

# VIH PROGRAM

## EXPERIENCE REPORT INSTRUCTIONS

You should submit your experience report as a word document with the file name Lastname.Firstname Experience Report. The experience Report has five sections: Personal Information, Short Answer Questions, Cultural Continuum, Goals and Action Plans, and Final Budget. In addition to your word document, you must submit 5 photos, saved as Lastname.Firstname(1-5).\* At least one of your photos must include you in your host country.

### Part I-Personal Info

At the top of your experience report, you should include the following information:

Name

University/College

Cohort Year

Heinz Programming Area

Global Experience Country

Global Experience Program

Global Experience Dates



Photo by Kimberly Beechan, 2013 Cohort in Jordan

**Part II-Short Answer** : Each question should be answered in 250-350 words.

1. Discuss your global experience in light of your multiple identities. What were some of the cultural differences? How did you handle them?
2. What did you learn about the world in general? What did you learn about yourself? Feel free to use a cultural incident that either occurred to you or which you observed to answer these questions.
3. What is the relationship between your major, your Heinz Programming Area, and your international experience? How will your international experience help you to achieve your career goals and/or serve as a springboard for future leadership opportunities such as your CEE?
4. Did you have any epiphanies? (this question is optional)
5. Write a third person paragraph: (for examples please see the Experience Report page of the website)

\*Optional for virtual programs

### Part III - Cultural Continuums

For each set of values listed below, describe where your host country falls based on your observations during your global experience.

#### Individualism

Emphasis on “I.” If you don’t take care of it yourself, nobody else will. It’s important to know who you are, what you want out of life, and to be true to yourself.

#### Collectivism

Emphasis on “We.” You make important life decisions based on the needs of the group. Group values oftentimes set expectations that guide decision-making processes.

#### Equality

We are all equal under the law. People should all have the same opportunities for success. You believe that people should interact with each other on a level playing field.

#### Heirarchy

You believe in status differences and that people should be treated according to their standing. You respect the opinions of those in power and do not challenge them.

#### Monochronic Time

Time is of the essence. Every second counts. One thing at a time. Human activities must be organized with careful recognition of this fact. It is unthinkable to waste someone else’s time.

#### Polychronic Time

You feel that time is an unlimited good and available as needed. People should take the amount of time necessary to do what they need to do. Life does not follow a clock; things happen when they are supposed to happen.

#### Meritocracy

It’s not who you are, it’s what you do. Actions speak louder than words. You believe that people should be judged on merit and that they should earn their position and status in life. What is fair for one is fair for all.

#### Ascription

You believe that a person’s family background, age, gender, and other characteristics are very important in determining a person’s status in the community. Titles are used to define an individual’s status. Everyone in society has a specific position.

#### Activity

Taking action is more important than just talking about it. You feel like you should be doing something on the weekends rather than just relaxing. You are strongly motivated to be doing something constantly. Your day is scheduled with a high number of activities.

#### People

Who you are doing something with is more important than what you are doing. Rather than schedule specific activities, you are most likely just to spend time with your friends and family. The quality of your interpersonal relations is very important.

#### Change

You can always pick up, move, and start over somewhere else. It is important to reinvent yourself. You look forward to change and feel that it brings many positives to your life. Lack of change leads to stagnation. This emphasis on change translates into people being willing to take risks and try new things.

#### Stability

You feel it’s important to keep traditions in the world around you because these bring a positive and expected rhythm to your life. Change for its own sake doesn’t make any sense because it disrupts the rhythms, pace, and meaning of life. This means that people are uncomfortable about taking risks.

### Personal Efficacy

Success is due to hard work and talent, more than luck. You are responsible for your successes or failures. You believe that what you do in life matters, that you have control of your destiny, and that you must exercise that control to make things happen.

### Fate

You believe that human destiny is a matter of fate, something beyond one's ability to control. To behave as if you can control destiny seems supremely arrogant to you, and you distrust people who hold that belief. Outcomes are "meant to happen".

### Directness

Being direct is equated with telling the truth. If there are problems, it is important to have face-to-face conversations to resolve them. You are also concerned that you might be seen as dishonest if you are not forthright.

### Indirectness

You believe that indirect communication is the best way to respect the integrity of others. If you are facing a problem with another person you might ask a third party to intervene. A direct, face-to-face confrontation with the other person would be rude and offensive.

## Part IV: Personal Development Goals & Action Plans

Describe your cognitive, interpersonal, and intrapersonal goals for your global experience. Use the examples to guide you on how to structure your goals and action plans.

### Interpersonal Goal: Analyze the high-tech start-up company culture in Berlin, Germany.

**Action Plan:** Intern at a tech start-up and work on a project with Germans so as to deepen my understanding of work cultural norms, team dynamics, social cues, etc

### Cognitive Goal: Research women's representation in politics in Ghana.

**Action Plan:** Interview 4 college-educated women and 4 men about their experiences as women in higher education and their opinions regarding women in politics. Compare these findings with women's representation in political positions in Ghana.

### Intrapersonal Goal: Deepen my understanding of the difference between individualism vs. collectivism in Korea

**Action Plan:** Visit 5 Korea homes and observe / take notes on body language and the nexus between behaviors and values

Goal:

Action Plan:

Goal:

Action Plan:

Goal:

Action Plan:

### Part V: Final Budget

Create a table like the one below to submit your final budget information. In the Budgeted column, write your anticipated costs as you submitted them before your global experience. In the Actual column, write what you actually ended up spending in each category. If a category does not apply, write N/A.

<b>Category</b>	<b>Budgeted</b>	<b>Actual</b>
Round Trip Airfare		
In-Country Transportation		
Cost of Program		
Housing		
Meals		
Books		
Passport/Visa		
Other Expenses		
Total		