

5 Reasons to REFLECT

REFLECT: Going Abroad
Your Student Exchange
Capstone Module

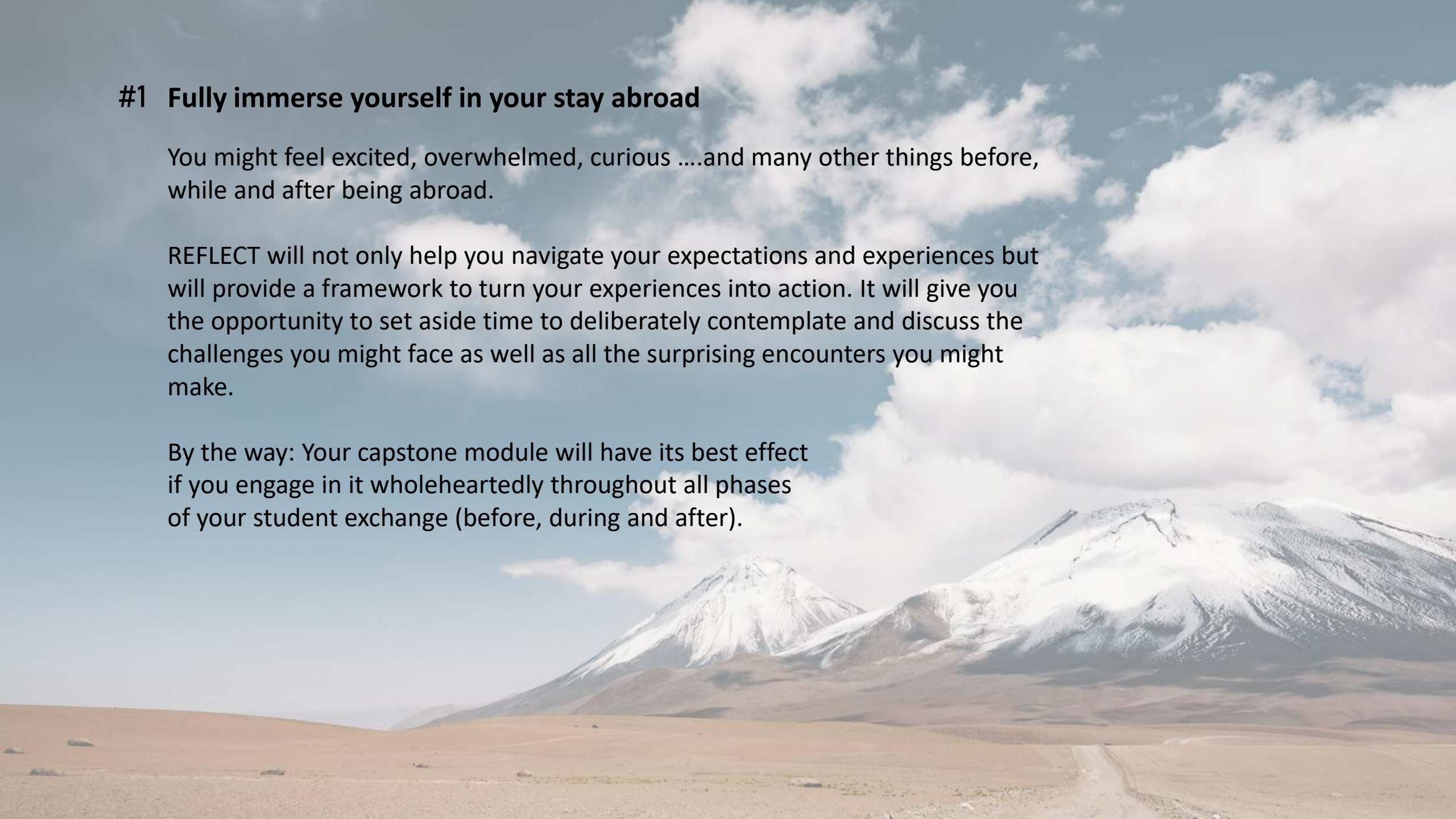


#1 Fully immerse yourself in your stay abroad

You might feel excited, overwhelmed, curiousand many other things before, while and after being abroad.

REFLECT will not only help you navigate your expectations and experiences but will provide a framework to turn your experiences into action. It will give you the opportunity to set aside time to deliberately contemplate and discuss the challenges you might face as well as all the surprising encounters you might make.

By the way: Your capstone module will have its best effect if you engage in it wholeheartedly throughout all phases of your student exchange (before, during and after).

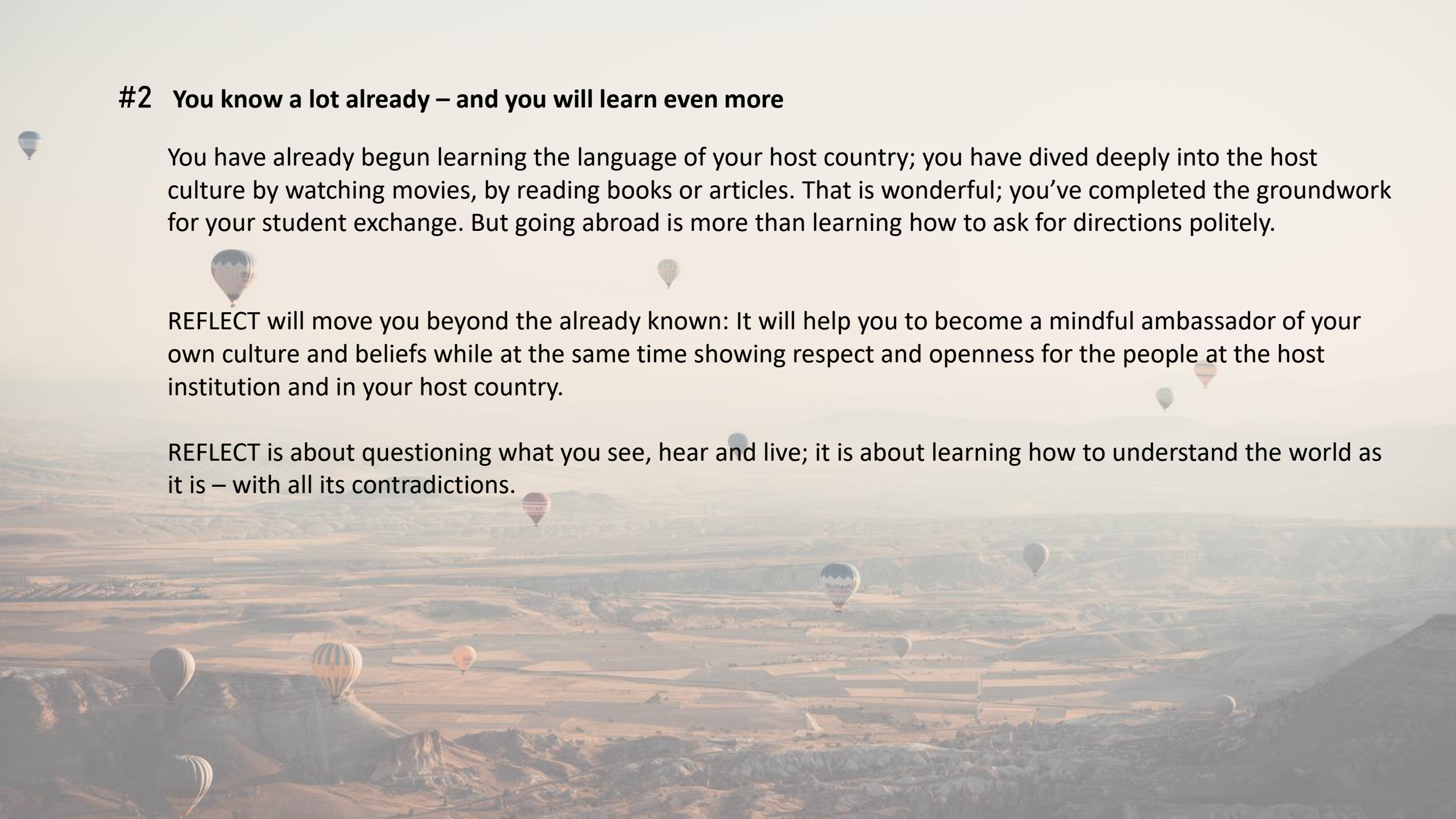


#2 You know a lot already – and you will learn even more

You have already begun learning the language of your host country; you have dived deeply into the host culture by watching movies, by reading books or articles. That is wonderful; you've completed the groundwork for your student exchange. But going abroad is more than learning how to ask for directions politely.

REFLECT will move you beyond the already known: It will help you to become a mindful ambassador of your own culture and beliefs while at the same time showing respect and openness for the people at the host institution and in your host country.

REFLECT is about questioning what you see, hear and live; it is about learning how to understand the world as it is – with all its contradictions.



#3 Engage flexibly and at your own pace with REFLECT

Time is precious. Yes, we know!

You might be busy during your stay abroad – getting to know your host university, exploring a new city and environment, making new friends. Carving out time for REFLECT may seem almost impossible.

We would like you to savor all this while engaging flexibly with the module's content. That is why we opted for a flexible self-learning phase with only a few selected interactions with your peers and your REFLECT lecturer.

No worries, this is doable.



#4 Make your competences and skills known

Usually, a transcript of records from the partner institution serves as the primary written proof of your stay abroad. It will show your academic results and the grades you obtained. Nevertheless, what about all the other competences you have acquired during that time? For example, finding yourself, developing solutions strategies, and becoming independent.



REFLECT will 'value' these competences with two ECTS. Additionally, for Bachelor's students, credits obtained with REFLECT can count towards the field of profession-oriented skills (BOK). Master's students will receive a certificate of attendance.

With that, competences and skills that you have acquired throughout your stay abroad are officially on record.

#5 Make the most of your stay abroad – now and for always

We are convinced that spending one or two semesters at a partner university is an experience you will never forget. By attending the REFLECT Capstone Module you will learn how to make the most of your stay abroad – before, throughout and after.

REFLECT is a reliable source you can turn to, especially when transferring your experiences abroad to your life back home, for example when engaging with your community and your environment. Finally yet importantly, REFLECT is not only about contemplating but also about taking action and assuming responsibility. And spoiler alert: This will last a lifetime.

