**Intercultural Competence**

- **Knowledge**
  - Knowledge of foreign languages
  - General and specific knowledge of cultures
  - Knowledge of communication styles
  - Knowledge of identities, stereotypes, discrimination, and racism
- **Attitudes**
  - Open-mindedness
  - Respect
  - Tolerance
  - Interest in different perspectives
  - Engagement with other people and topics
- **Skills**
  - Perspective-taking skills
  - Listening, observation, and interpretation skills
  - Mediating and relating skills
  - Managing differences and conflict
  - Intercultural relationship-building and networking skills
  - Ability to deal with uncertainty and ambiguity
  - Metacommunication skills (communicating about communication)

**Study Abroad Experience**

**International Orientation**

- **Orientation towards society and the world**
  - Familiarity with international perspectives on global challenges such as climate change, refugees, and sustainability.
  - Familiar with supranational institutions such as the European Union, the United Nations, and corresponding themes, including Human Rights and the Sustainable Development Goals.
  - Awareness of global citizenship and its corresponding rights and responsibilities.
  - Engagement with societal and global issues (politically critical and personally transformative).

- **Orientation towards the profession**
  - Staying informed and updated on international practices and developments within one's profession/discipline.
  - Making use of international information, sources, and resources from different countries.
  - Understanding and evaluating perspectives and practices from an international or cultural perspective.
  - Having the ability to use techniques and methodologies from different countries.

**Personal Development**

- Self-awareness
- Independent
- Adaptability
- Entrepreneurial skills
- Self-confidence
- Drive
- Flexibility
- Problem-solving skills
- Self-reliance
- Perseverance
- Creativity
- Reflexivity
- Critical attitude
- Resilience
- Curiosity
- Patience
- Responsibility
- Empathy
- Tolerance to stress