



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 UT Capitole) **commit to welcoming and supporting international students** (first-time international students in UT Capitole, 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: