Participant Name: _____

Country of Birth: _____

Duration of Stay: (Enter mm/dd/yyyy) Start: _____ End: _____

Host Name: _____

Host Address: _____

For The Trainee:

1. Did your training plan unfold as it was explained to you?

   ☐ Yes, it was exactly the same.

   ☐ No, it fell short.

   ☐ It was much better.

   ☐ No, it was a complete failure because…
   Please explain:

2. How would you describe the supervision in your host site?

   ☐ Excellent. I learned a great deal!

   ☐ My supervisor was sufficiently helpful.

   ☐ A disappointment. Please explain:

3. Describe your interaction with your YMCA contact person.

   ☐ I don't know who my contact person is.

   ☐ I never hear from him/her.

   ☐ I seldom hear from him/her.

   ☐ He/ she is there when I need him/her.

   ☐ How can we improve?

4. How helpful are your new skills in the professional world?

   ☐ What I learned is what I need to advance.

   ☐ I believe my skills will be helpful.

   ☐ I believe my skills will not be helpful

   ☐ Ask me that again in five years.

   Please explain:

5. Please list the formal training sessions you have attended:

6. How could your host have improved your program?

7. Please comment on the balance between formal training sessions and “on-the-job” training?

8. How do you plan to use the training you have received upon return to your home country?

9. What could the YMCA International Branch have done to enhance your overall stay?

10. What could your host have done to enhance your overall stay?

11. How do you rate yourself at the end of your stay?

- ☐ I have improved professionally and personally.
- ☐ I have improved professionally, but have remained the same person.
- ☐ I have improved personally, but gained little or no professional skills.

☐ No changes.

Please explain:

12. How do you describe your relationship with your supervisor(s)?

13. In what community services were you involved?

14. If you were involved in community service, how did this add to your experience of living and working in the US?

15. How do you rate your understanding of American culture at the end of your stay?

☐ I've learned a great deal.

☐ I was already familiar with American culture.

☐ I was too busy with training to spend time elsewhere.

16. This experience has helped me understand the differences and similarities between my home culture and the host culture.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

17. I think that knowing the language of the host culture has helped me have a better International experience.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

18. I have learned to better adapt to different situations, to negotiate conflict and to openly share my feelings because of this experience.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

19. I believe learning about other cultures is important and that I understand my own culture better because of this experience.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

20. This experience has increased my awareness of stereotypes, both in my home culture and the host culture.

    ☐ I strongly agree

    ☐ I somewhat agree

    ☐ I somewhat disagree

    ☐ I strongly disagree

    Please give examples of Stereotypes you had about the host culture before this experience and how they have changed.

21. I better understand my country/culture and the International YMCA.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

How did you represent yourself, your country/culture and the International YMCA?

22. I currently follow media from the host culture or related to the host culture (newspaper, TV, radio, internet)

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

What media source do you follow the most? How useful do you think media is in learning about a culture?

23. After completing my International YMCA experience, I want to encourage others to also participate in a YMCA program.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

Print name: _____

_____ _____
Signature Date

Participant Name: _____

Country of Birth: _____

Duration of Stay: (Enter mm/dd/yyyy) Start: _____ End: _____

Host Name: _____

Host Address: _____

For The Host Site:

The Trainee is at the end of your training program. Please take a few minutes to reflect on the experience:

1. How would you rate your overall experience with this trainee?

☐ Better than expected

☐ Same as expected

☐ Not meeting expectations

☐ Why did we do this?

Please comment:

2. As a result of providing a training program for this trainee, staff at our organization have benefited:

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

3. This experience has helped me understand the differences and similarities between the culture of the United States and the trainee's home culture.

☐ I strongly agree

☐ I somewhat agree

☐ I somewhat disagree

☐ I strongly disagree

Please comment:

4. If you were to provide a training program to a future international trainee, what would you change?

5. What recommendations do you have for the YMCA to develop or improve the program?

Name of Host Supervisor _____

Signature _____ Date: _____