

## *Appendix 2*

The student research journal from a visit to a UNIC partner university should contain detailed and reflective records of experiences, observations, and knowledge gained during the stay. Below are the elements that should be included in such a journal:

### **Purpose of the visit:**

Description of the main academic and personal goals related to the visit.

### **Cultural and social observations:**

Notes on local traditions, customs, and daily life.

Reflections on cultural similarities and differences compared to one's own country.

Analyses and Reflections.

### **Critical assessment of artworks, architecture, or other cultural forms encountered:**

Reflections on the impact of new experiences on one's own views and knowledge.

Visits and Excursions.

### **Description of museums, galleries, historical, and cultural sites visited during the stay:**

Collected impressions and visual notes (e.g., sketches, photos with descriptions).

### **Meetings and networking:**

#### **Information on meetings with professors, students, and specialists in the field:**

Description of discussions, exchange of views, and acquired knowledge.

#### **Personal development:**

Reflections on language skill development, adaptation to a new environment, and independence. Personal thoughts on life abroad and intercultural experiences.

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### **Documentation and materials:**

Scans or photos of notes, leaflets, brochures that may be useful in further research.

Bibliography of books, articles, and other sources used during the visit.

### **Conclusions and future plans:**

Summary of the most important takeaways from the visit.

Plans regarding the application of acquired knowledge in further studies or career.



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