

Inspiration. Motivation. Vision.

xpand

2016/2017

Life College - Curriculum



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Life College Scotland Programme 2016/2017

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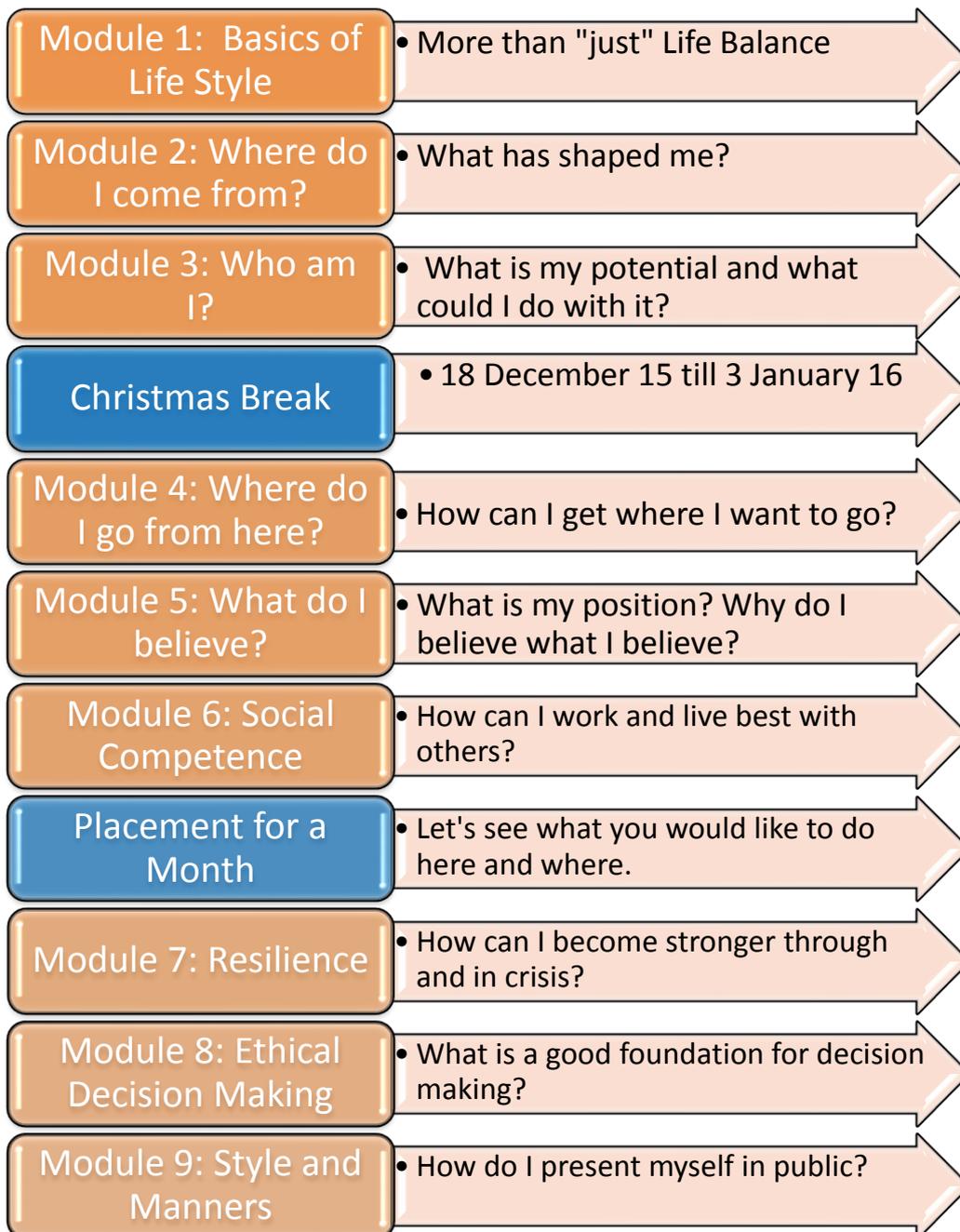
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The Training Courses

Come and join us for an exciting nine months of living, learning and working together!

OR ALTERNATIVLY

**Join us for the initial teaching on one of the folloing subjects
(for more information contact us under info@life-college.eu)**



Main Goals

- The Life College is designed as an interface between school and an apprenticeship/course of study/career.
- It helps the students to define their calling and their direction for the future.
- It tackles the important questions of life: What do I actually believe? Who am I? What has shaped me? How can I lead my life successfully? What will be important for the future? How can I live out my uniqueness?
- There will not only be teaching and study times; the participants will be working in local businesses during the week (Wednesday till Friday), for real-life experience.
- Through this integrated internship, English skills will be strengthened. Additionally, there will be English lessons once a week. (For native English speakers there will be the option of learning German)



Target Group



- School-leavers: 18+ years old
- Exceptions can be made – please ask

Focus



- International/European, therefore intercultural (Teaching will be in English)
- Mixture of learning, working and relaxing
- Mirroring the xpanse values, the Life College will operate on an ecumenical Christian basis

Curriculum



- 9 topics = 37 weeks
- 1 x 2 weeks of holiday (Christmas)
- 1 x 4 week internship (March/April)

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 9:00 – 13.00	Learning	Learning	Placement	Placement	Placement		
Lunch							
Afternoon 14:00-16:00	Learning	Learning	Placement	Placement	Placement		
Tea/Dinner							
Evening	Optional Activities		Optional Activities		Optional Activities		

Financing



- The overall cost, incl. accommodation, food and nine seminars with accompanying tutorials and coaching, is 7,470 Euro (830 Euro per month). This includes electricity and gas as well. We are monitoring the usage. If it is higher than usual there will be an additional charge.
- Application for a partial scholarship is possible (please provide us with relevant documentation as requested on page 17).

Placements



- Part of the programme is 2½ days of placement; students will work from Wednesday until Friday.
- xPand organises these placements together with the participants, in accordance with their interests.
- It cannot be guaranteed that the placement will be exactly as requested. In this case a different solution may have to be found.

Overview 2016/2017

Arrival on 30th September 2016

IMPORTANT:

We will organise pick up from airports.

Please choose flights that will allow you to get to Dunoon by 18.00. We are happy to assist you to find the cheapest option.

Airports:

- Glasgow International (easyjet): approximately 1 hour to Dunoon from here
- Glasgow Prestwick (Ryanair): approximately 2 hours to Dunoon from here
- Edinburgh International (easyjet): approximately 2.5 hours to Dunoon from here



Holiday / Months Internship / Graduation

Christmas break: 23rd Dec 2016 – 8th Jan 2017



Important:

It may be possible to spend the holiday in Scotland. If you would like to do this, please let us know well in advance.

You may book flights home departing Friday. Please consider the time it takes to get to the airport with public transport.

You will have to be back by Sunday night 18.00. Please find information on time tables at <http://www.firstgroup.com/scotrail/>.

The nearest train station or bus stop to Dunoon is Gourock.

Internship: 4 weeks around March or April (time not defined yet)



We will assist you in finding a placement for this month-long period. If you have received a sponsorship from a company they might want to get to know you – if you are already interested in a certain direction – we might have contacts there. Let's talk about it.

Graduation weekend: 17th – 18th Jun 2017



Important

Family and friends are most welcome to join us for our celebration. Please inform them that they may arrive at any time during the last week. We can give you information on where to stay.

Departure day is Sunday.

A more detailed look at the

topics

Module 1: Basics of Life Style

Nutrition



Besides physical exercise (30 minutes per day), certain aspects of nutrition are crucial in the long term. Michaela Kast, a qualified dietician, will instruct the participants in this topic, and show that a healthy diet can be fun.

Fitness check



Participants' actual current position will be defined at first, as in all topics. A health check by a doctor will enable our trainers to plan sporting activities according to an individual's level of fitness.

Living on a Budget



Since the cost of food is already included in the overall costs, the participants will receive a weekly budget. We will talk about living expenses and how to keep track of expenditure.

Module 2: Where do I come from?



Where do I come from and what has shaped me? These are pivotal questions. The basics of Christian psychology will prepare us for the personal examination of our individual histories. In the process, we will bring up the following topics:

- family heritage
- experience of life
- set of values

This part will be very personal, but definitely enriching as well.

We will clarify what a "positive psychology" is and what constitutes good mental health. Albert Görres, quoted in Ratzinger, Werte in Zeiten des Umbruchs, p105: "Whoever is no longer able to see faults, is spiritually ill"

Module 3: Who am I?



What is inside me? Our conviction is that we are created to be unique, and that it is worth tracing this uniqueness. This part also serves as a preparation for the next step, because exploring our abilities can lead to suggestions for possible future professions.

The topics:

- Motivational abilities
- Personality
- Values
- Desires

Module 4: Where do I go from here?



- After understanding the new findings about ourselves, and the resulting capabilities, we want to begin finding an individual direction for our lives:
- Life Mission Statement & Vision Development
- Strategy development through SWOT Analysis & subsequent targets
- Job hunting: How do I find the right job?
- Marketing: How can I tell others about my calling? How can I convince them?
- Finances: How am I going to finance the next steps, and how can I save up money in reserve?

Module 5: What do I believe?



- It might be surprising to find a Module like this in our programme. But since we base our decisions in life on what we believe, we think this is important.
- Even though one might think that we have answered all these questions in religious and moral education at school, we will assist students in being clear on personal beliefs.
- A simple grid will help to define a set of beliefs (seven fundamental questions every worldview answers)
- One task during the study times will be to research a world view in a group and then present it to the other participants.

Module 6: Social Competence



Using the keys for effective teams we want to discover each other's strengths and utilise them, develop strategies for conflicts, and generate a clear direction for being a leader in the future.

- Reflecting others and setting them free
- Solving little "problems" practically and demonstrating team behaviour this way
- Developing common guidelines for interpersonal contact
- Communication training through discussions, exchanges and mini-presentations of our findings
- Small, fun but tricky tasks will be used to initiate creative thinking
- Teamwork – Unification processes

Module 7: Resilience



Resilience could be translated as resistance, toughness or "mental elasticity". We add the term frustration-tolerance to it.

- How can I deal with people, who are totally different to me, and who are annoying?
- How can I improve my resilience and how can I grow and learn from my failures?

Module 8: Ethical Decision Making



What can we do, if an employer asks for something we would not want to do, that goes against our conscience?

How we will approach the topic:

- Ethics – what does it actually mean?
- Making ethical decisions on the basis of case scenarios and one's own experience

Module 9: Style and Manners



Manners for beginners – or 'how to behave the right way'. A really exciting topic that we will approach professionally but with a lot of fun and composure.

What it will be about:

- Colours & Style: What suits me?
- Manners
- Preparation for the graduation party

Notes: Life College 2016/2017

1. Requirements for participation

Participants must be aged 18 years or over when they start.
Financial arrangements for the year must be in place.
Adequate English skills (teaching will be in English).

2. Visa and employment permit

Citizens of the European Union do not need a visa or special employment permit. If you are not a resident of the EU however, you will need to ensure that all necessary applications are completed.

3. Insurance

Please check with your Insurance at home regarding what they suggest you should do to make sure accidents or sickness is covered. We will register the students with a local doctor's surgery.

4. Selection Process

After we receive the written application we will contact you by phone to get to know you a bit better and to clarify any questions. Participation in the Life College will be confirmed in writing from Scotland. The maximum number of participants is limited to 12. Requirements are listed above. A submitted application does not guarantee participation. xpanD reserves the right to select applicants for admission to the Life College.

5. Checklist:

- Visa and residence permit (not necessary for citizens of the EU and Switzerland)
- Proof of health insurance while abroad
- Accident insurance
- Personal liability insurance
- Two references (to be sent directly to xpanD by the referee)
- Completed application form

"Life College" Application 2016/2017

First Name: _____ Surname: _____

Address: _____

Nationality: _____ Gender: _____

Date of birth: _____ Phone: _____

Email: _____

Family information (Parents, siblings)



Do your parents agree with your plans? Yes No

My educational background can be summarised with the following keywords:

My interests background (e.g. Activities within the church, charity work, etc.)

My hobbies are:

I want to participate in the Life College because:

My English Grades of the last 2 (four half terms) years are: ___ ___ ___ ___

My occupational interests lie in these fields:

For my internship in Scotland I would like something in the line of:

We have various contacts from previous placements. Main focus for the placement is to get general work experience and practise English.

- Nursery
- Dunoon Grammar School (assist in school lessons)
- Office/Administration/Organisation (good English and computer skills required)
- Hotel
- Coffee House
- Other: _____

What is your health condition?

- excellent good adequate poor

Do you have any physical disabilities? Yes No

If yes, please give details?

.....

In the last year, have you suffered from any serious illness, or were you required to take medicine for a prolonged period of time? Yes No

If yes, please give details on a separate sheet of paper.

Have you ever been diagnosed with mental illness or have you ever received psychological treatment?

- Yes (please give details on a separate sheet of paper) No

Are there relatives (parents, uncles, aunts, grandparents) who have been diagnosed with a mental illness (e.g. depression)?

- Yes (please give details on a separate sheet of paper) No

Did or do/does you or a relative have problems with alcohol or drugs?

- Yes (please give details on a separate sheet of paper) No

How are you going to finance the Life College costs?

- My own money Friends
 Parents Other

I confirm the accuracy of my information:

Signed:

Date:

Please send to:

xpanse Life College, Ceol Na Mara, Cromlech Road, Sandbank, Argyll, PA23 8QH, United Kingdom

Reference for the "Life College" Programme

Please do not give this page back to the applicant but send this directly to xpanse Life College Ceol Na Mara, Cromlech Road, Sandbank, Argyll, PA23 8QH, United Kingdom. Thank you.

Name of the applicant: _____

The person mentioned above has decided to participate in our Life College Programme. We would like to know more about the participant, particularly how they are perceived by other people. Please briefly describe your impression of the person.

I have known the applicant since _____ in my capacity as (e.g. teacher, relative)

I have the following impression of him/her (please mention in particular if you see any problems or special challenges): _____

I recommend him/her for the Life College because: _____

Looking into the future, I could imagine the following perspectives for them:

City, Date, Signature: _____

Contact information (Phone and/or Email): _____

Application for Partial Scholarship 2016/2017

First Name: _____ Surname: _____

Address: _____

Nationality: _____ Gender: _____

Date of birth: _____ Phone: _____

Email: _____

The yearly net income of my family is _____ Euro.

(Please provide a copy of the latest tax notice(s) for all people contributing to the overall income of the family (Steuerbescheid).

I have the following siblings who attend the schools or universities listed or are at present doing an apprenticeship:

Name, Age:	School, etc.
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I have already tried the following places to find sponsorship (Friends, church, businesses, etc.)

I am able (if need be, with my parents) to pay a monthly rate of:

Euro _____, ____

I confirm the accuracy of my information:

Signed:

Date: