

# gapp

GERMAN AMERICAN  
PARTNERSHIP PROGRAM

## GAVE-Journal



Welcome to Germany!

On your virtual trip through Germany, you will have many experiences with your exchange partner and your host family, discover new things and, above all, speak a lot of German.

This journal is here to help you document and reflect on things that are interesting, funny, awesome, (and sometimes not so awesome). In the journal, you can capture your personal experiences and, at the end of your exchange, look back on these experiences with joy. In addition, the journal has a few exciting assignments in store for you, which will help you to get to know the culture, language and people better.

We hope you have lots of fun!

*GAPP was founded in 1972 and developed into one of the most successful, bilateral student exchange programs between schools from Germany and the United States.*

*GAPP is a partner of the Goethe-Institute and is supported by the German Federal Foreign Office and the United States Department of State.*

You can find us at [goethe.de/gapp](https://goethe.de/gapp) and [goethe.de/gave](https://goethe.de/gave).



# 1. My first exchange

(Skype, Facetime, WhatsApp etc.)

Today, I feel



, because...

It would be great if you could find time to meet live with your partner. If it doesn't work out, choose an appropriate tool (*YouTube, WhatsApp, TikTok, etc.*) to film a short video introduction to send to your partner. Here are a few ideas to help you lead a conversation:

- My name is... and I am... years old. I live in... with...
- I have... pets: (Name, Breed, Age, Gender)  
If you have no pets: Explain if you would like to have any, and if so, which one/s.
- I am looking forward to... (food, culture, making friends, etc.)
- I am a little nervous about...

## Assignment

**Learn 2-3 phrases or sentences that are used in your partner country in daily life.**

*To do this, you can either write or meet virtually with your partner. You can choose a suitable tool together. Write down your phrases and translate them if needed. Here are some examples:*

- |                              |                            |
|------------------------------|----------------------------|
| • Have a nice evening.       | • What's up?               |
| • It's all Greek to me.      | • Can I help you?          |
| • I am sick and tired of it. | • I will cross my fingers. |



## 2. Get to know your host family!

Today, I feel



, because...

Meet virtually for 10-20 minutes on a suitable tool, e.g. *Skype*, *Google Meet*, *Zoom*, etc. to get to know each other. It would be great if family members would attend.

Here are a few questions you can use to start a conversation:

- How are you all doing? • What did you all do today?
- What are your plans for the weekend?
- How many people live in your house/apartment?
- What is there to see in your area?
- Is this your first exchange?

### Assignment

*Tell your host family about your favorite music and ask about his/her favorite music/artist. Have you ever seen your favorite artist live; if so, where and how was it? Write down your thoughts:*

My first impression was...

I feel...





### 3. Talk about your day!

Today, I feel 😊 😐 ☹️ , because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, Email, WhatsApp, etc.*). Share for example:

- Today, I went to school and...
- I met with my friends today and we have...
- For lunch today, there was...
- Actually, today I wanted to... , but then...

#### Assignment

*What does a perfect day in your city look like? Exchange ideas with your partner. What would you possibly do together if a trip took place?*

*Write down which ideas interested your partner and which did not.*





## 4. Get to know your virtual exchange family even better!

Today, I feel



, because...

Meet virtually for 10-20 minutes on a suitable tool, e.g. Skype, Google Meet, Zoom, etc. to get to know each other. It would be great if family members would attend.

Here are a few questions you can use to start a conversation:

- What is your favorite holiday and how do you celebrate it?
- Who cooks at your house?
- Who is the funniest in the family?
- Where did you last go on vacation? Where would you like to go?
- What are your favorite movies and why?

### Assignment

**Talk about your hobbies and ask the family about theirs.**

Maybe you have a hobby in common? If so, practice it together, document it (video, photos) and share it on the platforms.

We look forward to hearing your ideas. Write:

This is my partner's family:

I find this very interesting:

I was able to identify these similarities and differences:

## 5. Learn more about your partner city!

Today, I feel



, because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

- Transportation methods
- Trip ideas
- My city is well known for...
- How many people live in this city?
- How far is my city from the nearest big city?  
Have you ever been in that city?

### Assignment

**Write down a list of your 5 favorite places in your area and share it with your exchange partner.** You can collect pictures and information e.g. about the following places: Restaurants, beaches, lakes, skate parks, rivers, parks, town squares etc.

This is what I already know about my partner city:

What I like about my partner city:

If I lived there, here's what I would appreciate/miss:







## 6. Diversity

Today, I feel 😊 😐 😞 , because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

- What traditions are in your own country and the partner country?
- How many different languages and cultures are there in your own country and in the partner country?
- What value does diversity bring to your city?
- What are your experiences with diversity?
- A culture that particularly interests me...

### Assignment

*What differences do you see in cultural diversity between your hometown and your partner city?*

*Ask your partner:*

## 7. What excites you about GAVE?

Today, I feel 😊 😐 😞 , because ...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

- **What has inspired me most about GAVE so far:** (e.g. food culture, culture, language, family, virtual exchanges, friendships, etc.)
- **This is what has surprised me the most so far** (positive & negative) **during the GAVE program:** (e.g. friends, culture, routines in the partner country, festivals etc.)
- **My motivation to learn a foreign language**
- **Trip to the partner country**

### Assignment

*Tell your host family or partner what great things you've learned so far and what you're taking away from the GAVE program.*

WHAT  
HAVE  
YOU  
LEARNED?





## 8. My daily life – your daily life

Today, I feel



, because...

Meet virtually for 10-20 minutes on a suitable tool such as *Skype*, *Google Meet*, *Zoom*, etc. to exchange ideas.

Here are a few topics that you can use to start a conversation:

- I like/dislike my way to school, because...
- In my hometown, I get to school by...
- I think the public transportation here is...
- Eating habits  
(Take-out-food, regular meals, eating together)
- Daily schedule - morning, afternoon, evening
- Activities outside of school
- What I do in the evening...

### Assignments

1. *Make a short video or take a few pictures of your way to school and post them online and share them with your partner.*
2. *Write down what you like about the everyday life of your exchange partner.*



## 9. My diet in my weekly schedule

Today, I feel 😊 😐 ☹️ , because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

- How far is it to the grocery store from your home?
- In my family, we cook together/ cooking is done by one person.
- Favorite dishes
- Recycling at home
- Composting

### Assignment 1

Enter what you eat and drink and when in the weekly chart below.

### Assignment 2

Take pictures or videos of your groceries, refrigerator, breakfast, lunch and dinner and share these with your partner.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Food

MORNINGS

Drink

Food

NOON

Drink

Food

EVENINGS

Drink





## 10. Family

Today, I feel 😊 😐 😞 , because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (Portal, IG, Zoom, Google Meet, email, WhatsApp, etc). Here are a few topics you can use to start a conversation:

- What does "family" or becoming part of a new family mean to you?
- How much freedom do you have/ how much would you like to have compared to home? (being online, Tv, going out, cell phone, playing etc.)
- How many people are in your family at home?
- What do you like most about your family?
- What is your role in the family (duties, responsibilities, etc.)?

### Assignment

*Describe at least 2 days of family life at home. Exchange ideas with your partner: What is different and what do you have in common?*



## 11. Culture and society

Today, I feel 😊 😐 😞 , because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

- *These are the traditions and social structures I have come to know so far...* (food, traffic, friendships, music, rules, etc.)
- *Table manners*
- *Typical celebrations*
- *Jokes*
- *Sport events*

### Assignment

*Write: What more would you like to know about the other culture? Where do you see similarities and differences? What would you find difficult to imagine if you lived in the other country?*





## 12. Language

Today, I feel



, because

Meet virtually for 10-20 minutes on a suitable tool such as *Skype*, *Google Meet*, *Zoom*, etc. to exchange ideas.

Here are a few topics you can use to start a conversation:

- The new language is... for me. (exhausting, inspiring, difficult, fun)
- I feel that I have learned a lot/very little linguistically because...
- What I like about the new language...
- The grammar is...
- My favorite word is...

### Assignment

*Share three more phrases with each other.  
And tell each other 1-2 jokes! Take notes here:*



## 13. Sports

Today, I feel



, because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

### Assignment

*Exchange information about the popular sports in your countries and watch a game from the other country. Explain the rules to each other. If you can watch a game together, that would be great! Please document this with pictures or videos and post them online. Here are a few ideas:*

*Soccer, American Football, Baseball, Cycling, Handball, Tennis, Swimming, Crouquet, Biathlon, Ice hockey etc.*

*You can take notes here:*



## 14. Cooking

Today, I feel



, because...

You can discuss this in writing online or over the phone. Agree on a suitable tool (*Portal, IG, Zoom, Google Meet, email, WhatsApp, etc.*). Here are a few topics you can use to start a conversation:

### Assignment

*If you can, find time to cook (live) together. Share your favorite dishes beforehand and agree on a dish that you will cook together. If that's not possible, you can also cook a dish on your own and share it with a video on TikTok, YouTube, or with photos. Feel free to do this task more than once.*

*Here are a few ideas:*

*Pretzels, sauerkraut, mac 'n' cheese, marble cake, burgers, dumplings, pizza, schnitzel, mashed potatoes, bratwurst, potato salad, coleslaw, pudding, scones, etc.*

*You can take notes here:*



## 15. Feedback

Today, I feel 😊 😐 😞 , because...

Meet virtually for 10-20 minutes on a suitable tool such as *Skype*, *Google Meet*, *Zoom*, etc. to exchange ideas. Here are a few topics you can use to start a feedback conversation:

- What are you most proud of during your exchange?
- What could you personally still work on?  
(confidence, courage, representing your opinion, giving and accepting feedback)
- What could be better and what was fun?
- Do you want to stay in touch with your exchange family?
- Have you been able to learn more of the language?

Tschüss!

Bye! Bis bald!

Talk soon!

