

Guidelines I:
Reflective Essay Intercultural Training

About the reflective essay format:

This assignment is different from the term papers you might know from your studies. It is not primarily a scientific paper; it rather is supposed to be a scientifically grounded personal reflection. In your reflective paper, you should demonstrate your understanding of theories and models and use them to explain and make sense of your personal insights and experience. We strongly encourage you to include examples from your daily life, your studies, as well as experience with family and friends.

Formal requirements:

Min.7, max. 10 pages (excluding references/bibliography and title page)

Please make use of the literature provided by the trainer as well as the materials presented and used during the training; font size 11pt, font Arial, spacing 1.5; you do not need to include pictures or figures unless it is something that has not been covered in the training
Send your paper to: ik-zertifikat@vw.uni-bremen.de (No need to print it out!)

Guiding questions:

1. Outline the topic and content of the program.
2. Why did you participate in the Intercultural Training and which expectations did you have? (max. ½ page)
3. How would you define culture?
4. In which cultural contexts do you find yourself in your daily life? Name at least two cultural contexts.
5. Which values do you personally find most important and why? What did you notice when reflecting upon your values in different spheres of life (e.g. personal life, hobbies, family, friends, study life, professional life)?
6. Why is it useful to switch perspectives? Explain your answer using an example.
7. How can you apply your learnings to your daily life?
8. Further comments on the intercultural training (max. ½ page)