

# first impression

**10 seconds** – that's more or less what it takes to assess another person based on our 'first impression'.

The first impression effect is a set of stimuli that reach us in just a few seconds of the first meeting. We make this assessment using almost all our senses (except for the taste) - sight (clothing, smile, body posture), smell, touch (handshake\*) and hearing (tone of voice, speech pace). All this affects our interlocutor's opinion and their attitude towards us. What do you have to do to make a good first impression on someone? This of course depends on the situation! We will focus on what to do in order to do well at the presentation on the first day of your stay in Spain!

## SIGHT

The clothing will be further discussed on the second page. So what else besides our clothes should we pay attention to, so that our boss and colleagues receive us in a positive way? Enter the workplace with a firm step, straighten up and above all - smile!



## TOUCH

Why is the handshake marked with an asterisk (\*)? You probably already know that in Spain the most common greeting is two kisses on the cheeks. The first meeting with the boss is a more formal event, so wait for their reaction and adapt to it. If they give you a hand - shake it, confidently looking into their eyes. If they lean towards you with the desire to welcome you in a truly Spanish way - do the same!



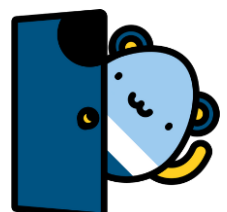
## SMELL

You've probably had the (un)pleasure of taking a crowded bus on a hot day. Do you remember that smell? This is what we try to avoid. A morning shower and deodorant are the key in a stressful situation, such as your first day at work!



## HEARING

Get ready for the meeting. Learn some basic Spanish phrases such as "good morning", "my name is ...", "nice to meet you" and "goodbye". Even if your pronunciation is not perfect, we assure you that the effort will pay off - not only will you score points with your boss, but above all it will make your first meeting much easier.





# dress code

**Your clothing during the presentation should be appropriate for the occasion. What does it mean? On a daily basis during your apprenticeship you will probably wear work clothes – an apron, work coveralls or clothes with the company logo. On the first day, however, you need to present yourself in an adequate manner. To help you choose the right outfit, we present a short list of what to avoid and what will be a good choice.**

## SHOES

Closed, casual or elegant shoes are the perfect choice for a presentation day. In the following days, adjust the footwear to the type of work you are doing (e.g. in a car workshop, you will need safety shoes with toe protection). On the day of the presentation adjust your footwear to the weather, in summer a pair of elegant sandals will also be the right choice.



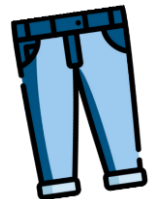
## ACCESSORIES

In Spain, it is good to protect your head from the sun in the summer, but remember to always take off your hat before entering the company. The same rule applies to the sunglasses which should be removed.



## PANTS

Your pants should not be too low-waist, too short or have holes in them. In the summer we suggest a pair of straight-cut shorts.



## DRESSES

If you decide to go for a skirt or dress, make sure it has the right length and that it is relatively elegant.



## TOP

Avoid T-shirts with inscriptions, large prints or in bright colors. The *less is more* principle works perfectly in this situation, so put on a simple T-shirt or shirt.



Your work clothes should be worn only at the workplace - don't go to work in them! The employer will always provide you with a place where it will be possible to change your clothes. Remember to wash your uniform.



If your euroMind coordinator thinks that your outfit is not suitable for the presentation, they may ask you to change it.