

For participants

1. ***good tips for participants of work experience practice***
2. **Come to work on time, t**en minutes before work starts
3. **Attendance form.** Remember to bring the form. Your supervisor will sign it every day
4. **Illness or absence**

Save the supervisor's phone number on your cell phone. Call your supervisor if you are sick and cannot come.

1. **Personal hygiene**

It is important to shower, brush your teeth and trim your nails before work

1. **Uniform.** Wear a clean uniform, every day. Maybe you can get two?
2. **Learn Norwegian at work**

Be active. Take pictures and show these to the class. Practice at home and at work. Take pictures and share them with the class. Read the information posted on the walls. Read the labels on the goods. Write down new words in a notebook. Ask your colleagues.

1. **Customers, guests and colleagues**

Be helpful, polite and positive towards customers and colleagues. Remember to have eye contact, smile and greet,

1. **Take initiative and show interest.** Try to talk with colleagues during breaks. Learn the name of your supervisor and your colleagues
2. **Talk with customers:**

“Trenger du hjelp”?

“Vær så god”

“Kan du snakke litt saktere?”

“Kom, bli med meg!”

1. **Talk with colleagues:**

“Ses i morgen!”

“Takk for i dag.”

“God morgen!”

“Unnskyld, kan du hjelpe meg? Hvor finner jeg …............?”

"What does ............. mean?"

Disclaimer:

*The TALENTS project has been funded with support of the European Commission through the Erasmus+ programme and the German Ministry “Bundesministerium für Bildung und Forschung”. This publication reflects the views only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.*



