

Reflective Journal: Exchange in Prague

Reflecting on my exchange experience in Prague during Semester B, I am filled with gratitude and fulfillment. Studying in this vibrant, historic city has been a truly transformative experience, both academically and personally.

The international environment is one of the most remarkable aspects of this exchange. In my classes, I have had the privilege of learning alongside students from various parts of Europe and the world. This diversity has enriched our discussions and given me a broader, more nuanced understanding of different cultural perspectives.

For instance, in cultural workshops in the dormitory, we regularly engage in lively debates on pressing global issues. The insights shared by my classmates from Germany, Spain, and Poland have challenged my assumptions and expanded my horizons. I have learned to approach problems from multiple angles, considering the unique historical, social, and economic contexts that shape the worldviews of my peers.

Living in a dormitory with five other European students has been an equally rewarding experience. Sharing living spaces and daily routines with individuals from diverse backgrounds has fostered a deep appreciation for the richness of cultural differences. Whether it's learning how to cook traditional dishes from France and Spain or engaging in animated discussions about the latest trends in music and literature, these interactions have become a cherished part of my exchange journey.

Moreover, the opportunity to immerse myself in Prague's vibrant cultural scene has been significant. Exploring the city's architectural marvels, attending local

festivals, and engaging with the vibrant arts community have all contributed to a deeper understanding and respect for Czech heritage. From wandering through the enchanting Prague Castle to attending a classical music performance at the Rudolfinum, each experience has left an indelible mark on my perspective.

Beyond the academic and cultural aspects, this exchange has fostered personal growth and self-discovery. Navigating the challenges of living in a new environment, communicating in a foreign language, and adapting to different societal norms have pushed me out of my comfort zone. Through this process, I have developed greater independence, problem-solving skills, and adaptability – qualities that will serve me well in my future endeavors.

Stepping into a completely unfamiliar setting, where I was immersed in a different language and culture, required high adaptability and problem-solving skills. Simple, everyday tasks like ordering food, using public transportation, or communicating with my roommates became exercises in creativity and resourcefulness. I had to think on my feet, actively listen, and be willing to make mistakes to convey my needs and understand those of others effectively.

This process has strengthened my ability to approach novel situations with an open and resilient mindset. Instead of becoming discouraged by language barriers or cultural differences, I have learned to view them as opportunities to learn and grow. When faced with a problem, I instinctively consider multiple perspectives and strategies before arriving at a solution. This adaptability and critical thinking will undoubtedly serve me well in future endeavors, whether in the workplace or in personal relationships.

As my time in Prague draws close, I reflect on this exchange's profound impact on my life. The connections I have made, the knowledge I have gained, and my experiences will forever shape my worldview and aspirations. I am grateful for

the opportunity to have been a part of this international community, and I know that the lessons I have learned here will continue to resonate long after I have returned home.