



The crucial role of reflection during a traineeship abroad:

How to empower students to develop
future skills?

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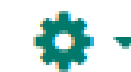


STRUCTURE

Online Course „Hands-on Learning – Practical preparation for an intercultural workplace“

- 11 tutored modules to train **future skills during an Erasmus traineeship**
- **Competence Pass:** a voluntary, unassessed reflective journal

Feel the difference! (11. - 20.04.2023) G4

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Feel the difference! Dealing with culture shock and re-entry shock

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Feel the difference!



Introduction



Task 1:
Warm
up



Task 2:
Analyse the
videos



Task 3: Analyse the re-entry
culture shock



Competence
Pass



Passing
the
module

You can use the symbols above to navigate through all of the sections of this course module.



Announcements **1 unread post**

Questions



If you have any technical problem / questions, please contact Marcus Fessler (support@hands-on-learning.de).

For module related questions, please write to your moderator (see "*People > Participants*" below).

Online users



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Navigation



Administration



OVERVIEW OF COMPETENCE AREAS



**INTERCULTURAL
COMMUNICATION**



**LANGUAGE
PROFICIENCY**



**CREATIVITY AND
PROBLEM-SOLVING**



**GLOBAL
CITIZENSHIP**



**COMPETENCE AREA OF
PERSONAL RELEVANCE**

COMPETENCE PASS

Reflection empowers students to make the most of the traineeship abroad

FEATURES

- Strong focus on anticipatory reflection
- Guiding questions and space for individual reflection
- Enables personal reflection
- Encourages social reflection
- Evidence for personal and professional growth during the traineeship

Walter, C. (2021) *Developing reflective practitioners online: How can anticipatory reflection support an internship?* [Doctoral Thesis, Lancaster University].

Lancaster University. <https://doi.org/10.17635/lancaster/thesis/1232>



COMPETENCE PASS

Reflection empowers students

ADVANTAGES

- To take ownership of their learning
- To set individual goals
- To reflect before and during the traineeship
- To engage critically with the traineeship
- To bridge the gap between the university and the traineeship
- To enhance their (self-)awareness and metacognition



INTERCULTURAL COMMUNICATION

describes your ability to become aware of your cultural perspectives, to develop understanding of the characteristics of other's cultures and to communicate respectfully with people with different cultural backgrounds

Intercultural Communication

Personal Reflection

GOALS

Which concrete goal(s) can I set myself to enhance my intercultural awareness during the traineeship?



How do I want other people (colleagues, other interns, flatmates) to perceive me as an interculturally competent person?

Intercultural Communication

Personal Reflection

Which particular steps will I take to achieve my goal(s)?



What obstacles do I expect?
What causes my doubts, discomfort or fears?



Which feelings relate to my goals?



Intercultural Communication

Personal Reflection

Which experience(s) outside the working environment can help me to achieve my goal(s)?

Who can support me in achieving my goal(s) and how can I get in contact with those persons? Is there anything (knowledge, skills, contacts...) I could offer in return?



Intercultural Communication

Social Reflection

During the traineeship you may reflect on your competence development with your colleagues to receive different perspectives on your work. This can also help you enhance your understanding of a challenging situation.

Which questions would I to discuss with my colleagues?

What insights have I gained from the reflection with my colleagues?



Intercultural Communication

Track your progress

What have I achieved so far? Have my goals changed?

What would I do differently if I could start my traineeship abroad again?

Extra Notes

