

# Commitment charter for international buddies

## Buddy programme

You have chosen to join the *Buddy Programme*. Please read this charter carefully. By signing, you agree to respect its terms for the entire duration of the programme.

### Role of International buddies (International students)

**Local buddies** (students who have completed at least one year at TSM) **commit to welcoming and supporting international students** (first-time international students in TSM, meaning exchange students or international students enrolled in a degree programme – international buddies) throughout the programme, depending on their availability and the needs of their buddy.

International buddies commit to engaging actively with their local buddy. This programme is based on **mutual exchange, curiosity, and respect**.

As an international buddy, you can expect support from your local buddy regarding:

- Navigating the campus and services.
- Understanding registration and course selection.
- Staying informed about campus life.
- Discovering Toulouse and meeting local students.
- Discovering daily life in France while sharing your own culture.

Local buddies act as a **first point of contact to international buddies** and may refer students to the International Relations Office when needed.

### Organisation of the Programme

- Buddies are encouraged to connect **before the semester starts** and stay in touch throughout.
- Meeting frequency is flexible; however, **at least 4 hours per month** is recommended to foster a supportive relationship.
- Each pair is free to organise interactions in the way that suits them best.

### Programme Events (Mandatory)

Participants are expected to attend:

1. **A Welcome Meeting** (introduction & ice-breakers)
2. **An Intercultural Workshop** (2–3 hours: communication, activities, tools)
3. **A Closing Meeting** (feedback and evaluation)

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## Commitments of Participants

International buddies agree to:

- Contact their buddy when needed, respecting their availability.
- Respond to their buddy's messages.
- Show respect, empathy, and openness.
- Respect cultural differences and avoid any form of discrimination or harassment.
- Attend the Buddy programme events.
- Complete the end-of-semester evaluation.

Last name, First name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: