This paper discusses an experience carried out in Pasto, Colombia, where a group of 25 teachers from different public high schools got enrolled in an in-service training course. The purpose of this course was to help the teachers incorporate the standards given by the Ministry of Education in 2006 [1], and which have not been fully implemented in foreign language courses. The University who provided this course intended to go beyond training and carried a reflective process of syllabus design construction based on syllabus design theory and the comparison of standards from different contexts. The result of this experience was a unified format for syllabi that teachers agreed to use in their foreign language courses and an understanding of what standards are. The most valuable conclusion of this course is knowing that regulations given by the government need to be negotiated and mediated with teachers if we really want to enhance the teaching and learning conditions in public high schools.