

# **TRAINING SEMINAR 3**

DI WU

*Monday*

Our pousada for TS3 is indeed a hidden gem in Rio Vermelho.



Monday

# FAMILIA

ANF

GROUP 1

Freedom

the days you have to live your life

shouldn't repeat host families

Comparison inevitable

and homestay locations

Areas of Growth:

ce

GROUP 2:



We had a session called *Looking Back: Journey* Learnings Cafe in the afternoon, led by Jordyn and Will. We discussed different themes such as family, community and apprenticeship.

Conflicting  
Opinions

## *Monday*

We got to know a bit of Manaus and the Amazon region after hearing Chris' This is Brazil presentation.



## *Monday*

Speak up is an integral part of our training seminars where every fellow is given an opportunity to talk about an issue that matters personally.



Tuesday



Cafe Express  
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Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Date Signed: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Signature of participant: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Medical Info:  
Allergies: \_\_\_\_\_  
Medicine Taken: \_\_\_\_\_

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Name of participant: \_\_\_\_\_  
Date Signed: \_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE (if over 18): \_\_\_\_\_



Day of rafting!!!!

*Tuesday*

We got to plant some seeds covered in mud using slingshots when rafting!



*Tuesday*

After hours of rafting, we got to enjoy an amazing Brazilian buffet at Hotel Imperatriz.



Tuesday

What's Brazil without a good  
café da tarde.



*Wednesday*

Cake is a very common breakfast food in Brazil. My host family eats a lot of carrot cake and chocolate cake :)



*Wednesday*

Time for another great speak  
up!



Wednesday



In the morning we got to reconnect with Louise, an amazing yoga teacher, and talk about what we can potentially bring home with us.

*Wednesday*

Speak up!



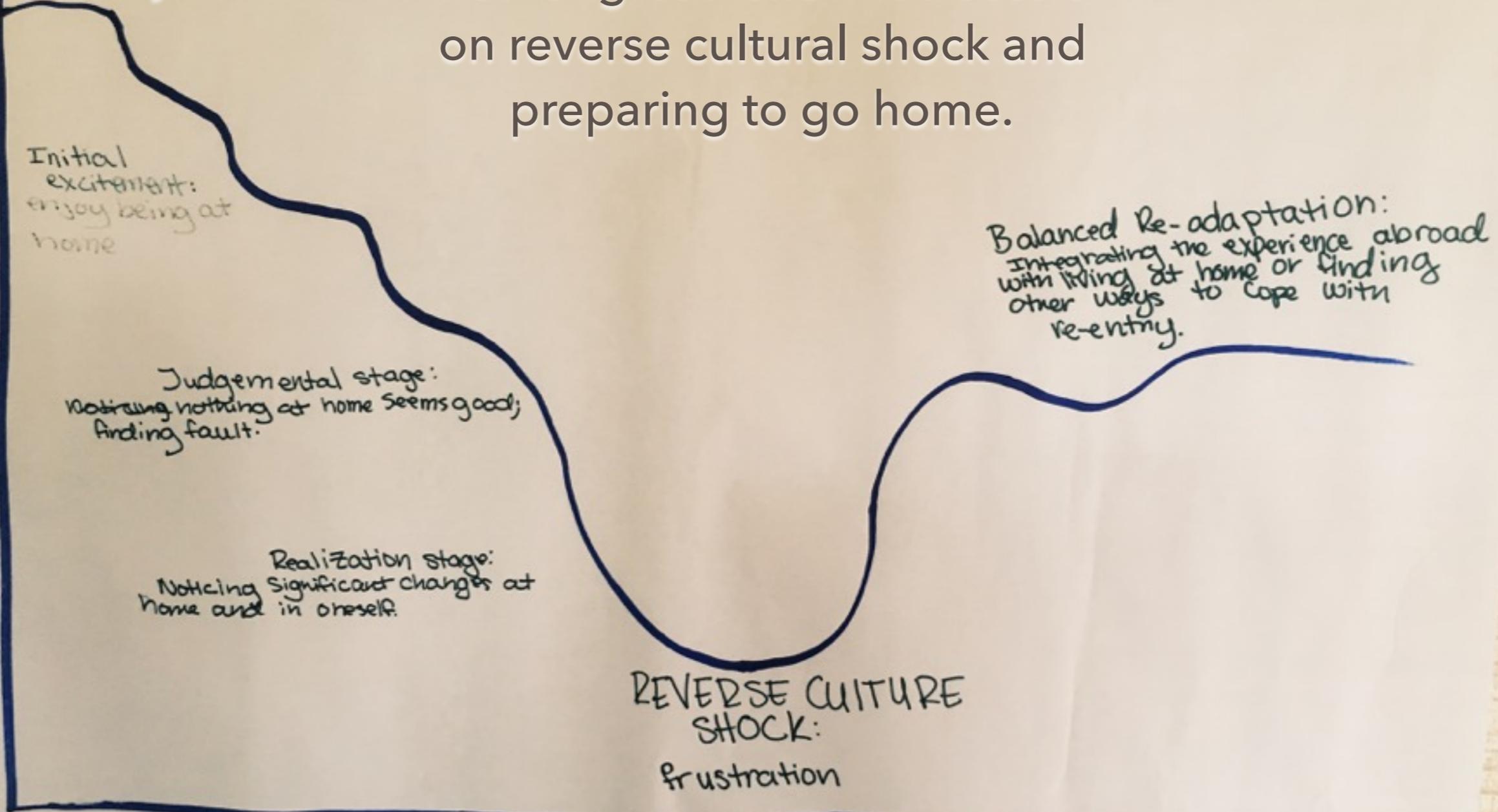
## *Thursday*

The team leaders got us amazing costumes to prepare for Brazil Day. This is the day during RET where we get to share our experiences with the global cohort.



Thursday

Another great fellow led session on reverse cultural shock and preparing to go home.



Re-entry "Worm"

*Thursday*

We got a chance to write a letter  
to our future selves.



*Thursday*

Belisa introduced capstone a bit.



## Thursday

On Thursday night, we had a great goodbye party filled with love and great music!



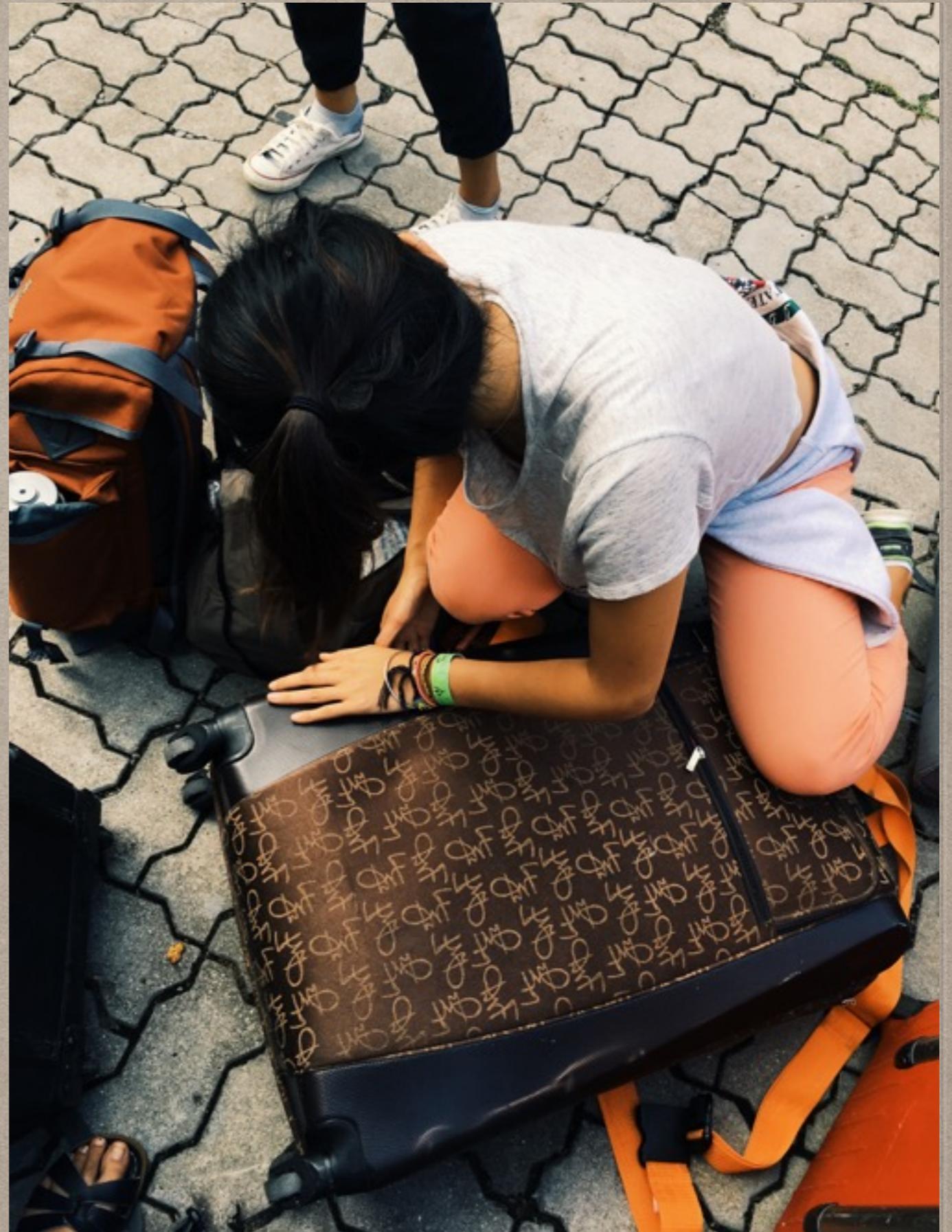
Friday



Saying goodbye to  
pão de queijo was  
hard :(

*Friday*

Let me squeeze in a bit of packing time.



## Friday

On our way to the airport,  
we had a quick stop at  
Barra Beach for a closing  
ceremony.



*Friday*

Brazil, até mais!

