

**Farah:** "One day I was volunteering in the international relations office in my university, so connecting with international students, supporting them, helping them to adapt in Jordan when they come for studying. The coordinator told us one day that there is a virtual exchange program, but I was afraid to participate because I was a shy person and was afraid of someone to judge me."

**Farah:** "I was afraid also to talk freely, to express my opinion, because I don't want someone to judge me bad or feeling that I am offended by someone or something so a virtual exchange program is a space for someone to express their opinion without judgment in a nice environment. I can talk everyone respecting me, accepting me, and if they are disagreeing with me, they are disagreeing with me in a kind way, without hurting someone or without letting you to feel that you are nothing or you are not existed in the world. So I feel that I improved many skills like I'm trying to apply those skills with my friends and my family like active listening and understanding, summarizing when someone tells me something that I'm not sure about if I understand that 100%, I'm trying to summarize in a way like a facilitator - how he or she facilitates and summarizes stuff after peers talking about something to make sure that everyone understanding and everything is smooth for everyone."

**Farah:** "Most of the time we add each other on Instagram, Facebook, and social media in general, so we are texting each other like if there is an upcoming session or, for example, an announcement for a facilitation or advanced training or something by Soliya or other than Soliya. So we make a group on Instagram, we are texting like every two weeks or every three weeks, talking about general stuff and if we can see each other in the upcoming sessions. So we trying to communicate but not all of us engaging frequently, like some of them are a little busy so they are texting late, some of them because of the time difference between, for example, Middle East, Europe, and United States, so we're trying to keep in touch, and also we are for example engaging by like commenting, liking, by something on social media."