



SEP
26

BUDDY SYSTEM PRESENTATION

6:15 PM | Auditoire Solvay (R42.5.503)

ULB International
Welcome
Desk

 **ESN** 
Erasmus Student Network
ULB Brussels

Key elements

The programme runs between **September 2024 and May 2025** during which “mentor” and “mentee” are encouraged to meet. During the entire programme, both the **ULB’s International Welcome Desk** and **ESN ULB Brussels** remain available as central contact points for all participants. They will provide the necessary framework for pairing and exchange between junior and more senior buddies.

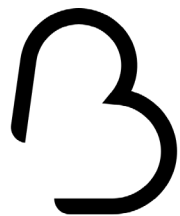
Important dates

- ❖ **September 2024:** opening of registrations
- ❖ **May 2025:** drink for the end of the programme

Registration for the program is open throughout the year.

Any problem?

Contacts : welcome@ulb.be or esn_ulb_brussels@esnbelgium.org



Buddy System

How does it work?

Become a Buddy for an international student or be helped by a local student!

The Buddy System is the first networking platform of peer-to-peer student mentoring

[SIGN UP](#)

The Local Buddy is helping an International Student. The International Student is helped by a Local Buddy.





Sign up and complete your profile information to boost your chances to find a perfect Buddy in your city!



The local coordinator of your city will assign you a Buddy regarding common information provided and expectations of the Buddy System.



Visit your dashboard to check your messages and discover your Buddy profile, events and services available in your city! Don't worry, we will be here if you need help.

After arriving on buddysystem.eu, it takes less than 5 minutes to register by filling in basic but key pieces of information on your profile (place of study, age, gender, hobbies, date of arrival and departure, etc.).

After that, ESN ULB Brussels will be able to assign you a Buddy (a local buddy if you are abroad or an international student if you are a local) corresponding to your expectations with the help of our algorithm!

Then, you have just to get in touch with your Buddy and share with her/him the Buddy System experience and enjoy the services & events offered on the platform!

Sign up

The Local Buddy is helping an International Student.

The International Student is helped by a Local Buddy.



LOCAL STUDENT

INTERNATIONAL STUDENT

Firstname *


Lastname *

Date of birth *

Gender *


Not Specified

Spoken language(s) *


Your country for the next semester  *

Select a country ... 


Your city for the next semester *

Select a country first ... 

Your institute for the next semester * [Need help?](#)

Select a city first ... 

School period *

Select an institute first 

Level of Study *

Not Specified 

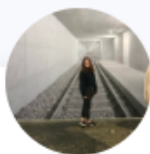
Number of buddies wanted *

1

I agree that the data filled in this form will be used by the BuddySystem to find a person with a profile as similar as possible, in accordance with the [Privacy Policy](#) *

I fully agree with the general [Terms and conditions](#) *

SIGN UP



INTERNATIONAL STUDENT



Nb of buddies : 0

Nb report : 0

Nb of refusals by a buddy : 0

Last connection : Sep 19, 2024

% City : Brussels

% Institute : Université Libre de Bruxelles - ULB > Solbosch > Faculté de Psychologie et Sciences de l'Education

% Studies : Psychology

% Level of Study : Master

% School period : First semester

% Date of arrival : 09/09/2024

% Age : 24 years old

Spoken language(s) : German, French, Portuguese, Spanish

% Language(s) wanted : None

% Hobbies : None

MATCH!

80 % compatible

NEXT MENTOR

LOCAL STUDENT



Nb of buddies : 0

Nb report : 0

Nb of refused matches : 0

Nb of reminders : 0

Nb of removed matches : 0

Last connection : Sep 24, 2024

% City : Brussels

% Institute : Université Libre de Bruxelles - ULB > Solbosch > Faculté de Psychologie et Sciences de l'Education

% Studies : Psychology

% Level of Study : Master

% School period : First semester

% Date of arrival : None

% Age : 25 years old

Spoken language(s) : Czech, English, French, Slovak, German

OTHER PROPOSITIONS

Do's and Don'ts

Do's

- ❖ Build trust through mutual respect and reliability; be open and respect each other's feelings, cultural backgrounds and schedules.
- ❖ Listen carefully and act accordingly; take the necessary time for both talking and listening to each other. In case of problems or misunderstandings, talk them through, listen to each other and explore solutions.
- ❖ Keep regular contact and inform your buddy in case you are temporarily not available or ill.
- ❖ Communicate in a clear way, avoid confrontation and do not judge.
- ❖ Respond to questions in a timely way; aim to reply within 5 days. Inform the other person if you are temporarily unable to respond in a timely manner.
- ❖ Respect the confidentiality in which information is shared.
- ❖ Establish mutual expectations and boundaries; respect them and reach out to the programme coordinators if someone oversteps these boundaries.

Don'ts

- ❖ Do not expect your buddy to become your best friend.
- ❖ Do not expect your buddy to be a personal assistant and to provide professional services nor academic advice. For all questions related to housing, insurance, legal matters, etc. .. you need to consult the International Welcome Desk.
- ❖ Do not expect an immediate response from your buddy. Be patient and give your buddy sufficient time to respond to you.
- ❖ Do not intrude in your buddy's personal time or space. This includes social media; respect each other's decision in case one of you is not comfortable being friends on social media channels.
- ❖ Do not miss appointments without forewarning your buddy in a timely manner.
- ❖ Do not dictate your buddy on what he/she should or should not do. Key in good communication and problem solving is to establish a respectful dialogue with each other.
- ❖ Do not make requests that may put your buddy in a difficult situation.
- ❖ Do not enter gossip or hostile communication styles. Build a trustful relation in which you fully respect the confidentiality in which you share information with each other.




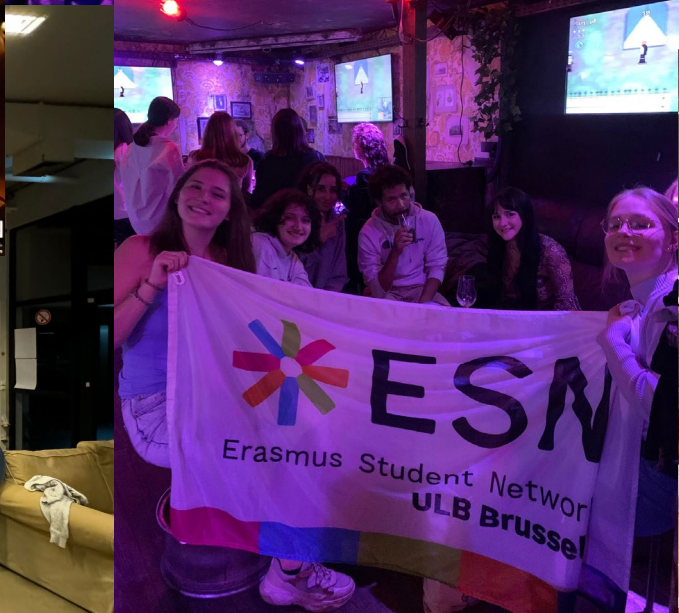
Tips for the first meeting

A successful first meeting is essential for both buddies in setting the framework for their unique buddy interaction.

A first important aim of the first meeting is therefore to discuss what you both expect of one another. The first meeting offers you the chance to get to know each other, to build trust and to commit yourself to future interactions, including the practicalities of how both of you wish to organise your meetings (e.g. frequency and format).

In addition, it is also a good moment to reflect about yourself, for instance on what you find important for your self-development or which aspects in life you find crucial for integrating yourself in your new environment.







Sign up...

Buddy System

And see you in May 2025 to close the programme!

Contacts : welcome@ulb.be or
esn_ulb_brussels@esnbelgium.org

