

EFFICIENT MEALS STRATEGY

Breakfast

- Daily discussion of international news events.
- You need to listen to the radio or read the news before coming to breakfast each morning, and be prepared to talk about something in the news that day.
- Memorisation exercises.

Lunch

- Lunch is a role play of a professional meeting, with one participant leading.
- Before coming on your immersion please think of 2 scenarios based on real, current professional situations.
- You will be required to explain the reason for the meeting, present the topic to be discussed clearly, and precisely assign roles to the other participants (e.g., CEO, Finance Director, Human Resources, Union representative, engineer etc.).
- The meeting must be structured and result in a decision or an action plan being made. It is your role to manage this and to ensure that everyone participates.

Aperitif

- An opportunity to practice relationship building and conversation skills.
- Question cards are provided to help with question and response techniques which will be worked on during the meal.

Dinner

- Dinner is a simulation of a social situation. Each evening one participant chooses a general topic that they would like to discuss (e.g., environment, sport, culture, media, health, education, etc...) They present it to the other participants and make sure that everyone participates in the debate.

**On Monday we give you the agenda with the 'leaders' for each meal.
On the day that you are the leader, you will have some time to prepare your
subject before lunch.**