

The will generally refers to the faculty of exercising a free choice governed by reason, and in particular in moral philosophy to the faculty of reason to determine an action according to "norms" or principles. In this respect, it can be considered a virtue. Will is an essential factor to access to objectives. It fuels our desire to succeed by different ways, and all of this ways make our own person be embellished. Therefore, will plays a key part in access to objectives, we can draw on the quotation « The truth is that it doesn't really matter which way you go, just that you want to get there » by Albert Camus in order to notice it. But to what extent is this possible through will ? To begin with, let's look at how positivity can help us achieve our goals. Secondly, the aim will be to study the way in which overcoming difficulties enables a goal to be reached. Finally, we'll look at what we learn from it.

To begin, positivity helps to achieve goals, by visualising your success in a positive way, you allow your body and mind to coordinate, thereby neutralising any potential anxiety. First, self-confidence enables us to move forward and achieve our goals by believing in ourselves and our abilities. I can see that it is a major factor to succeed in my objectives, in my one month mobility in Poland. Indeed, I must have confidence in myself to go for one month into unknown territory but to access at my objective to do this experience, i must trust my choice and continue to be confident to finish this month enriched. For example, i have to believe in me, at school, when I have to speak orally only in english, i have to trust me to be fluent, to persuade the class, so yes self-confidence take a part in positivity and serves to have will.

Then, to be positive, motivation couldn't be more useful, it helps maintain a constant commitment to a goal, clearly defining the will to succeed. To take 2 different types of course at the same time, you need to be really motivated and want to do it. To make Polish friends, starting with our correspondent, you need to be motivated to talk and exchange with her in a language other than your mother tongue: English. Motivation is therefore a factor, with a positive vision and a will to succeed.

To continue, be open-minded is a positive quality typical of the will, being receptive to new ideas and perspectives encourages personal growth. In poland, I found very important and interesting to open up to new people, with a different culture, a different lifestyle, but, it's rewarding to discover people who live in another country and to learn from these new encounters.

Secondly, facing up to difficulties and braving them is real proof of will. In first, when we chose to go to one month mobility, we take risks, because we don't know if we will get along with our correspondent, if we will match. In addition, maybe we'll be overwhelmed, overloaded by the amount of homework, combining Polish and French lessons. And the fact to going for a one month mobility despite all of the possible risks is a proof of will. We have the will to try, do our best that our mobility works as well as possible and that we fully enjoy the experience.

To go on, we can cope with discomfort, a general term that can be unpleasant or disturbing experiences. During a mobility of a month, we will face a discomfort, the discomfort not to choose alone. Indeed, when we live in a host family, our timetable depends on the family's one, we do like them. For example, the time of the different meals isn't the same in Poland and in France, so, being in Poland, i have to adapt myself to eat at the same time as polish people. Another discomfort is than we aren't on hollidays during a one month mobility, we live in communaity, so I have to participate in house stains, I had to integrate myself into

the workings of a new home, a new way of life. For example, I cooked for the family, I washed the dishes or I set the table. One month in a host family isn't, indeed, an individual trip, it is an experience to live together, with some discomfort which are so minimal compared to the extraordinary experience lived.

In addition, one month mobility is in reality the unknown, the launching of ourselves into a total unknown, an unknown which is worth being tempted, worth discovering. Venturing into the unknown is a way of breaking out of a routine, discovering something new, unfamiliar and different from our habits. During my move to Poland, I went into a total unknown, and I met new people, people who were different from those I was used to know. In fact, the Polish are in no way similar to the French; the French are more superficial, pay a lot of attention to their image, and aren't necessarily themselves. Poles don't try to pretend to be someone else, they're themselves, honest and open-minded. It was very interesting for me to observe this difference in personalities by changing countries. What's more, during my mobility, I had to integrate into an unfamiliar high school, very different from the one where I spend all my days. In this school, the pupils all use computers, so their way of working is completely different, the school system is less strict than in France, and pupils can go out during a lesson. In the Polish school system, there are no lunch breaks, they eat after lessons and snack during the 10-minute breaks between lessons. What's more, the school is much more spacious, with seats in the corridors. I was also completely unfamiliar with the Polish way of life. Poland is less strict than France, there are no specific times for eating, it depends on each student. During the winter, when I went, it was very cold, much colder than in France, so I had to wear several layers and warm clothes, which is not one of my habits in France. Indeed, the unknown, the new, is characteristic of a difficulty, a fear that we can face, but venturing into the unknown is a proof of will.

Thirdly, the will to learn. With the will to achieve our goals, we learn from our experiences. Discovering new things is a willingness to learn. Firstly, the learning I got from this mobility is an improvement. An improvement in many of my abilities that have enabled me to become a better person. First of all, I've improved my English, and I notice it myself when I talk to my pen pal, sometimes for hours on end. I notice it when I have to improvise orally in class. I notice it with all the new words and new turns of phrase that I've learnt thanks to communication. I've also improved my speaking skills, I'm more at ease speaking in front of an audience, more at ease improvising during a presentation, an important question or even during a conversation, more comfortable to improvise during a presentation, or when it comes to developing an idea by arguing, what all Poles do during classes. I was also able to improve my sociability, by exchanging with my correspondent and with Poles whom I did not know at the beginning, as well as by exchanging with the family that welcomed me. So yes, I improved on many points during this month spent in Poland, I had, before leaving, a desire to learn. So I have learned.

In addition, I had also the will of discover, because yes, for me discovery is a learning, the learning of cultivating myself about a new country : Poland. Indeed, during my mobility, I've discovered nothing but new things which has broadened my personal culture. I became aware of a way of life that I had previously ignored or had no interest in, and I had revelations about discovering the world outside my own country, within another. So, I discovered in Poland, during one month the culture of this country, the way of eating, because polish people can eat at any time and eat sweet or savoury at any time. I discovered some important infrastructures like a plock bridge named the « Solidarity Bridge » which is a very long bridge, remarkable for the size, architectural or historical

interest. I also discovered gorgeous landscapes with the typical architecture, a lot of snow, different houses, streets. As well, I discovered new people, with a way of being different of the one of French, really openminded people, I talked a lot with some Polish people and I notice that they are kind, honest and I really like this mentality. So yes, I discovered a lot about a new country : Poland, and the will of discover has given me a lot.

Then, the desire, the will for enrichment was also for me a goal of this month in Poland. It wasn't a question of wanting to be richer in material terms, no, for me being rich is a much broader concept. For me, wealth is neither synonymous with owning a large number of tremendously expensive objects, nor synonymous with having a huge amount of money in your bank account, it's much more meticulous. In fact, wealth is measured on the scale of our maturity, our ability to think reflectively, and for me a month abroad was a process that could enrich me enormously, and I was right. I came back from this mobility experience with more knowledge. In fact, this mobility enabled me to be more autonomous, I was independent and acted on my own, taking my own decisions, for example, in terms of courses, admittedly there were a large number of courses and homework assignments, both in France and in Poland. Managing this homework on my own helped me to organise things better and made me more independent. What's more, it gave me a lot in terms of practising the English language, in which I spoke every day and tried to be more and more fluent, I was able to gain more confidence in front of a large number of strangers, for whom I opened up and wanted to learn more about them, instead of remaining alone, introverted and closed to others. I've also been enriched by a new environment, I learnt a lot about this country, the family I lived with, the house, the school. Now, at the end of this mobility, I feel stronger, I have the impression that I'm capable of more than I was before I left, and that's the result of my intellectual, social and environmental enrichment.

To conclude, a month's mobility abroad is, in my opinion, the most important thing, because you need to be motivated to study in another country and live with another family for a month. This month in Poland was made up of positivity, the desire to make the most of this mobility, to see all the benefits. What's more, facing up to the possible difficulties you may encounter during a month abroad is a will, the will to achieve a goal despite complications, the will to defy them. Yes, there are some, but it's from these that we grow stronger and more mature. And finally, learning, the willingness to learn everything about a foreign country, to learn about ourselves is necessary and forges a more mature, thoughtful, reasonable mentality. All these factors are necessary when you go on a month's mobility, and I have some memorable memories of it, which is an experience to be remembered, and I'm very grateful to have had the opportunity to go on this mobility. And all of this, the fact that I decided to go, that I succeeded, is the result of my will.