

## Tandem Diary

The Tandem Diary is a valuable tool for recording experiences and progress. It helps to clearly define common goals, document learning successes and reflect on challenges.

At the same time, it serves as a reminder of developments and successes in the learning process. Use this document to structure your collaboration, exchange feedback regularly and get the most out of your tandem time!

**Session Number:** \_\_\_\_\_

**Time and Date:** \_\_\_\_\_

**Tandem Partner 1:** \_\_\_\_\_

**Native Language:** \_\_\_\_\_

**Tandem Partner 2:** \_\_\_\_\_

**Native Language:** \_\_\_\_\_

## Reflecting on Today's Session

**1. What did we learn today?**

---

---

---

---

**2. Were there any words or expressions that were particularly difficult or interesting?**

---

---

---

---

**3. How did I feel when using the language? (e.g. shy, anxious, confident)**

---

---

---

---

**4. What worked particularly well?**

---

---

---

---

**5. What worked less well?**

---

---

---

---

**6. Were there any challenges? If so, how can we address them at the next meeting?**

---

---

---

---

**Preparation for the next Session**

**1. Which topics or situations would I like to practise next?**

---

---

---

---

**2. Are there specific questions about grammar, pronunciation or vocabulary that I would like to clarify?**

---

---

---

---

**3. What aspects can we discuss to deepen our understanding of the language?**

---

---

---

---

### Personal development

**1. What new words or phrases have I used since our last session?**

---

---

---

---

**2. Were there situations in which I was able to use the language outside the tandem?**

---

---

---

---

**3. What progress have I noticed since starting the tandem?**

---

---

---

---

### Feedback

**1. What has helped me learn better today?**

---

---

---

---

**2. How can I support my tandem partner better?**

---

---

---

---

### 3. Have I given my tandem partner enough support?

---

---

---

---

### 4. What should I plan for the next meeting?

---

---

---

---

**Self-reflection:** The following questions are for self-reflection and are a kind of 'guide' for you.

#### **Learning progress:**

1. What new words or grammar rules did I learn today?
2. In which areas (pronunciation, grammar, vocabulary) have I improved?
3. What mistakes do I still make frequently and how can I work on them?
4. Do I feel more confident when speaking, listening, reading or writing? Why or why not?

---

---

---

---

---

---

---

---

---

---

**Goals:**

1. Have I achieved my learning goals for this week/month?
2. What new goals do I set for myself for the next session?
3. Have I organised my preparations well?

---

---

---

---

---

---

---

---

---

---

**Communication:**

1. How well did I express myself in the target language today?
2. Did I listen actively? Did I understand my tandem partner well?
3. Were there moments when I didn't understand something well? How can I improve my understanding?

---

---

---

---

---

---

---

---

---

---

**Motivation and Commitment:**

1. What has motivated me to continue learning today?
2. Were there any frustrating moments? How did they happen and how did I deal with them?
3. Did I spend enough time practising the language outside the sessions?

---

---

---

---

---

---

---

---

---

---

**Tandem Partner:**

1. How well did we work together today?
2. Did I actively help my tandem partner?
3. How is our cooperation and communication? How can I improve it?

---

---

---

---

---

---

---

---

---

---