

The background features a collage of large, light blue letters (S, K, I, A, B, R) overlaid on various nature photographs. The photos include green plants, a blue sky, orange poppies, and white daisies with yellow centers. A large teal rectangle is positioned in the center, containing the main text.

skills 4 abroad

**giz**

Academy  
for International  
Cooperation (AIZ)

## Going abroad with your partner or children

Training and services offered  
by the Academy for accompanying  
family members

prepare – connect – support

# WE ARE GOING ABROAD!

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 carefree package deal at our training facility Campus Kottenforst: from accommodation and childcare to training and offers for further individual learning.

You can also take part online in many of our courses and make use of our vast digital learning offer on the Online Campus – bookings are free of charge and flexibly available from 6 months prior to 24 months after departing to the country of assignment.



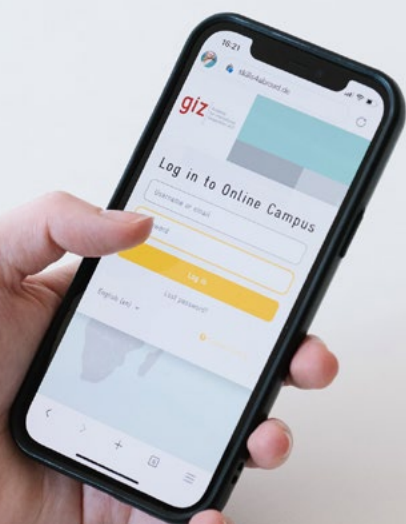
## OUR LEARNING OPTIONS FOR ACCOMPANYING PARTNERS (MAP)

As a partner who is travelling abroad for a period of over 12 months you can participate in most of the Skills4Abroad courses, free of charge. You can book the following trainings in a digital and/or in-person format:

- › Safety and security training (basic, intensive & refresher)
- › Strengthen your resilience: Dealing with stress and trauma
- › Unmasking power: Understanding and acting against sexual harassment and sexism
- › Complexity and diversity in the international context
- › Power and privilege in the postcolonial context
- › Country analysis
- › Language training
- › Learning 4 Development – Focus on your topic
- › Time 2 Learn – Focus on your learning
- › Moving and living abroad with your partner
- › Moving and living abroad with children

We offer further courses for MAP in German. If you are interested, please contact our Registration & Support team (see last page).

In addition to the training materials, our Online Campus offers you further individual learning opportunities on topics such as sustainability or language. You can also use the media and services of our library, exchange information with other accompanying partners online, and get to know people who are already in your country of assignment.



 **ONLINE CAMPUS**



## MOVING AND LIVING ABROAD WITH YOUR PARTNER

This training prepares you best for going abroad together with your partner as well as the opportunities and challenges in your country of assignment and how to master them as a couple. You were able to reflect on your own role as well as your professional goals and are now able to successfully implement these, also in the sense of self-care.

### THIS COURSE HELPS YOU TO

- › prepare for the process of arrival as well as living in your country of assignment as a couple in an ideal way,
- › reflect on your own personal role in terms of your relationship with your partner and/or family,
- › scrutinize your personal goals, planning them realistically and implementing them successfully, and to look at your professional biography,
- › give self-care the right significance in difficult situations, and
- › prepare for your return or prepare for a second deployment in a different country abroad.



This training is available in English only in a digital format.  
You can book the training before or after moving 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 & Skills4Abroad-trainer

### BOOK TRAINING

Digital:  
Digital: Moving and living abroad  
with your partner



## MOVING AND LIVING ABROAD WITH CHILDREN

You are well prepared for going abroad together with your children as well as for the opportunities and challenges in your country of assignment as a family. You were able to reflect how to prepare your kids age-appropriate for the new phase of life.

### THIS COURSE HELPS YOU TO

- › support your children in an age-appropriate and diversity-sensitive way during departure, arrival, and settling in in the host country,
- › become familiar with the sociological category of “Third Culture Kids” as well as their specific challenges and opportunities,
- › identify symptoms of culture shock or homesickness in children, sensitise for cultural complexity in the context of transcultural learning and develop individual coping strategies,
- › get to know the pros and cons of various types of schools in the host country and develop clarity about your own decision-making criteria, and
- › gain an understanding of multilingualism and accompany children appropriately in language learning.



This training is available in English only in a digital format.  
You can book the training before or after moving abroad.

“All three of the tutors managed to get us to gel 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



**BOOK TRAINING**

digital:

Digital: Moving and living abroad  
with children



## YOUR OWN FOCUS

### BOOK TRAININGS

Learning 4 Development – Focus on your topic:

In-person

Digital

Time 2 Learn – Focus on your learning

In-person

Individually tailored trainings to your needs and interests, which will focus on your learning goals during your stay abroad.

In the training “Learning 4 Development – Focus on your topic” you will choose a topic related to your professional or personal life abroad and you will be guided by your tutor. This in-person or digital training can be booked up to two times, each for 2 days.

“Time 2 Learn – Focus on your learning” offers the opportunity to tackle topics of your choice individually, in exchange with other participants, and/or with the support of our Campus Library staff. In addition to an optimal learning environment, more than 25,000 media and numerous impulses to network and learn await you. This half-day offer is available twice a month at the Campus Kottenforst. Your total contingent is three days, which you can use at individually chosen times after prior registration.

## CONSULTING SESSIONS

Even the most thorough preparation can't always cover every eventuality. Every country and family situation is different. For most of our trainings we therefore offer up to three additional consulting sessions with your trainer. These sessions are available up to 24 months after completing the respective course and can be booked via the Online Campus.



### BOOK CONSULTING SESSION

Consulting session





## A FAMILY-FRIENDLY ENVIRONMENT

Our learning facility Campus Kottenforst in Bonn-Röttgen offers a great place for children. Families are usually accommodated in the family apartments surrounded by greenery and close to 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.

## KIDS' CAMPUS (KICA)

So that our participants can fully engage in their preparation for moving abroad, families have childcare at their disposal directly on Campus Kottenforst. The **KiCa** 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 1 to 12 years of age are welcome. Younger children can be looked after by one of our babysitters. Older children have access to school in Bonn-Röttgen.

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

**Programme management**  
**Campus Kottenforst:**  
**T +49 228-4460 2000**  
**M [tagungsmanagement.kottenforst@giz.de](mailto:tagungsmanagement.kottenforst@giz.de)**

## TEENAGERS

After consultation with the trainer, teenagers aged 14 and over can take part in the country analysis. If the parents or one parent attends the language training as an individual training, they can also participate in the language training. In addition, teenagers from the age of 16 can attend the basic safety & security training after consulting with the trainer.

# WE ARE HERE TO SUPPORT ACCOMPANYING PARTNERS AND FAMILIES.

If you have any questions, do not hesitate to contact us via email, phone or in person. Please get the HR person of your seconding organisation to register you and address your registration to our Registration & Support team.

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You will find further information and detailed training descriptions on the Academy's booking platform:  
[learning.giz.de](https://learning.giz.de)

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