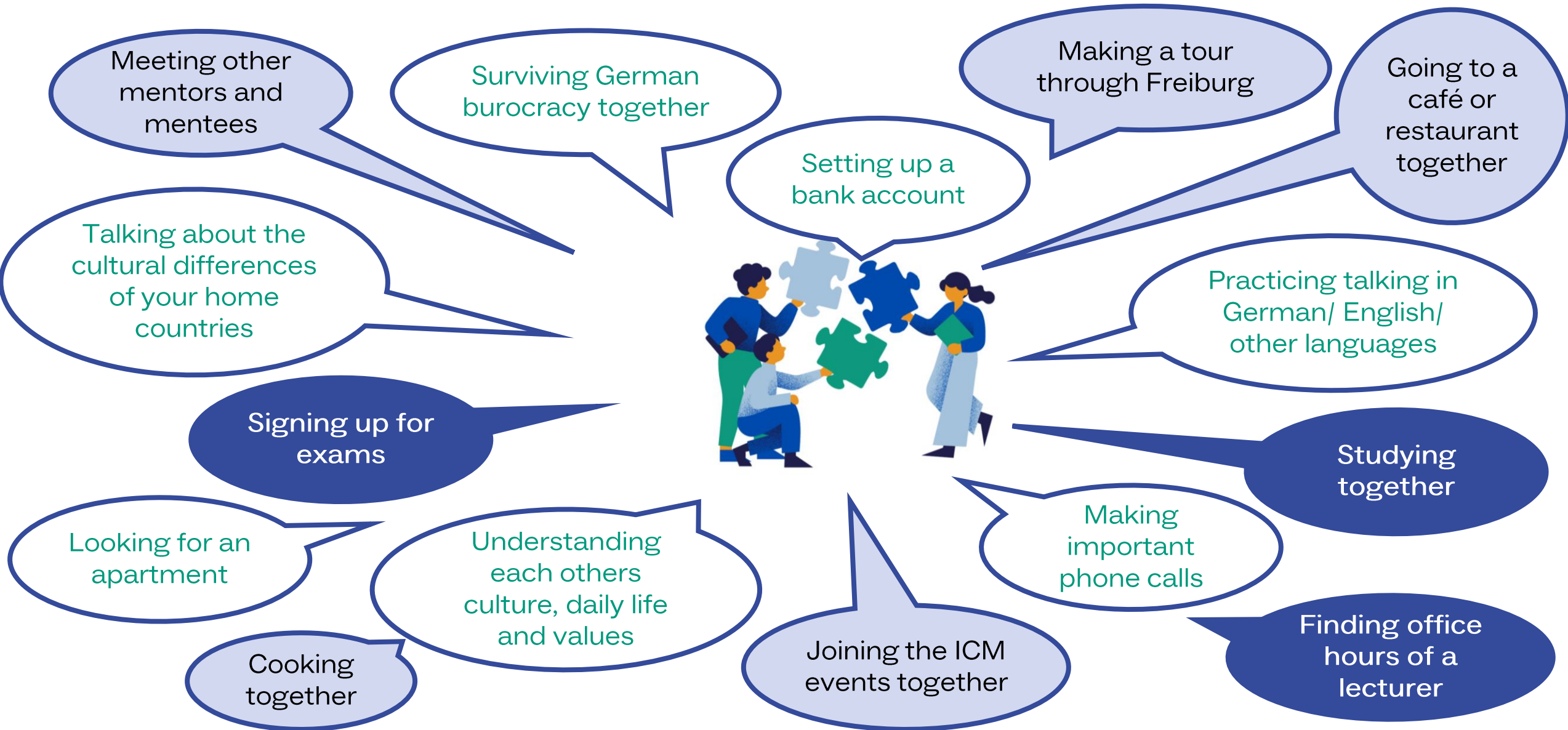
# What can you expect from your mentor?

- They are not a tutor or coach.
- They are role models who share their own experiences as a student.
- Mentors work on a voluntary basis, yet with great passion.
- They are here to offer support when questions arise.
- They may not have all the answers to your questions.
- Yet they can help to offer tips on where/how to get access to specific information.





# What could be part of the mentoring relationship?



# Mentors Help you Find the Answers!

- **How can I adapt quickly and fully embrace my experience abroad?**

Ask your mentor about their personal experience

- **What are the best ways to meet people and build new friendships?**

Take advantage of the ICM events

Don't be afraid to ask other ICM participants to meet up

Try to meet with your mentor at least once a month

- **How can I effectively improve my German language skills?**

If your mentor speaks German, try speaking with them!

Ask other ICM participants for a language tandem

Attend German language courses at the SLI (Sprachlehrinstitut)



- How can I open a bank account, get health insurance, or a SIM card?

Ask your mentor

Use the Welcome Guide for International Students

- How do I overcome homesickness?

Make new friends and join events where you can connect with others.



# Why ICM?





# Benefits of participating in the ICM

## For Mentees:

- easier transition and integration into the new academic and social system
- a study-related exchange of experience and knowledge
- improving intercultural and social competences
- enhancing language skills
- a successful degree

## For Mentors:

- broaden their world view
- enhancing intercultural, communicative, and social competences, and language skills
- upgrading CV with a certificate
- showing commitment through volunteer work

# Benefits of participating in the ICM

## For All of us:

- a welcoming community and an international network
- enriching university and life experience
- a semester full of intercultural encounters

# We are all in this together!



# ICM Requirements & Key Values

# Requirements

## Main requirements:

- Have at least **two** face-to-face meetings with each other
- Reach out to each other electronically or by other means (in addition to the required face-to-face meetings)

## Additional requirements to receive the certificate:

- Participate in the kick-off and the closing event
- Participate in at least two social events offered by ICM.





# ICM Key Values

- Be open and honest with each other
- Listen carefully to each other and have an open ear for problems
- Maintain confidentiality
- Treat each other respectfully (e.g. be on time when you meet)
- No hierarchy within the mentoring relationship
- The mentor is NOT ranked higher because they have more experience
- The mentee is NOT in the position to command the mentor
- No culture of dependency between mentors and mentees



# ICM Time-Plan



# ICM - TIME PLAN

**Feb. – Sep 24**  
Mentors' Registration



**SuSe 24**  
Mentors' Workshop  
Intercultural Training  
Social Events

**Sep. – mid- Oct. 24**  
Mentees's Registration  
Matching



**WiSe 24**  
Kick-Off  
Mentors & Mentees Meet  
Social Events, Trainings & Workshops

# ICM Events



# ICM Workshops and Trainings

## how to mentor?

A workshop on mentoring pathways



## intercultural training



working successfully in intercultural teams





# ICM Social, Cultural and Sport events

## The Handmaid's Tale at Theater Freiburg



## basel wanderlust ICM goes international



## Bowl&Bond



# ICM Events Calender for OCT

- All upcoming events can be found on our website.
- We send a monthly newsletter to your email address.
- Registration is required for each event via reg.-link.
- Events are on a first-come, first-served basis.
- **Please** make sure to add the events to your calendar.
- As ICM covers the costs, your registration is **binding**.
- If you need to cancel, please notify us ASAP via email.

Intercultural Mentoring Program (ICM)  
Student Service Center



ICM Kick-Off  
16:00-17:30  
Location: Aula, KG I, Platz der  
Universität 3, 79098 Freiburg

OCT  
18



Workshop  
effective  
communication

Workshop with our professional  
trainer Carolin Nagy  
14:00 - 17:00

OCT  
24



Freiburg guided city tour.  
09:45 - 11:30

OCT  
26

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# Useful Resources





# Useful Resources

## ➤ Intercultural Mentoring Program (ICM)

Do you have any questions regarding the organization of the mentoring meetings?

Do you need any additional material or information?

Are you confronted with situations in which you need personal advice?

Please do not hesitate to contact us at any time:

[icm@zv.uni-freiburg.de](mailto:icm@zv.uni-freiburg.de)

[golnoosh.baghi@zv.uni-freiburg.de](mailto:golnoosh.baghi@zv.uni-freiburg.de)

T +49 761 / 203 54174

# Useful Resources

## ➤ Student Service Center

Service Center Studium (SCS) answers all questions relating to studying and courses at the University of Freiburg. They offer a wide range of advice and support. For a complete list of their services, please refer to their webpage:

- Sedanstr. 6, 79098 Freiburg
- <https://www.studium.uni-freiburg.de/de>
- [study@uni-freiburg.de](mailto:study@uni-freiburg.de)
- Information Desk (ground floor)

## ➤ International Admission and Services (IAS)

International Admissions and Services (IAS) helps all international students with application, admission, enrolment, leave of absence, and change of subject, to name a few. For a complete list of their services, please refer to their webpage:

- <https://www.studium.uni-freiburg.de/en/counseling/ias>
- [study@uni-freiburg.de](mailto:study@uni-freiburg.de)

# Useful Resources

## ➤ Central Academic Advising Office (ZSB)

The Central Academic Advising Office (ZSB) is available to help you with all problems and questions that may arise before, during, or after your studies. They offer individual advising to prospective students and students of the University of Freiburg.

<https://www.studium.uni-freiburg.de/counseling>

## ➤ Nightline – Phone & Email Support for Students from Students

Students offer an open ear to listen to you about different topics. You may speak anonymously to students on the phone. Typical conversations include:

Difficulty with studies, dorm life, parent trouble, financial issues, exam stress, or stress in your relationship.

Availability from 8pm – midnight

0761 / 203 93 75

<https://www.nightline.uni-freiburg.de/>

# Useful Resources

## ➤ Psychotherapeutic Counselling (PBS at Studierendenwerk)

The Psychotherapeutic Counselling Service of the Studierendenwerk (PBS) is the place to go for anyone who experiences crises during the course of their studies.

<https://www.swfr.de/en/soziales/psychotherapeutische-beratung>

## ➤ Welcome Guide for International Students

Information about: Housing, administration, finance, studying at the University of Freiburg, ways to spend your free time, ways to improve your German and other foreign languages, useful videos, and last but not least the welcome days for newly enrolled international students.

<https://www.studium.uni-freiburg.de/en/counseling/welcome-guide-for-international-students>

# Useful Resources

## ➤ Start Your Studies Easily!

Here you may find a series of videos with helpful information, tips and insights into starting your studies at the University of Freiburg:

<https://www.studium.uni-freiburg.de/en/student-services/beginning-students>

## ➤ SWFR / Food and Event

Here you may find today's special in all canteens of the university and the future social events:

<https://www.swfr.de/en/>

# Any Questions?



# Confirm your participation!

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Please scan the QR code,  
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# Snap & Connect!

- On each table, there is a name of a faculty.
- You can gather around each table and get to know the people from that faculty.
- We suggest you mingle with other ICM members as well.
- Pick a "challenge yourself" note. Follow the instructions & mingle!
- We have prepared some snacks. Please help yourself!
- But let's take a photo before that!





# Challenge Yourself!

1. Find someone from your country or who speaks the same language as you.
2. Find someone wearing the same color as you.
3. Introduce yourself to someone new and share what your 'superpower' is.
4. Find someone who shares the same birth month as you.
5. Find someone who shares the same hobby as you (sports, music, cooking, etc.).
6. Find someone new and tell them two truths and a lie about yourself. Let them guess which is the lie.
7. Find the person whose card matches yours.
8. Find someone whose favorite movie or song is the same as yours.
9. Find someone whose name starts with the same letter as yours.
10. Find three people and give each a genuine compliment.
11. Find someone who has the same favorite season (spring, summer, fall, winter) as you.
12. Find someone who has worked in a job similar to yours.
13. Find someone who prefers the same type of vacation (beach, mountains, city, etc.) as you do.
14. Find someone who enjoys the same genre of books or movies as you.
15. Find someone who listens to the same music genre or artist as you.
16. Find someone who has the same number of siblings as you.
17. Find someone who is left-handed or right-handed like you.

# Thank You for Your Attention!

**Golnoosh Baghi**

Coordination ICM

T +49 761 / 203 54174

icm@zv.uni-freiburg.de

golnoosh.baghi@zv.uni-freiburg.de

<https://www.mentoring.uni-freiburg.de/intercultural>

Sedanstr. 6

79098 Freiburg i. Br.

Tue, Thu, Fri Mornings

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