

This journal belongs to:

---

Just for  
you!

# LOG BOOK\*

# LËTZEBUERG\*\*

\* a logbook — A logbook is a diary for ships. The captain writes down all important observations and events.

\*\* Lëtzebuerg — that's the name of Luxembourg in Luxembourgish



Here you can paste a photo, draw or describe yourself.  
As you like.

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LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG  
Ministère de l'Éducation nationale,  
de l'Enfance et de la Jeunesse

This book belongs to you!  
It's a bit like a diary.

**YOU ALONE** should write in this book,  
and **ONLY YOU** will read it!

- Write as much and as often as you like.
- You can write in it no matter where you are:  
at home, at school, at the park, you name it.
- And you can write in whichever language you choose!
- Think about yourself and your life.  
Have a think about Luxembourg, too.

FÜR  
MICH

Для меня

پام  
مین



FOR  
ME  
Power moi

من أجلي

给我的



— **Tip:** How to keep your journal private:

- write in your own language,
- find a safe hiding place for it
- and think carefully about whether to let anyone else read from it.

— **Editor's note:** Teachers can download accompanying material from [www.zpb.lu](http://www.zpb.lu).



# My title page

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If you had a logo\*, what would it be?

 Draw it!

You could use your first name, your initials or a made-up name.

Or dream up a symbol or picture that expresses who you are!

*For instance, a lion stands for courage, a path symbolises a long journey, ...*

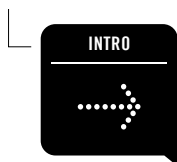
Start with a simple drawing. You can tweak your logo later on.

Logos often take a long time to be completely finished.









Why not draw your logo on everything you own – your exercise books, reading books, journal and more.

**— Tip:** You can fold the cover page back so that this becomes your title page.

\* a logo — a symbol that stands for something, like a company, a person or a product.



# How this journal works!

-  Write
-  Doodle or draw
-  Stick in a picture
-  Talk to someone else
-  Tick
-  Non-journal activity
-  Have a think
-  If very strong feelings arise and you feel overwhelmed, close your journal and come back to it later. Take a deep breath in and out. Feelings come and go.

Look around you. What can you see?  
What can you hear? What can you feel?  
Name five things.

Or talk to your friends and family, teachers,  
youth workers or a psychologist about it.

Words with asterisks\*

These words are explained at the bottom of the page.

Audio translations in Arabic, BCMS, Chinese, English, Farsi, French, Portuguese, Russian, Spanish, Tigrinya and Ukrainian are available on various pages.

The QR code (at the bottom of the page) tells you whether there's a translation for the page.

If you need help working through this journal or if you don't understand a particular word or phrase, please just ask for help. You could ask your teacher, a friend, a classmate or a neighbour to help you.

You could also use dictionaries or an online translator.




What's the date today?  
Write it down.

Where are you right now?  
Write it down.

How's it going today?  
Put a tick somewhere on the line.  
For instance, if you're feeling very relaxed, put a tick on the far left.  
Or place your tick towards the right end if you're not feeling well.

Scan this QR code to hear translations of the activity.

17.12.2022  
Date

 Luxembourg  
Place

        
Feelings





# Who am I?

Your likes and dislikes change with time. They show who you are right now. A few months from now, you could fill in this page again and see what's changed.

 Write down what comes to mind

## What I like right now:

Apps/games



.....

.....

This film



Video

.....

These clothes



.....

What makes me laugh:



.....

What I like doing right now:



.....

What is particularly important to me now:



.....

What I don't like right now:



.....

You can stick in photos here!

*Tip: You could simply print out a photo from your mobile in a shop (supermarkets have this facility). It's quick, cheap and easy.*

This music

.....

And ...

.....



# I'm great!

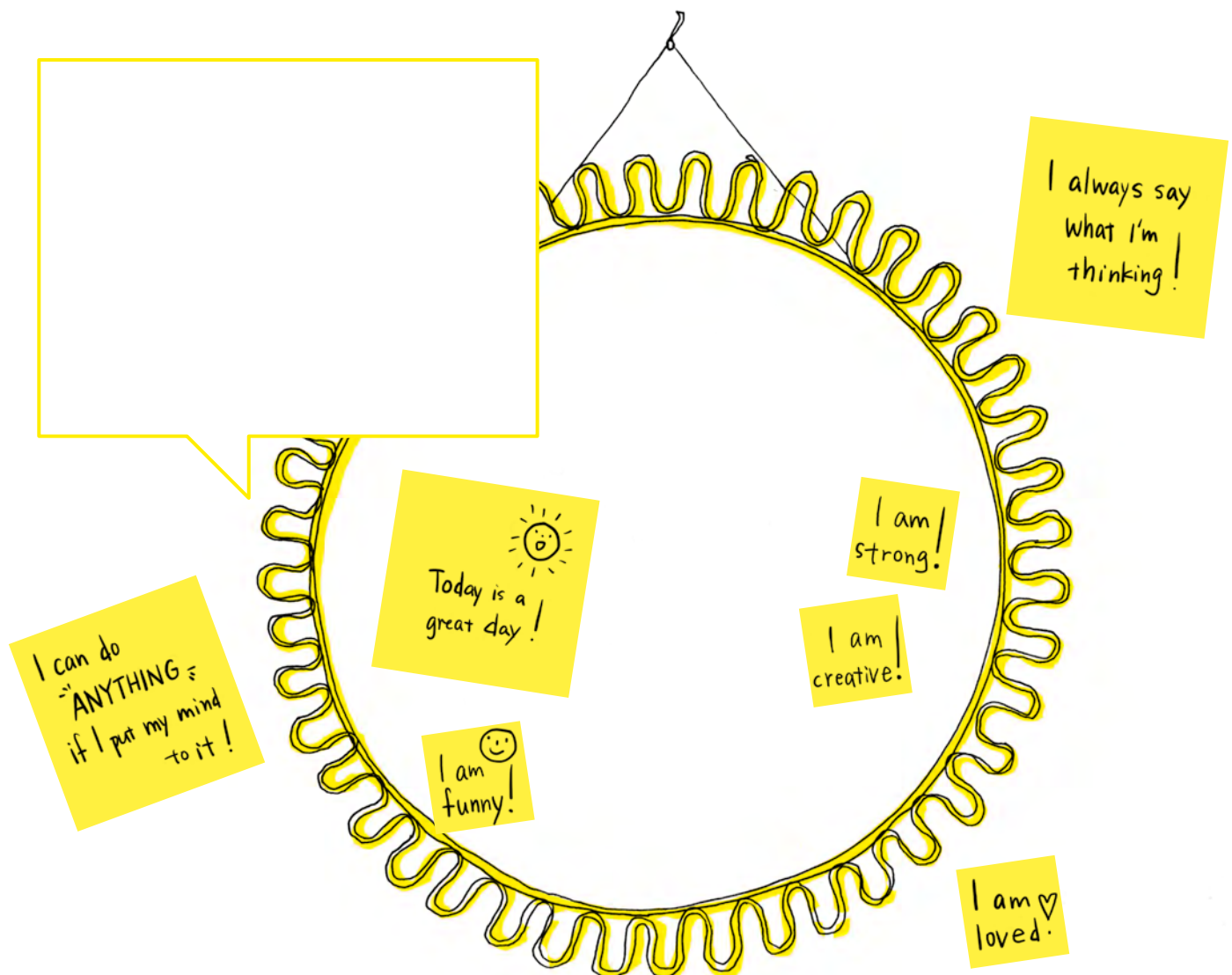
Positive statements help you feel better, motivate yourself and boost your self-esteem.

How does it work?

Repeat the statements in your head or say them out loud. It's best to do this in a quiet place and for as long as you like, or until you're feeling better again.

Which of these sayings do you like the most?

✎ Do you know any other sayings that might help to spur you on? Write them down.



— **Tip:** This exercise is especially helpful and has a real impact if you do it every day as soon as you get up.

— **Tip:** The next time you're feeling anxious, sad, annoyed or stressed, say your statement in your head or out loud.

.....  
Date



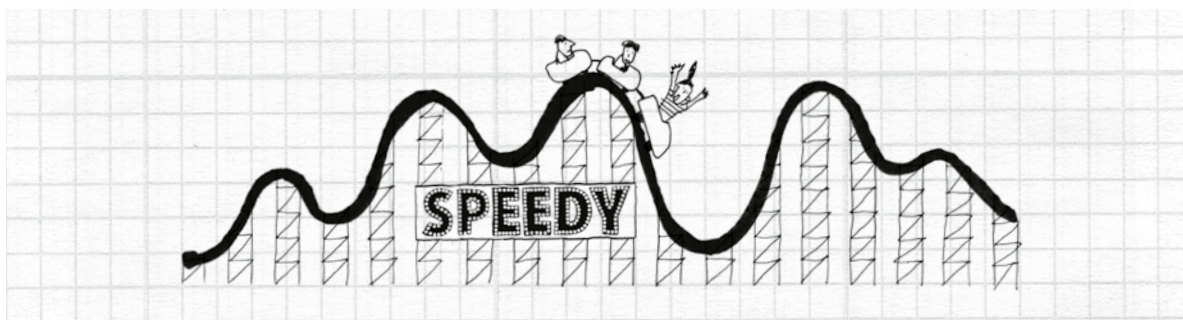
.....  
Place



.....  
Feelings

# An emotional rollercoaster

Some days are like a rollercoaster. You have ups and downs. You might feel great, then bad, then great again. Know the feeling?



- 💡 Think of a day like that and the different situations that might arise.
- ✍ Draw a rollercoaster for the day and add a tick on it for each situation. ✕



✍ Write about this day.

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**— Tip:** Whenever you feel a bit down, remember that you always bounce back again. Sometimes you might feel really low in the morning because you're tired. Once you've had a good breakfast, you feel better straight away. Maybe you miss the bus and feel cross. But then you spot your friend in school and everything's fine again. Now you're back on a high.

☹ If very strong emotions bubble up and you feel overwhelmed, you can do something about it. Simply shut your journal and come back to it later. Take a deep breath in and out. Feelings come and go. Look around you. What can you see? What can you hear? What can you feel? Name five things. Or talk to your friends and family, teachers, youth workers or a psychologist\* about it.

\* a psychologist — knows all about emotions and can help you when you're feeling down. You can tell them about your problems and thoughts. They are not allowed to tell anyone else about it. This is called professional confidentiality.

.....  
Date



.....  
Place



.....  
Feelings







# How am I doing?

How do you feel?

Circle all the words that apply.

 Describe or  draw a situation that triggers strong emotions in you.

I feel...

frustrated

I'm bored.

safe

cheerful

tired

I'm ashamed.

exhausted

stressed

brave

focused

dissatisfied

fit

I'm full of energy.

helpless

lonely

disappointed

hurt

shocked

excited

uncertain

strong

optimistic



# How am I doing?

hopeful

unhappy

content

unwell

impatient

I'm worried

curious

in love

happy

jealous

grateful

relaxed

angry

proud

I'm having fun.

I'm worried.

I'm full of hate.

on edge

confused

sad

surprised

Look at this page again a few weeks later.  
What's changed? Write down some new sentences  
or draw a new picture.


☹️ If very strong feelings come to the surface and you feel overwhelmed, close your journal and come back to it later.  
Take a deep breath in and out. Feelings come and go. Look around you. What can you see? What can you hear?  
What can you feel? Name five things.  
Or talk to your friends and family, teachers, youth workers or a psychologist about it.



# I love you

✎ Write "I love you" in as many languages as you can!  
Scan the QR codes to find out how it sounds in other languages.

I love you



💬 Discuss it with friends!

Who speaks the same languages as you? Who can teach you the phrase in a new language?  
Whom can you teach the phrase in a new language?

.....  
Date



.....  
Place

😊 ○ ○ ○ ○ ○ ☹️  
Feelings





# It's nice here

What does a nice and relaxing place look like to you?

Read the story slowly and calmly. It doesn't matter if you don't understand every single word.

You can also have the story read to you in your own language. If you like, you can close your eyes.

*Imagine that you're  
standing in the middle of a big green meadow.  
It's a warm, sunny day.  
A few clouds are drifting across the sky.  
There are a couple of trees in the meadow  
casting shadows on the ground.  
The meadow is soft and wonderfully cool.  
It's very peaceful: all you can hear is a few birds singing  
and the soft rustling of the leaves in the trees.  
A little brook runs alongside the meadow.  
You can see little fish swimming in it.  
There's a little blanket lying beside you,  
and you can smell the fresh bread on it.  
  
You close your eyes, feel the sunshine on your face and  
feel completely relaxed and happy.*

💭 Is there a place where you feel relaxed and happy? What does it look like?

✍ Write about or 🖍 draw your happy place.

— **Tip:** The next time you're feeling really stressed, close your eyes and think of that place.

.....  
Date



.....  
Place



.....  
Feelings



# Hi, Lëtzebuerg!

💬 Let's recap: What was it like when you arrived in Luxembourg (Lëtzebuerg)? What were the first few days like? What have you seen? What have you heard? What have you experienced and felt? What have you smelt?

✍ Write a letter! Write down everything you can think of and ask Luxembourg some questions!

Hi, Lëtzebuerg!

Best wishes!

💬 Have a think: Who might be able to answer your questions?

Perhaps you could speak to someone who has lived in Luxembourg much longer than you, or who has grown up here.

.....  
Date



.....  
Place



.....  
Feelings

# Someone by my side


Sometimes you might have an appointment – such as at the bank, the doctor, the town council and so on – but don't want to go alone. In Luxembourg, you can take someone you trust with you to appointments.

 I'd like to take someone with me when I go to:

.....

.....

.....

 I'd take this person:

.....

.....



 I need help with this issue:

.....

.....

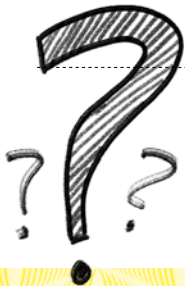
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**Tip:** You can ask here:

 Put a tick beside the organisation you want to write to.

- ☐ Office national de l'accueil – ONA  
www.ona.gouvernement.lu
- ☐ Guichet Info Migrants  
www.asti.lu/guichet-info-migrants
- ☐ Planning Familial  
www.pfl.lu

.....  
Date



.....  
Place



.....  
Feelings





## My mission\* 1

## GO EXPLORE!

► Decide what you want to do:

## — Your mission

Do something creative with a close friend:  
Film a short clip, make a photo collage, etc. ...



## — Your mission

Write a text message or postcard to a close friend.



## — Your mission

Cook a meal for a close friend.



## — Your mission

Go on a trip with a close friend.



\* a mission — is a special task or assignment.

.....  
Date



.....  
Place



.....  
Feelings

# Fear!

Feeling frightened or anxious is perfectly normal; in fact, it can be vital. Without any sense of fear, we wouldn't take notice of real dangers. We'd run out into the road without checking for cars, for instance.

But sometimes we're afraid even though there's no actual danger. In that case, we need to overcome our fear.

💡 Have a think: What makes you feel anxious?

✍ Write it down in a few words:

.....

.....

What do you do about that anxiety?

✍ Write it down. Some examples: talk to someone about it, do some sport or listen to music.

.....

.....

Doing something to overcome your fear is good

- because those feelings of anxiety disappear more quickly.
- because the fear goes away completely.
- because it makes you stronger.

What are you planning to do the next time you feel anxious?

✍ Write it down:

.....

.....

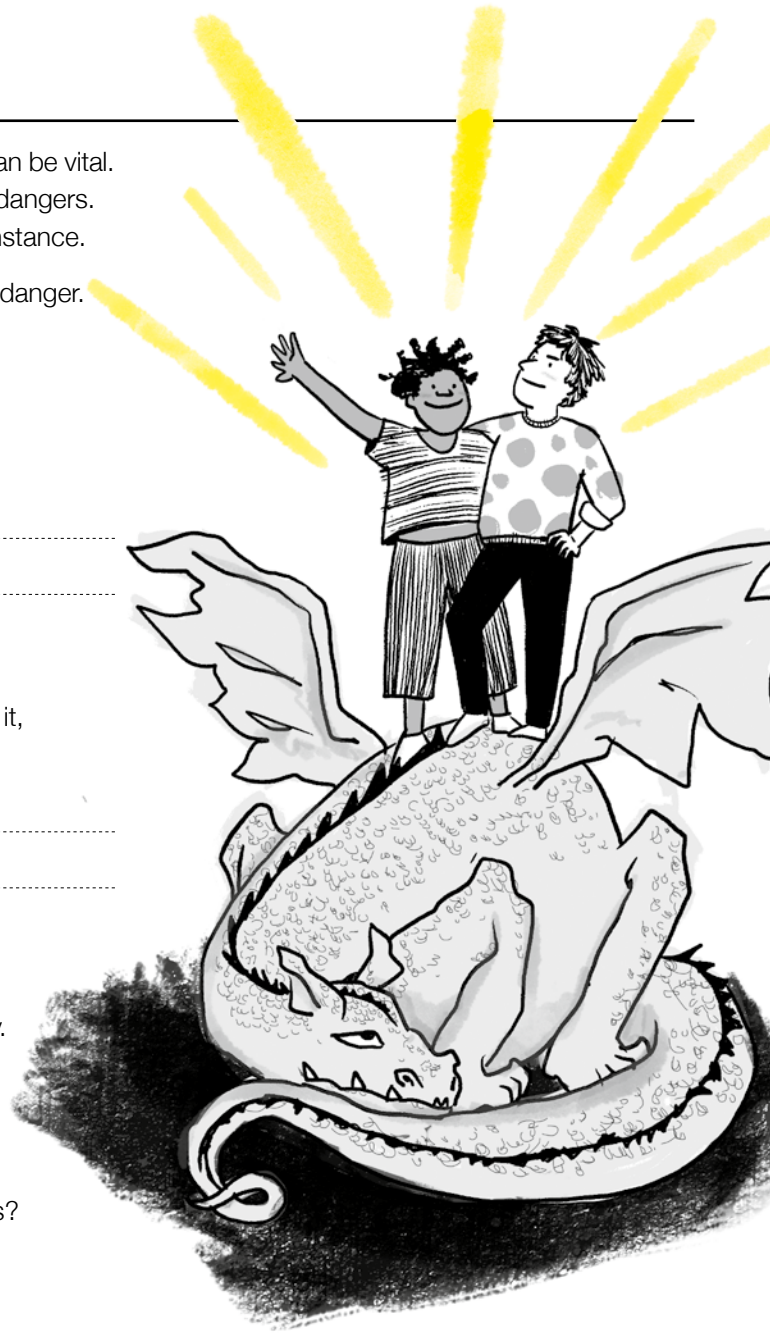
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☹ If very strong feelings arise and you feel overwhelmed, close your journal and come back to it later.

Take a deep breath in and out. Feelings come and go.

Look around you. What can you see? What can you hear? What can you feel? Name five things.

Or talk to your friends and family, teachers, youth workers or a psychologist about it.



# My languages

💬 Think of all the languages that you can speak and that are important in your life.

Languages build bridges between people. Is there another language that you'd like to learn in the future?

✍ Write down all of your languages in the body below. Give each language a different colour.

It doesn't matter how well you can speak the language. You can repeat this exercise in a few months.

You might find that it becomes more colourful!


☐

Colour language

☐
☐
☐
☐
☐
☐
☐

Would you like to talk to someone about your picture?  
To whom?

💬 Show your pictures to one another.

— **Tip:** There are lots of language courses in Luxembourg:

[www.llo.lu](http://www.llo.lu) and

[www.biergerpakt.zesummeliwen.lu](http://www.biergerpakt.zesummeliwen.lu).

.....  
Date



.....  
Place



Feelings



# I take care of myself

✕ How are you doing right now?

☐ fantastic ☐ good ☐ okay ☐ not great ☐ bad ☐

💭 Ask yourself this question regularly. Your physical and mental wellbeing is important.

A regular routine can help with this. ✍ Describe your habits.

## EATING



What I ate for breakfast this morning:

.....

What I've drunk today:

.....

Number of meals I eat per day: .....

## EXERCISE



What exercise I do every day:

.....

.....

.....

## SLEEP



I sleep this many hours: .....

I need this many hours of sleep: .....

## TALKING

If you're feeling sad, angry or stressed, talking can help you feel better. You could talk to your friends, family or a psychologist.

I trust these people:

.....

.....

.....

.....



### — Tip: —

Your school will have a psychologist as part of the Service psycho-social et d'accompagnement scolaires (SePas).

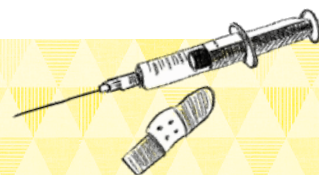
**SePAS**  
Service psycho-social et d'accompagnement scolaires

Outside school, there are also psychologists at the Centre de consultation (CePAS).

[www.cepas.lu](http://www.cepas.lu)

If you're ill or in pain, you can go to the doctor.

In Luxembourg, everyone is entitled to receive medical care.



.....  
Date




.....  
Place

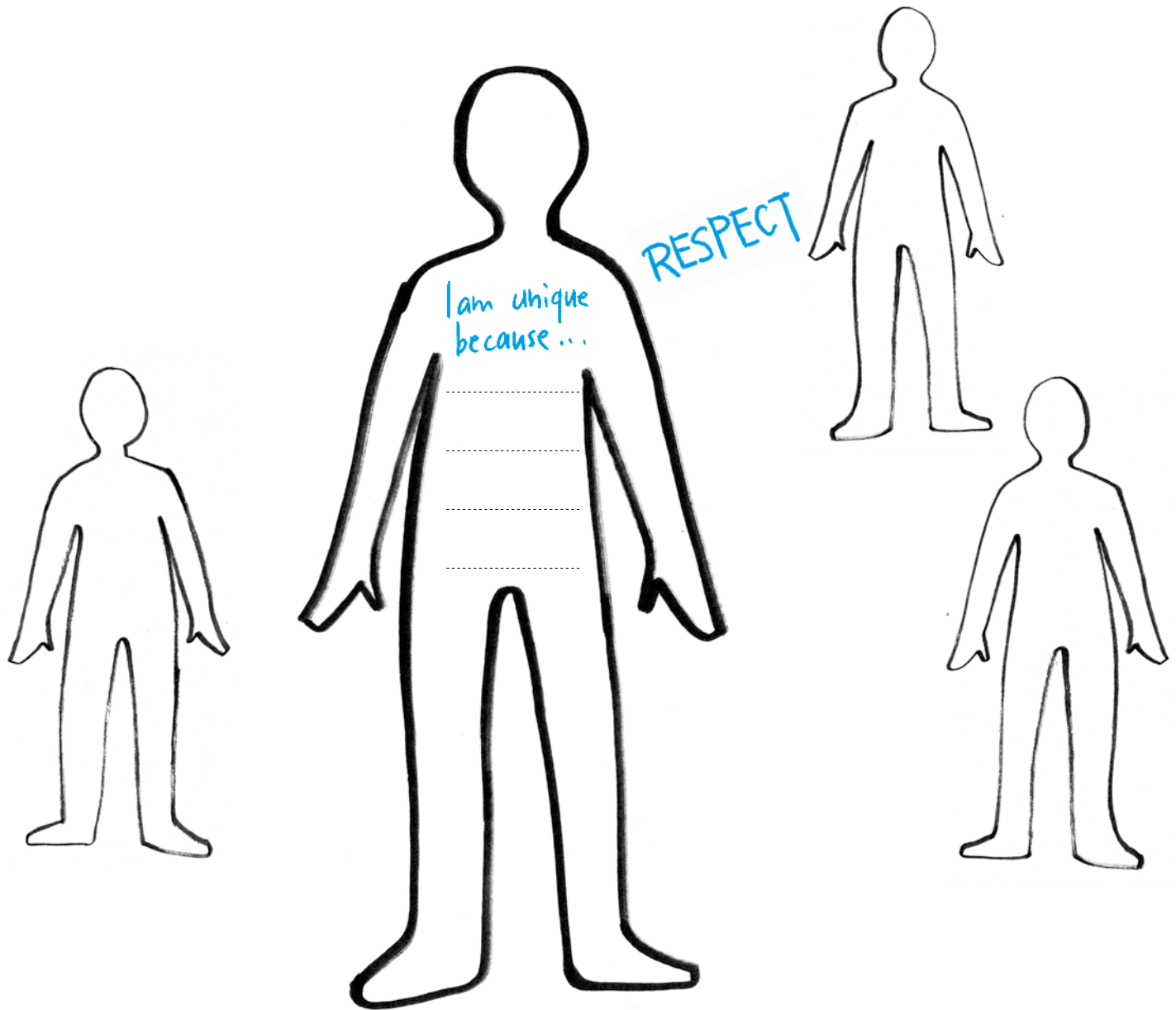



.....  
Feelings

# I am unique\*

Everyone is unique and of equal worth. This is stated in the Universal Declaration of Human Rights.\*\*  
For that reason, everyone deserves respect.\*\*\*

 Inside the picture of the body, write what makes you unique.



 Now, around the outline of the body, write what you do or don't do as a way of respecting others.

\* unique — it only occurs once in the entire world.

\*\* UDHR — document which states that it doesn't matter where a person comes from, how old they are or what their gender is. Every person is of equal value, regardless of whether they are poor or rich, which religion they practise, what they look like or what they have done.

\*\*\* respect — an attitude that shows that you have due regard for someone

.....  
Date



.....  
Place



.....  
Feelings



# I can complain!

Have you ever felt unfairly treated in Luxembourg?

Then you have a range of options for making a complaint.

You can write a letter or speak to people in person about your concerns\*.

*At school, you can complain to your class representative, the school director, the student committee or the school administration. Outside school, you can complain to the mayor of your town or city, the police, the prime minister or the ombudsman\*\*.*

 Write a letter of complaint!

Where do you  
want to submit your  
complaint?

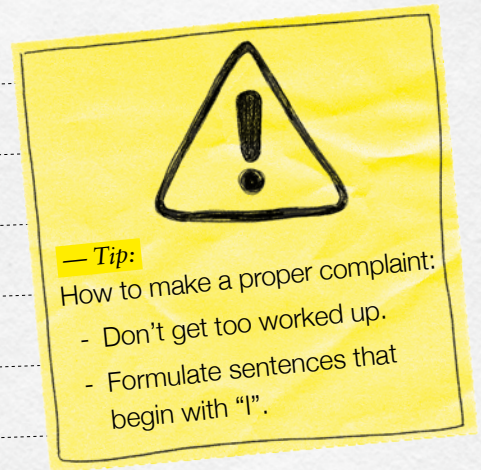
Who was there?

What happened?

What was unfair?

What would you  
have liked to have  
happened?

How would you  
suggest improving  
the situation?




\* a concern — something that's on your mind that you consider to be very important. A concern can be a question, a request or a wish.


\*\* the ombudsman — receives complaints about the behaviour of authorities and public bodies associated with the state or the municipality.



# What do I really need?

What do you need for a happy life?

 Tick as applicable:

How much of this do you have already?  Colour in the stars:

 = a little  = a lot

What was it like in the country that you came from?

☐ enough to eat and drink



☐ safety and security

(a safe place to sleep, a home, etc.)



☐ family



☐ friends





☐ the chance to make my dreams come true



☐ education/work



 Is there anything missing from the list?

 Discuss with friends what makes you happy.

.....  
Date



.....  
Place



.....  
Feelings



# In love

Does your heart start beating faster when you see a certain someone?

Do you want to spend a lot of time with that person? Are you in love?

What do you do? How do you flirt?

*Examples:*

*I could give them a compliment.*

*I could write them a letter on pretty paper.*

*I could give them a flower or something on Valentine's Day (on 14 February every year).*

*I could ask them to go for an ice cream with me.*

*I add a like to everything the person posts online.*

Think of some examples.

 Write them down here.



 Discuss with friends! Do they have any flirting tips?

Sometimes the person that you like might just want to be left alone.

If someone isn't interested in flirting, you have to respect that.

.....  
Date



.....  
Place



Feelings



# How do I deal with stress\*?

✎ What stresses you out? Write it down here!

✎ How does your body feel when you're stressed?

.....

.....

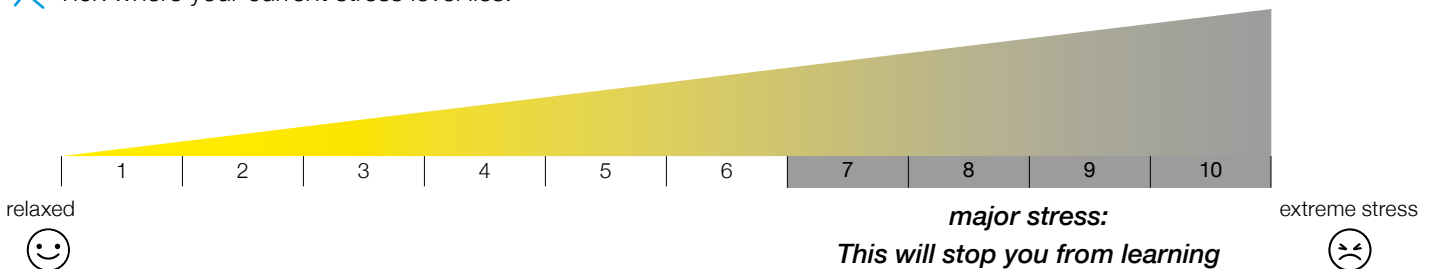
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Everyone feels stressed at times. It's perfectly normal and can even be helpful. For example, you might be a bit stressed due to an upcoming test. That stress can drive you to make sure you're well prepared.

But sometimes the stress gets too much, and it might stop you from learning. In that case, you need to do something to reduce your stress.

✕ Tick where your current stress level lies.



✕ Tick what you're already doing or could do to relieve stress:

- ☐ Spending time with people you love
- ☐ Doing some sport or going for a walk
- ☐ Closing your eyes and taking ten deep breaths in and out
- ☐ Having a lie-in
- ☐ Doing the "My powerful thoughts" activity and putting up the cards
- ☐ Writing about your stress
- ☐ Taking a break
- ☐ Listening to music

- ☐ Distracting yourself with a book or film
- ☐ Washing your face with cold water if you're overwhelmed by stress
- ☐ Doing the "It's nice here" activity and imagining being in that place
- ☐ Talking with friends about why you're stressed
- ☐ Asking for help, e.g. at the SePAS at school or CePAS outside school
- ☐ .....

\* stress — strain or pressure due to problems.





# Annoying or what?!

What gets on your nerves? ✎ Write down 10 things!

What annoys you the most?

Draw a circle around it!

1  
2  
3  
4  
5  
6  
7  
8  
9  
10

💬 Discuss with friends! What have they written down?

— **Tip:** You can also make lists for other things, like tasks and wishes.



# My worlds\* certificate

 Make a certificate for yourself!

Think of everything you've experienced, created and achieved.

Think of all your knowledge and skills. If you find this exercise a bit difficult, try imagining what a person who knows you well would say about you.

*Examples: I taught Arabic to children in Morocco. / I can play the ukulele. / I'm a good listener. / I can tell the weather from looking at the clouds. / I can make the best kabuli. / I know where you can find... / I've been through lots of sad experiences. / I've already passed a language exam.*

  
**WORLDS\* CERTIFICATE**  
......

<p><i>What I'm good at:</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><i>What I've experienced:</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><i>What I know:</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><i>What I've achieved:</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

.....

Date

.....

Your signature





\* worlds, world — you've already known lots of different worlds during your lifetime: the world of your family, the world of your friends, the world of school, the world of dealing with public authorities...



# My opinion is important

**“Everyone has the right to freedom of expression.”**

– Charter of Fundamental Rights of the European Union\*, Article 11

This right also applies online and offline in Luxembourg.

You can voice your opinion, as long as you’re not hurting anyone by doing so.

Can you think of a time when you were ...

... asked for your opinion?

.....

.....

... **not** asked for your opinion?

.....

.....

When have you ...

... expressed your opinion freely?

.....

.....

... kept your opinion quiet?

.....

.....

Has **your** opinion ever made someone  
**sad** or **angry**?

.....

.....

Has **anyone's** opinion ever made you  
**sad** or **angry**?

.....

.....

**— Tip:**

The Charter is available in lots of different languages on the European Parliament website:  
[www.europarl.europa.eu](http://www.europarl.europa.eu) > The Parliament > Democracy and Human Rights

Not just in  
English, but also  
in languages like  
Maltese and  
Romanian

\* the Charter of Fundamental Rights of the European Union — guarantees the rights of people living in the European Union.



## My Mission\* 2: Exploring where I live

Who lives near you? In the room next to yours? In the apartment next door? In the house next to yours?

► Go over and say hello!

💭 Have a think: What can you do in your neighbourhood? Are there any sports or music clubs?

Is there a theatre or museum?



### — Tip:

Going to the theatre or museum doesn't have to cost any more than €1.50. You can pick up a culture passport from all sorts of places.

For more information, go to [www.kulturpass.lu](http://www.kulturpass.lu).

**KULTURPASS**

\* a mission — a special task or assignment.

.....  
Date



.....  
Place



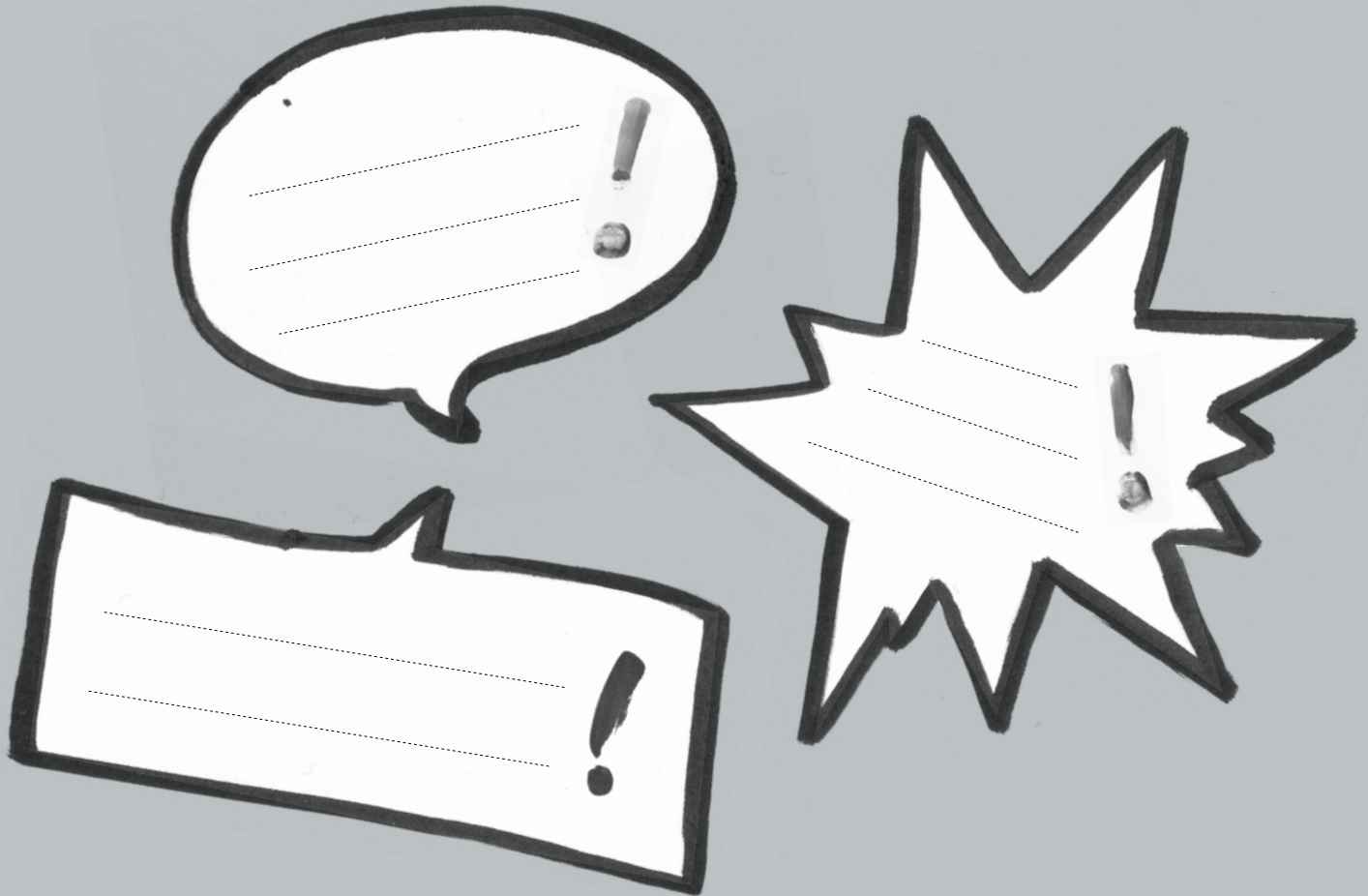
.....  
Feelings

# Stupid comments – be gone

💭 Has anyone ever said something stupid and made you angry or sad? Have a quick think, then

✍ write down those comments in the speech bubbles.

You don't have to show them to anyone!



How did you react when they said those things?

☐ I didn't say anything

☐ I replied, "....."

☐ I walked away.

☐ .....

✍ How did you feel?

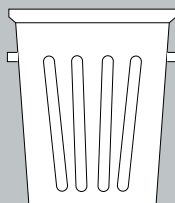
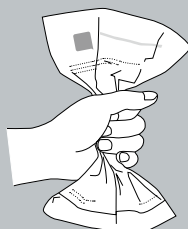
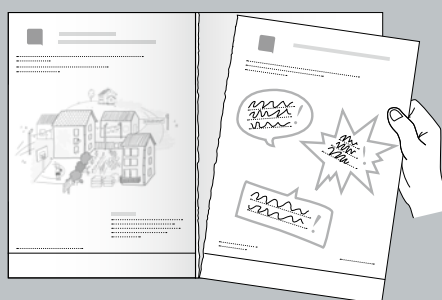
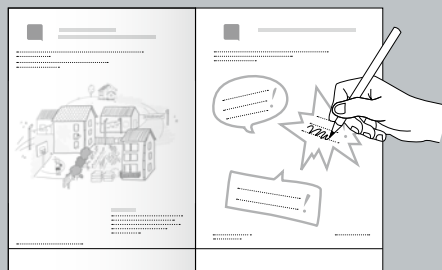
.....

.....

✂ Cut out this page.  
🗑 and throw it away!

Continue on page 25,





.....  
Date



.....  
Place



.....  
Feelings



# Stupid comments – what can help

You've thrown away those stupid comments.

✎ How do you feel now?

---

---

✎ Who can help you deal with stupid comments? (at school, friends, etc.)

---

---

💡 Have a think: How can you react to stupid comments?

✎ Write it down here!

💬 Discuss it with friends!

You and your friends can push back against bullying and discrimination.

— **Tip:** If you're experiencing any issues with cyberbullying or discrimination, you can contact the BEE SECURE helpline: [www.bee-secure.lu/de/helpline](http://www.bee-secure.lu/de/helpline).

At school, you can also turn to SePAS.

CePAS can help outside school: [www.cepas.lu](http://www.cepas.lu)

Another option is to call the helpline for children and teens, Kanner-Jugendtelefon: 116 111: [www.kjt.lu](http://www.kjt.lu).



\* discrimination — when someone is belittled or put at a disadvantage.

.....  
Date



.....  
Place



.....  
Feelings

# The city of my dreams

How would you like to live with your friends and family?

 Draw the city of your dreams!

 Have a think: What do you like about towns in Luxembourg, and what do you like about the country you came from?



 Discuss your towns and cities with friends!

.....  
Date



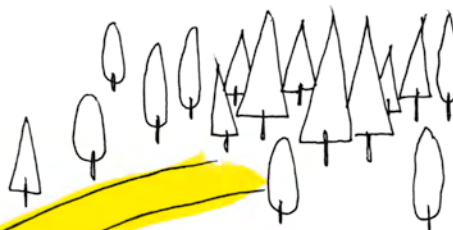
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Place



.....  
Feelings

# Jobbing\* – working

✍ Write down all the work that you've ever done in your life.  
Was it volunteer work? Were you paid for your work?



What I liked about those jobs:  
*e.g. helping people, working on a project  
as part of a team, etc.*

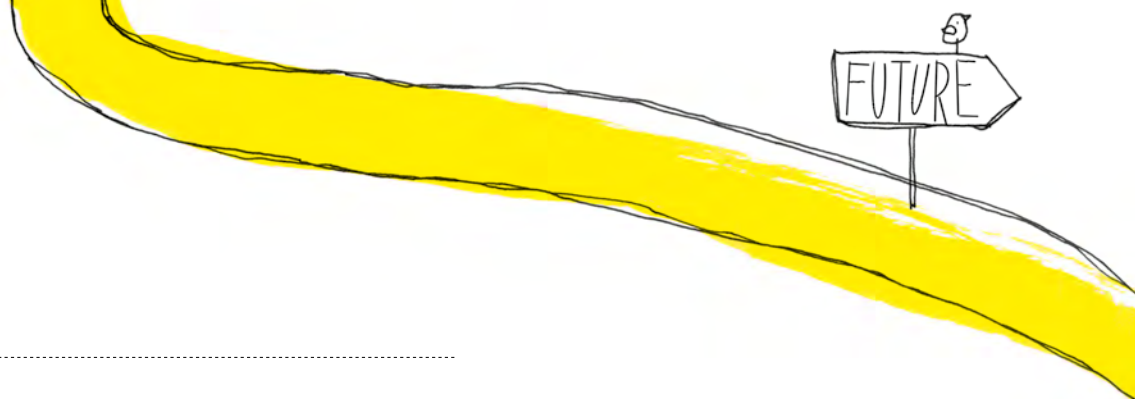
.....

.....

I didn't like:  
*e.g. getting up early, poor pay, etc.*

.....

.....



In the future, I'd like to:

.....

\* Jobbing — working alongside school to earn a bit of money, e.g. in the holidays or at the weekend. You could do a bit of babysitting, tutoring or work in a restaurant or shop, for instance. In Luxembourg, you can do this from the age of 15. There is a minimum wage, which means that you receive a minimum amount of pay for your work.

.....  
Date



.....  
Place




Feelings



# I have family and friends here

Where in the world do you have friends and family?

 Draw them on the map of the world. Use a different colour for each person.

 Write what each person likes doing or is good at.

*Example: "Aunt Maryam in Canada loves watching films and is good at telling stories."*



.....  
Date



.....  
Place



.....  
Feelings





# I have family and friends here

— *Tip:* Is a member of your family missing and you don't know where they are?

The Red Cross (Croix Rouge) can help you search for them.

For more information, go to [www.tracetheface.org](http://www.tracetheface.org).



☹ Sometimes thinking about your family might make you sad.

If you don't want to go back through your memories right now,

**shut your journal** and come back to it later.

.....  
Date



.....  
Place



.....  
Feelings

# My Mission\* 3

## You and I

► Talk to someone you've never talked to before.  
Choose someone who's very different from you. Who could it be?



How did that make you feel?

✍ Write it down!

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\* a mission — a special task or assignment

.....  
Date



.....  
Place



.....  
Feelings

# What Luxembourg means to me

Which words do you think apply to Luxembourg? Circle the words that apply.

*rules* **FOREST** social **PETS** rain *stress*  
**NOT CROSSING STREETS WHEN THERE'S A RED LIGHT**  
*laws* *Chambre des Députés* **ICE CREAM**  
**OPEN-PLAN BUILDINGS** long working hours  
**SERIOUSNESS** *not many children* **MOSQUES**  
**EATING IN RESTAURANTS** lots of churches **FUN**  
travelling by train *quiet people* wealth  
**DUMPLINGS** *trams* **NICE PEOPLE** cars **COLD**  
*beer* **ECONOMICAL** Luxembourg sausages  
*friendliness* people living alone *alcohol*  
Grand Duchy **LOTS OF LANGUAGES** *holidays*  
**BANKS** *euros* **FREEDOM** **QUEUING** football

What else can you think of? ✎ Write it down here!


💬 Discuss with friends!

💭 Have a think: Has your image of Luxembourg changed since you've been here?




# What do I want to be?

Imagine what job you might be doing five to ten years from now. What do you find interesting?

 Write down, draw or stick your ideas here:



You need the right training in order to achieve your goal.  
Different people can help you decide.

 Tick the things that apply.

I've already spoken to the following people:

- ☐ Parents/teachers ☐ School director
- ☐ Employee at SEPAS –  
Service psycho-social et d'accompagnement scolaires
- ☐ Employee at the Cellule d'orientation at your school
- ☐ Employee at the Maison de l'orientation

**— Tip:** Employees at the  
Maison de l'orientation can give you advice.  
Address: 29, rue Aldringen,  
L-1118 Luxembourg /  
Tel.: +352 80 02 81 81

 **MAISON DE  
L'ORIENTATION**  
Deng Schoul, Däi Beruff, Deng Zukunft.



.....  
Date



.....  
Place



Feelings






# What do I want to be?

In secondary school, you can choose a block or curriculum or training pathway with subjects that you want to do. Later on, you can do professional training or a Brevet de technicien supérieur (BTS), or go to university.

 Write down your strengths. What are you especially good at?

Do these strengths fit with the career you want to do?

Which strengths do you want to keep building on in future?

 Tick the things that apply.

- ☐ Language skills:
- ☐ Science subjects:
- ☐ Dealing with other people:
- ☐ IT skills:
- ☐ Craft skills:
- ☐ Knowledge of economics
- ☐
- ☐

If you want to gain hands-on experience in a particular profession, you can do an internship.



**— Tip:**



You can find out about training from the YEP-Schoulfoire. For more information about further education and financial support, go to [www.mengstudien.lu](http://www.mengstudien.lu)

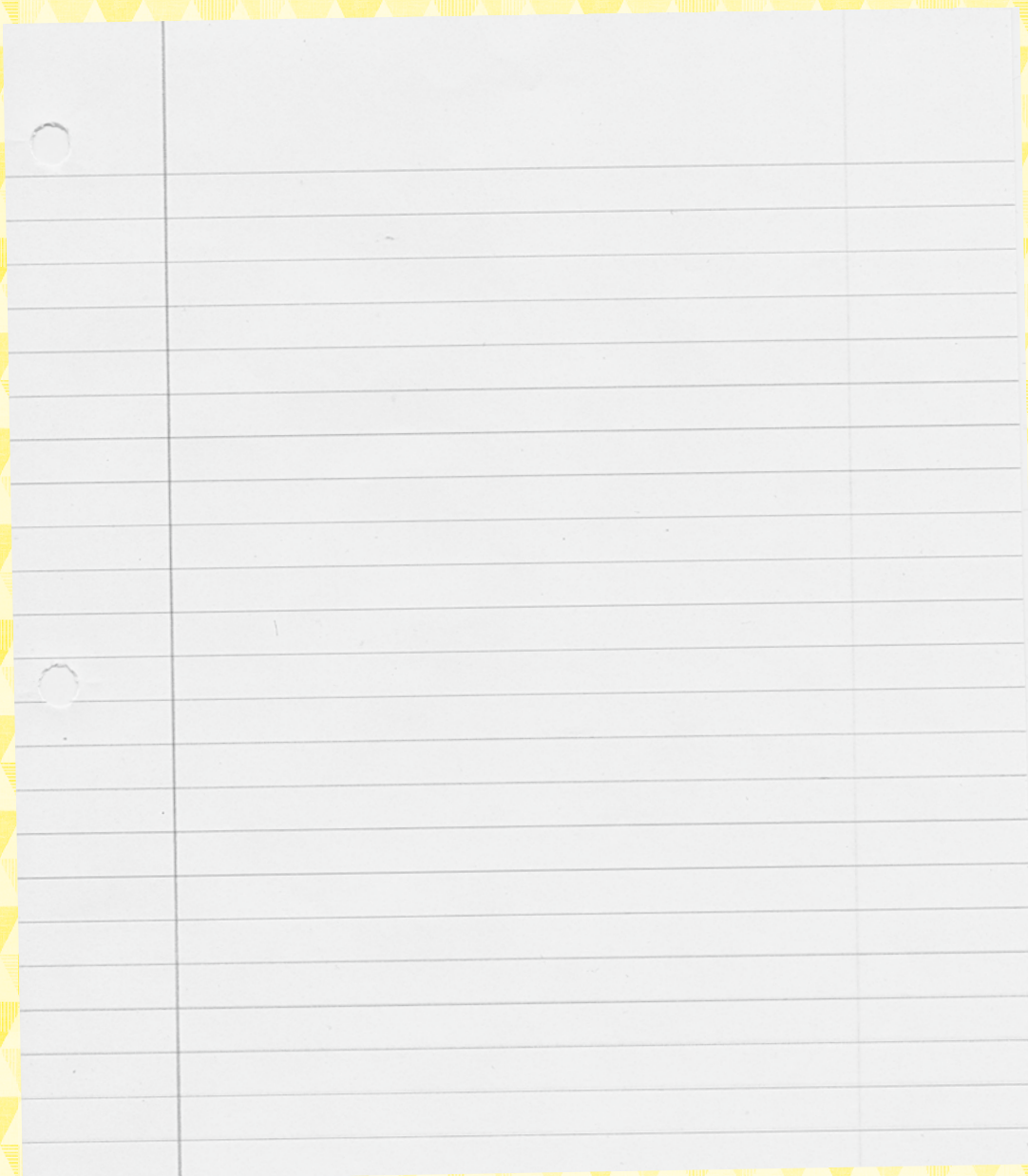






# Putting school to the test

Are there any problems with your school or language course?

 Write a list or  draw pictures of the problems.



 Compare your list with those of your classmates.

 Think about the following questions together: Which problems could you do something about? What could you do? Whom can you talk to about them?

.....  
Date



.....  
Place



Feelings

# Fun Facts Lëtzebuerg

Which statements about Luxembourg are true, and which are false?

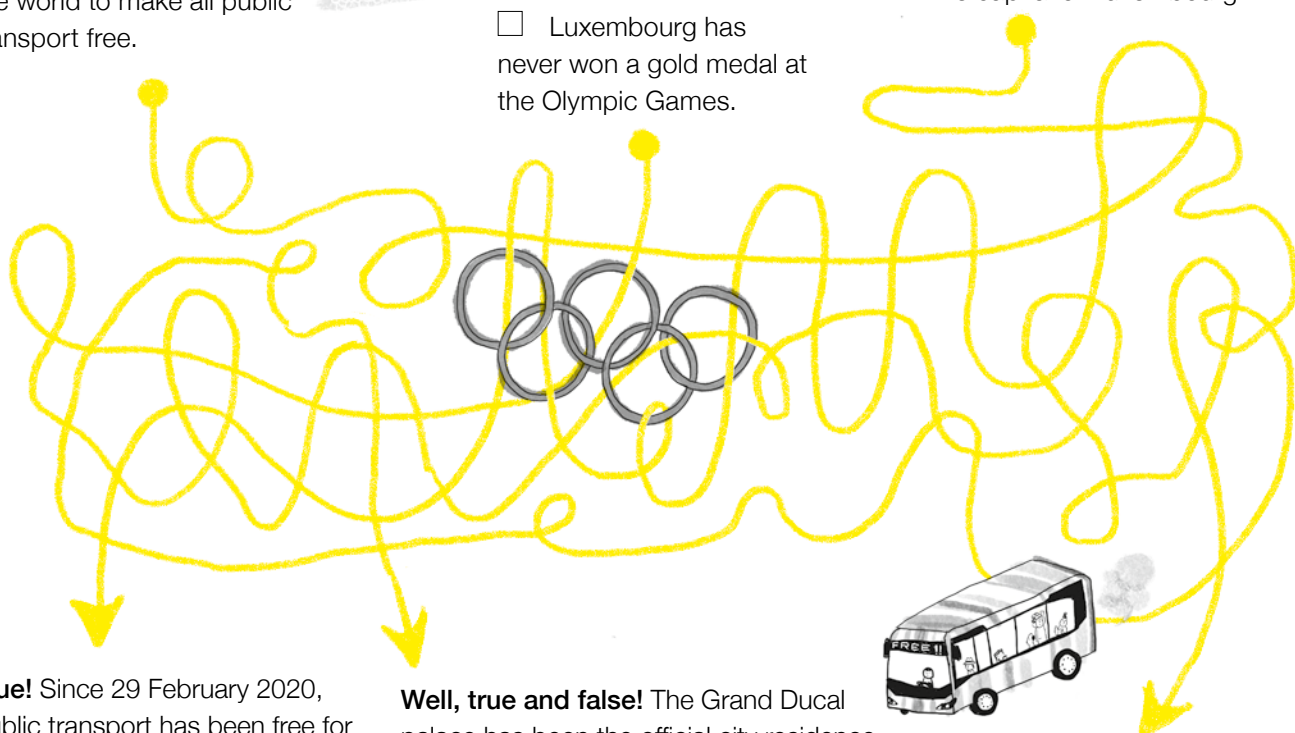
✕ Tick the ones that you think are correct. Follow the line to find the solution.  
Do you know which statement is false?

☐ In 2020, Luxembourg became the first country in the world to make all public transport free.



☐ Luxembourg has never won a gold medal at the Olympic Games.

☐ The Grand Ducal family resides in their Grand Ducal palace, located in the capital of Luxembourg.



**True!** Since 29 February 2020, public transport has been free for everyone, even tourists. All trains, trams and buses in Luxembourg are free. Passengers don't need a ticket to travel. Only first-class tickets aren't free.



**Well, true and false!** The Grand Ducal palace has been the official city residence of the Grand Duke since 1890. Politicians from all over the world are received at the palace. Every year, the Grand Duke gives his Christmas speech to the people of Luxembourg from there. However, the Grand Ducal family rarely lives there. The Luxembourg flag flies on the roof of the palace when the Grand Duke is staying there. The Grand Ducal family lives mainly in Berg Castle in Colmar-Berg, which is considered the Grand Duke's official main residence.

**False!** Luxembourg has actually won four gold medals. Two of them were in athletics. Michel Théato won the marathon in Paris in 1900, and Josy Barthel won the 1500m in Helsinki in 1952. In 1924 and 1928, Jean Jacoby won the country's third and fourth gold medals in the art competitions at the Olympics.

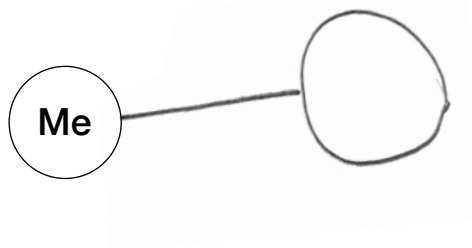
💭 Which facts about Luxembourg surprised you the most? Why?  
What facts would you tell us about your homeland?

# People important to me

Think about your life in Luxembourg. Who are the most important people in your life **here**?  
For instance, who helps you if you're sad or if you have a problem?

-  Write down the name of someone really important in the circle beside you.
-  Draw more circles and write names inside them.

You can add more here over the coming weeks and months!




— **Tip:** Sometimes this person may not be near you, but in a different country. If you came to Luxembourg on your own and are still under 18, you will be given a guardian (Fr. *tuteur* or *tutrice*). This person often has to look after several children and teenagers, so they may not have much time. For that reason, you should also talk to your caregivers. You can find out more at the Office national de l'accueil (ONA).





# Making connections\*

Where can you meet people when you're in a new place? Where do you go regularly?

 Draw a circle and write the name of the place below it  
(e.g. school, sports club, library or youth centre).

Which friends have you made there?

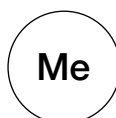
Write their names in the circle.

Then draw a line between **Me** and this circle.

Carry on drawing and writing until all of the places and people important to you are on the page.

Where else could you go?

Ask other people for some good places and add them here if you like.



Library School Association City festival Club Park  
Sports ground Swimming pool Youth centre Language course Sports Association Internet

\* making connections — establishing contact with others:  
getting to know new people, making friends, having fun together and helping one another out.



## My Mission\* 4

## ASKING QUESTIONS!

**“Men and women have the same rights and duties.”**

– Constitution of Luxembourg, Article 11

This is stated in Luxembourg’s Constitution.

But what does that actually look like in everyday life?

Are women and men equal everywhere in Luxembourg?

Do they have the same opportunities?

Find out!

- Go to your teacher, a friend and someone from your sports club or music group and ask them! You could also tell them about how things are in the country that you come from.



\* the constitution — a country’s most important legal code. It sets out the rules for how people should live together.

.....  
Date



.....  
Place



.....  
Feelings



# Here and there

You're now living in Luxembourg. There are bound to be certain differences from and similarities with your homeland.

 Describe and compare different things in both countries.

**In my country of origin :**

People:

.....

.....

Eating:

.....

.....

Housing:

.....

.....

Culture:

.....

.....

Public transport:

.....

.....

**In Luxembourg :**

People:

.....

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Eating:

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Housing:

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Culture:

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Public transport:

.....

.....

 Compare your descriptions with other people's experiences.

.....  
Date



.....  
Place

😊 ○ ○ ○ ○ ○ ○ ☹️  
Feelings




# “Boys are so ...”

Which words do you think go with boys?

Circle the words that apply.

**SHOW THEIR FEELINGS** *shy* chatty **BRAVE**  
*do some sport* **COOK** hard-working **SHOW**  
**RESPECT** learn a lot **POLITE** *buy clothes*  
*romantic* drink alcohol *go for walks*  
**SENSITIVE** **HAVE PARTIES**

 What else can you think of? Write it down!

 Finish the sentences:

Boys should .....


.....

.....

Boys shouldn't .....

.....

.....


 Discuss with friends! Which words go with girls, and which go with boys? Are there words that apply to both girls and boys? What about people who don't consider themselves to be either boys or girls?

# “Girls are so ...”

Which words do you think go with girls?

Circle the words that apply.

**SHOW THEIR FEELINGS** *shy* chatty **BRAVE**  
*do some sport* **COOK** hard-working **SHOW**  
**RESPECT** learn a lot **POLITE** *buy clothes*  
*romantic* drink alcohol *go for walks*  
**SENSITIVE** **HAVE PARTIES**

 What else can you think of? Write it down!

 Finish the sentences:

Girls should .....


.....

.....

Girls shouldn't .....



.....


.....

 Discuss with friends! Which words go with girls, and which go with boys? Are there words that apply to both girls and boys? What about people who don't consider themselves to be either boys or girls?

# I can teach you

You're bound to have taught someone else something in the past. Perhaps it was a dance routine, a recipe, a language, a football trick or how to get good at a video game.

-  Write it down! Write down exactly how you explained it, like a set of instructions.
-  You can add pictures if you like.



What else would you like to learn? Who might be able to teach you that?



Discuss it with friends!

.....  
Date



.....  
Place



.....  
Feelings



# For you ~ just because

- Do someone a good turn or simply be kind. Just because!

*Examples: Say 'thank you!' to the bus driver when you get off.  
Say something nice to someone else.*

How does that feel?

— **Tip:** For more ideas, go to [www.randomactofkindness.org](http://www.randomactofkindness.org)

\* a mission — a special task or assignment.

.....  
Date



.....  
Place



.....  
Feelings

# What do you do at night?

Everyone needs sleep. Some people need a lot, while others need less. How many hours of sleep do you get every night? Sometimes people have trouble getting a good night's sleep.

✕ Tick the things that help you fall sleep.

- ☐ Snuggling under my quilt
- ☐ Drinking a cup of hot chocolate
- ☐ Airing the room well
- ☐ Doing lots of exercise during the day
- ☐ Not drinking alcohol
- ☐ Not drinking energy drinks
- ☐ Not using a smartphone or computer before going to bed
- ☐ .....
- ☐ .....
- ☐ .....

✕ Tick the things that help you if you wake up during the night.

- ☐ Turning the light on
- ☐ Drinking some water
- ☐ Sitting on the sofa until you feel sleepy again
- ☐ Making some tea
- ☐ Writing in my journal
- ☐ Doing the 'It's nice here' exercise
- ☐ Making up a hot water bottle
- ☐ Listening to my favourite music
- ☐ .....
- ☐ .....

Note: It's not a big deal if you have the odd night of poor sleep. Your body will still allow you to focus in school.

💬 Discuss this with your friends! What helps them?

— **Tip:** If you often have trouble sleeping or with nightmares, talk to your friends and family, teachers or a psychologist.

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Date



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Place



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Feelings

 Write a list or  stick in some photos.

Date \_\_\_\_\_Place



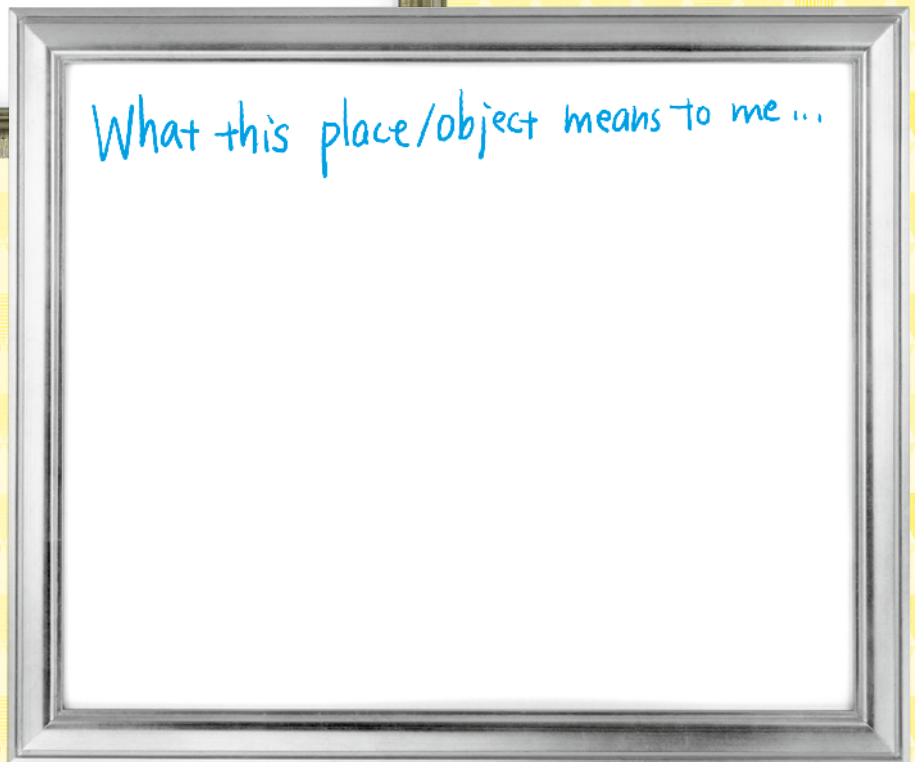


# My world in pictures

► Go outside and look for a nice place or something that looks beautiful.

✎ Write a description of the place or object, take a photo or draw it here.  
What can you see? What have you chosen this place or object?

Find more motifs\*!



\* a motif — something that a painter or photographer represents through their art.

.....  
Date




.....  
Place



.....  
Feelings

# Making a change!

If something is bothering you in your day-to-day life, you can make an effort to change it. The issue might be at school in your local community or even in the country at large.

Have you already taken up one of these positions, or would you like to do so?  Tick the things that apply.

- |                                                      |                                           |
|------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Class representative        | <input type="checkbox"/> School committee |
| <input type="checkbox"/> National Pupils' Conference | <input type="checkbox"/> Youth Parliament |



**GET ACTIVE!**

What I want to change at school:

What I want to change for young people:

Every class has to have a class representative, and every school has a school committee. At national level, pupils' concerns are represented by CNEL – [www.cnel.lu](http://www.cnel.lu).

 Confédération Nationale des Elèves du Luxembourg

Between the ages of 14 and 24, you can get involved in the Youth Parliament. Register on [www.jugendparlament.lu](http://www.jugendparlament.lu)

”  jugendparlament.lu “

.....  
Date



.....  
Place



.....  
Feelings

# Making a change!

You can advocate for change in your community, too, or even across the whole country.

Have you already done one of these things, or would you like to do so?  Tick the things that apply.

- |                                                              |                                               |
|--------------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Taking part in local elections      | <input type="checkbox"/> Signing petitions*   |
| <input type="checkbox"/> Helping to organise local elections | <input type="checkbox"/> Submitting petitions |

What I would change about my community:

.....

.....

.....

.....

.....

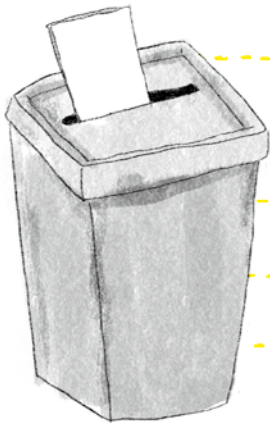
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To do that, I need to gather signatures:

.....

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In Luxembourg, everyone aged 18 and over can vote in the local elections. This is when local residents elect their representatives to the municipal council.

**— Tip:** You can register online all year round:  
[www.guichet.lu](http://www.guichet.lu) > Citizenship > Elections > Taking part in communal elections > Registration on the electoral rolls for the communal elections.

**— Tip:** On [petitions.lu](http://petitions.lu), anyone aged 15 or over and living in Luxembourg can submit a petition and collect signatures from other citizens for MPs to debate the issue and potentially change laws or make new ones.

\* a petition — a written request or complaint to Parliament.

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Date



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Place



.....  
Feelings



# Who does what in your family?

Which family members should do which chores? How did things work in your family?

✕ Tick the things that apply. There are no right or wrong answers.

	How it worked for my grandparents			How it works in my family:			How it should work in my future family:		
	grandmother	grandfather	children	mother	father	children	me	partner	children
cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
looking after the children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cleaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
washing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
earning money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
learning (school/training/ degree/language course)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dealing with the authorities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
filling in forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

💬 Discuss with friends! How would you prefer chores to be allocated?

.....  
Date



.....  
Place



.....  
Feelings

# Music that makes me happy

What's your favourite song at the moment? Who's your favourite artist right now?  
Which music makes you happy?



 Discuss! You can also play it to your friends.

.....  
Date



.....  
Place




.....  
Feelings

# Getting involved!

In Luxembourg, anyone can get involved in society and community issues. You can help others or advocate for your interests by becoming a member of an association or taking part in specific projects.

 In the middle, write how you'd like to get involved.




 Are you already involved with an association or organisation?

Yes, I do / I'm involved with ..... No, because .....

I like it because ..... ☐ I don't have time

..... ☐ I don't want to go alone

 Discuss with friends. Do you have similar interests?

**— Tip:** See [www.volontaires.lu](http://www.volontaires.lu) for ideas of how to get involved. They cover Luxembourg and abroad.

.....  
Date



.....  
Place



.....  
Feelings



# My favourite recipe

Everyone needs to eat – ideally regularly and healthily.

What's your favourite meal?

 Draw or  write down the recipe.

► Show a friend or classmate how you would cook your meal.

*I'm cooking*

*Ingredients:*



*Enjoy!*





# My diary in the future

Imagine that it's the year 2045.

 You're writing in your diary and describing life in 2045. Anything is possible.

1. January 2045

I am now ... years old.

— **Tip:** You can do this exercise on a blank sheet of paper. When you're done, put the piece of paper in an envelope and open it again in a couple of years.

.....  
Date



.....  
Place



.....  
Feelings

# I can do it!

Like in every European country, in Luxembourg you have to fill in lots of forms and applications, often online. You can do it! Just take it step by step, form by form, letter by letter, document by document and certificate by certificate.

How many times have you dealt with the authorities so far in Luxembourg?

✕ Tick all the things that apply.

From now on, add a tick every time you go to the authorities.

Have you been to three official appointments? Well done!

### Been to the authorities

1	2	3		4	5	6	
			Well done!				Well done!
1	2	3		4	5	6	
			Well done!				Well done!

### Filled in a form

1	2	3		4	5	6	
			Well done!				Well done!
1	2	3		4	5	6	
			Well done!				Well done!

### Made an important phone call or written an important email

1	2	3		4	5	6	
			Well done!				Well done!
1	2	3		4	5	6	
			Well done!				Well done!

### Helped other people with appointments or forms

1	2	3		4	5	6	
			Well done!				Well done!
1	2	3		4	5	6	
			Well done!				Well done!

1	2	3		4	5	6	
			Well done!				Well done!
1	2	3		4	5	6	
			Well done!				Well done!

— **Tip:** The ASTI association published a leaflet for young people. It contains additional useful information:  
[www.asti.lu/s-etablir-au-luxembourg/](http://www.asti.lu/s-etablir-au-luxembourg/)

\* official authorities — may include schools, local councils or a government department.

Date



Place



Feelings





# My role models\*

★★★★★

I think **this person**  
is great:

because they ...

What I want to learn from them:

★★★★★

I think **this person**  
is great:

because they ...

What I want to learn from them:

\* a role model — someone who is seen as a good example.

.....  
Date





.....  
Place

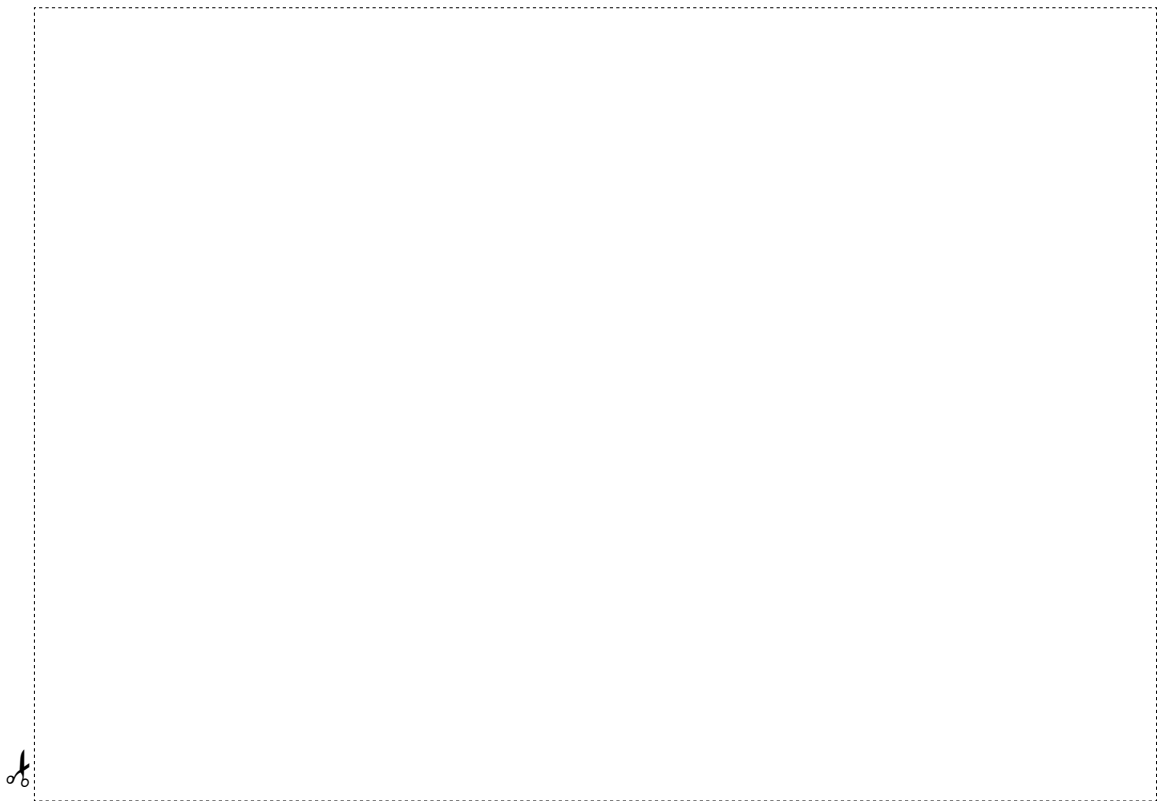


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Feelings

# Powerful emotions

How do you motivate yourself? What gives you strength when things are tough?  
Do you find that certain thoughts help you in such moments?

 Write down those thoughts!  Design this card however you like. Cut it out and hang it up in your room.



الخوف لا يمنع من الموت لكنه يمنع من الحياة

*Fear doesn't hold back death; it holds back life.*  
— Naguib Mahfouz, Arabic saying

开始了!

*Let's go!*  
— Chinese saying

Vun näischt kënnt näischt.

*Nothing leads to nothing.*  
— Luxembourgish saying

*Se não puder fazer tudo,  
faça tudo que puder.*

*If you can't do everything, do everything  
that you can.*  
— Portuguese saying

Date



Place



Feelings





# Even more powerful thoughts

Add your own powerful thoughts! If you like, you could get your friends to write something here too.

***Ka ndenge ndoge m'mi wobgo  
ye ya ngon weogo m'mi wobgo.***

*The person who knows the elephant is not the one born first,  
but the one who knows the forest.*

— Mòoré saying

***It's not how good you are,  
it's how good you want to be.***

— Paul Arden, English saying

***Не вмирає душа наша, не вмирає воля.  
І неситий не виоре на дні моря поле.***

*Our souls cannot die; freedom never dies.*

— Taras Shevchenko, Ukrainian saying



# My party

Plan a big party for you and your friends!

Who's on the guest list?

What is there to eat and drink?

What do the invitations look like?

What music will you play?

What will you wear?

Where is your party?

How will you decorate it?

Is this a party to celebrate a special occasion?  
(Examples: *getting your residence permit, getting your school-leaving qualification*)

.....  
Date



.....  
Place



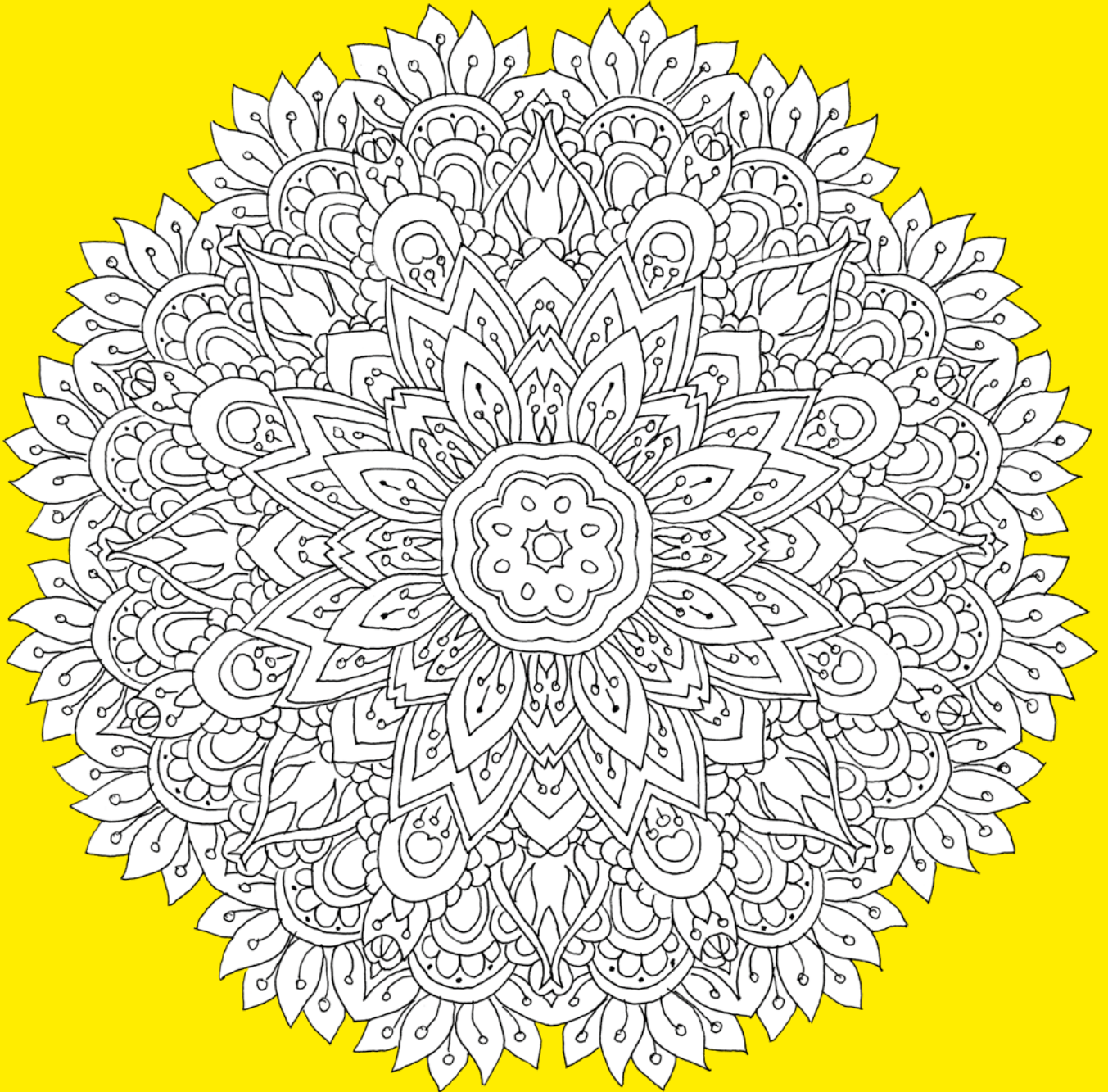
.....  
Feelings




## And relax!

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 Colour in the picture and let your mind drift. You could listen to your favourite music, if you like.



 Afterwards, think about how you felt while you were colouring.

Write down your thoughts here:

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— *Tip:* You can get more of these kinds of pictures free to print out online. This kind of picture is called a mandala.