



VIH Mentoring
Program:
Making the Most of VIH

Spring Retreat

- What to expect
- Pre-retreat assignments
- What to take with you
- Advice on making the most of the VIH Spring Retreat curriculum
- Questions?



International Experience

- Program provider information
- Passport
- Flights
- Communication while abroad
- Country information
 - Language
 - Dress
 - Customs



Fall Retreat

- What to expect
- What's different about the fall retreat?
- Pre-retreat assignments
- What to take with you
- Advice on making the most of the VIH Fall Retreat curriculum
- Questions?



Community Engagement Experience (CEE)

- The CEE serves as a way for awardees to bring their cultural learnings back to their communities and share their experiences
- A group project with the other Viras from your Institution
- Mentor: Describe your CEE



Learning from Each Other

Mentor, please share your learnings through the VIH Program for the following:

- Teamwork
- Communication
- Relationship Building
- Confidence
- Leadership

Remember: Everyone is nervous about the retreats, but use them as an opportunity to meet your fellow Viras and prepare for your time abroad.
