

Reflection report guideline for elective 2 "Stays Abroad" Module L

Form:

- + **Submission:** Please email your reflection report, including the cover sheet, to ciic@h-ka.de. A printout of the report is not required.
- + **Appendix:** Feel free to add photos of your stay(s) abroad at the end of the report if this helps with understanding the report better. Please make sure that the total data size of the email does not exceed 5 MB.
- + **Length:** approx. 3,600 words (this usually corresponds to a continuous text of 9 DIN A4 pages)
- + **Font type:** Calibri
- + **Font size:** 11
- + **Line spacing:** 1,5
- + **Margins:**
 - Top: 2,5 cm
 - Bottom: 2 cm
 - Left: 2,5 cm
 - Right: 2,5 cm

Format:

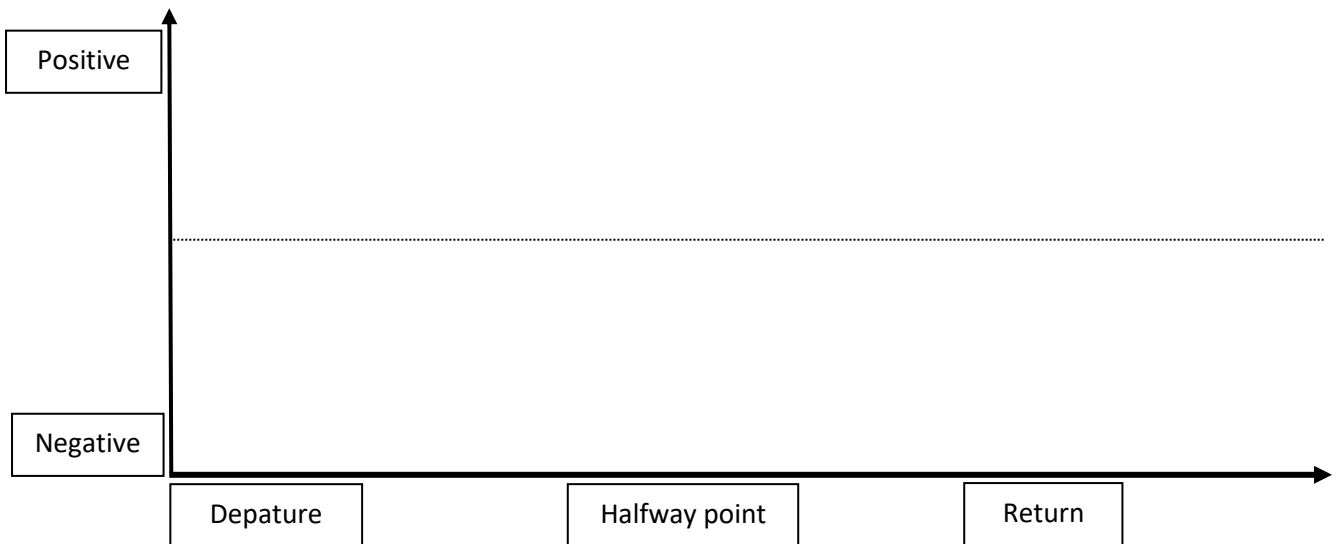
The reflection report for elective 2 "Stays Abroad" is about answering the guiding questions listed below by describing the experiences and impressions that you have gathered during your *study-related* stay abroad and evaluating them afterwards. Please answer the questions by continuous text. You may change the order of the questions if this makes it easier for you to write the reflection report.

For ease of reading, this guideline refers to your stay abroad in the singular. However, your reflection report may cover more than one study-related stay abroad.

Guiding questions:

- + When and for how long did you stay abroad for study-related purposes?
- + Was your stay a study-abroad semester, an internship abroad, or another type of study-related stay abroad (e.g. project or thesis abroad, research stay, summer or winter school)?
- + Why did you choose to go to this specific country? In this context, please describe in a few sentences the (partner) university, company, etc. that you opted for.
- + How did you prepare for your stay abroad?
- + What knowledge did you acquire during your stay abroad that you would probably not, or only rarely, find in books?
- + To what extent has your image of Germany/your home country and your own culture(s) changed as a result of your stay abroad?
- + To what extent has your image of the host country changed because of your stay abroad?
- + When (and how) did you use your foreign language skills abroad?
- + What friendships/networks developed during your stay abroad?
- + What challenges did you face while being abroad? How did you deal with these challenges?
- + What strategies did you develop to deal with a) unfamiliar situations, b) situations of uncertainty, and c) stressful situations (including culture shocks)?
- + Tolerance of ambiguity is one of the core skills of intercultural competence. In which specific situations during your stay abroad did you need this skill, and did this result in you learning or developing it?
- + In which situations did you step out of your comfort zone and thereby outgrow yourself?

- + How did you feel during your stay abroad and after returning? Please draw a curve in the graph* for each stay abroad:



*This graph is used in the context of illustrating (self-)culture shocks.

- + If you have drawn any crises (low points of the curve): How did you overcome the crises marked above?
- + What moments do you remember as particularly successful in terms of intercultural encounters?
- + Did your stay abroad have an impact on your communication skills and conflict resolution skills? Why (not)?
- + What changes to your personality do you notice as a result of your stay abroad?
- + In your opinion, which experiences during your stay abroad have strengthened your intercultural competence? Why?
- + To what extent can the experiences you gained abroad be transferred to your working context (e.g. with regard to globalization and international cooperation)?
- + What are the potential benefits of cultural diversity?
- + What do you personally gain from your stay abroad?
- + What is your personal conclusion?

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