



Universitatea Babeş-Bolyai

EUTOPIA Certificate of Internationalization- 2025

Reflective Portfolio by **AHMED SHEAK TOFIQUE**

Introduction :

Internationalization is becoming a need rather than a choice in the modern world. We are continuously exposed to diverse cultures and viewpoints because to the ease of travel, fast communication, and the internet's boundless reach. For someone from Bangladesh, culturally diverse nation, this global interconnectedness is even more important. Early exposure to individuals from a variety of backgrounds instills in us the importance of being receptive, flexible, and sensitive to cultural differences. By taking part in this program, I

have been able to expand my global network and acquire priceless experience. It encouraged me to actively engage in global events and teamwork, and it gave me the courage to take on new tasks. I've had the chance to form deep relationships with people from a variety of cultural backgrounds thanks to my Erasmus Exchange Program in Germany and my student jobs at McDonald's and Amazon. These encounters taught me how to write professionally and effectively for a variety of audiences. I took an active part in discussion groups centered on urgent global issues, ranging from racism and poverty to climate change and violence, at a number of events, including the Youth Development Meeting, Job Fair Meetup, Noaptea Companiilor in Cluj, and ESN Dortmund activities. I was able to view these difficulties from a variety of perspectives by conversing with people from all over the world. Some individuals had firsthand experience with these problems, and their insightful and intensely personal viewpoints were insightful. I gained a more complex and sympathetic view of the world as a result of this. I have developed both intellectually and personally as a result of these experiences. I've become more respectful, flexible, and open-minded as a result of visiting other nations and engaging with people from many cultural backgrounds. I've discovered that respecting and honoring the cultures of others is just as vital as maintaining ties to my own culture and ideals. The value of cultural flexibility is among the most important lessons I've learnt from my travels abroad. Even when cultures are very different from our own, we should approach them with humility and an open mind whether we travel or work overseas. I've become a more considerate, adaptable, and globally aware person as a result of this approach.

Through introspection, the EUTOPIA Certificate of Internationalization (EUCI) program has provided me with a valuable opportunity to expand my knowledge of internationalization and cross-cultural exchange. I have actively supported community development, intercultural communication, and student advocacy all fundamental principles of the EUCI as an international student and volunteer with Babeş-Bolyai University's International Student Union. I've had the opportunity to experience other cultures firsthand, which has broadened my perspective on social, cultural, and political issues without challenging my own ideas. My outlook on life has been genuinely enhanced by this experience.

✦ Insightful Essay :

In order to widen my horizons, acquire new abilities, and have a unique educational experience, I chose to enroll in the EUCI Internationalization Course. I never regretted my decision, even though it proved to be more difficult than anticipated. In addition to pushing me beyond my comfort zone, the program gave me invaluable knowledge and experience that I know will help me in the future. I'm very glad to finish this portfolio as the program's last requirement and appreciate the chance.

I am currently sitting at my desk at a place that I can now call "home," Cluj-Napoca, Romania. I moved here barely two years ago, and I knew nothing about the city or the nation. Many would probably term me "impassioned" for doing anything like that, and I believe I would have agreed until now. I made an effort to backtrack the foreign journey that led me to this point on a physical, intellectual, and emotional level in order to prepare for this essay.

Mark Twain once said,

"Travel is fatal to prejudice, bigotry, and narrow-mindedness... Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime."

Moving overseas and assimilating into a new culture has greatly expanded my viewpoint and enhanced my understanding of the world, and this quotation speaks to that experience. Living and studying abroad has enabled me to transcend stereotypes and recognize the value of a wide range of experiences.

Having grown up in Laxmipur City, Bangladesh, I went to high school at Noakhali. After ten formative years in the lively, English and Bangali speaking city of Dhaka, I persuaded my parents to allow me to continue my journey there in search of a more exciting atmosphere. I worked with Kfc, Burger King, and Aarong there and learnt a lot. I had a strong desire to pursue international education after high school. Romania, which combines academic brilliance with cultural diversity, seemed like the ideal destination for me to grow up, especially after seeing my cousin Saif, who earned his master's degree there. I was really enthusiastic about the prospect of studying the history, architecture, and values of Europe, and Babes-Bolyai University jumped out. A life-changing chapter motivated by curiosity, ambition, and a love of international education began with the decision to choose Romania.

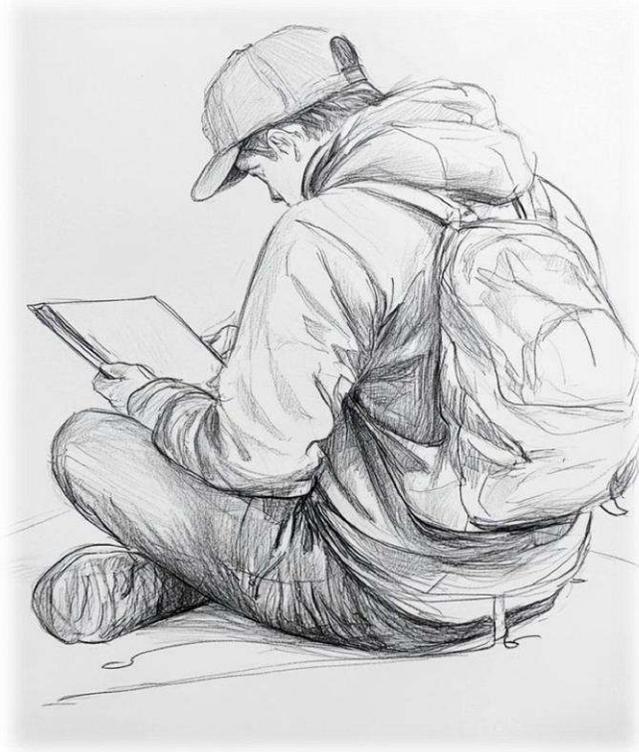
✦ International Activities and Their Impact on My Life :

I met people from a variety of backgrounds when I was studying in Romania, both comparable and different. I was able to learn directly from these people and develop a deep appreciation for their cultures and viewpoints instead of just reading about them or watching films about them. I actively participated in a number of foreign events that greatly expanded my horizons and influenced both my academic and personal development. I worked with peers from a variety of cultural backgrounds in a multicultural setting when I was enrolled in an English-taught program and IMO. I was able to cultivate a global mentality and cross-cultural communication abilities by taking part in foreign initiatives and going to academic events. In addition to improving my capacity for adaptation in a variety of settings, these experiences motivated me to seek chances outside of my nation

of origin. They genuinely altered my perspective on the world and equipped me with the skills I need to succeed in global academic and professional environments. I have rudimentary knowledge of German and I speak in Hindi, Urdu, Italian, Romanian, and English. My ability to speak multiple languages enables me to interact with people from different cultural backgrounds, establish solid international connections, and adjust to a variety of settings with ease. These abilities are helpful while navigating multicultural markets, working in international teams, and interacting with customers.

✦ **My Erasmus Life in Dortmund, Germany :**

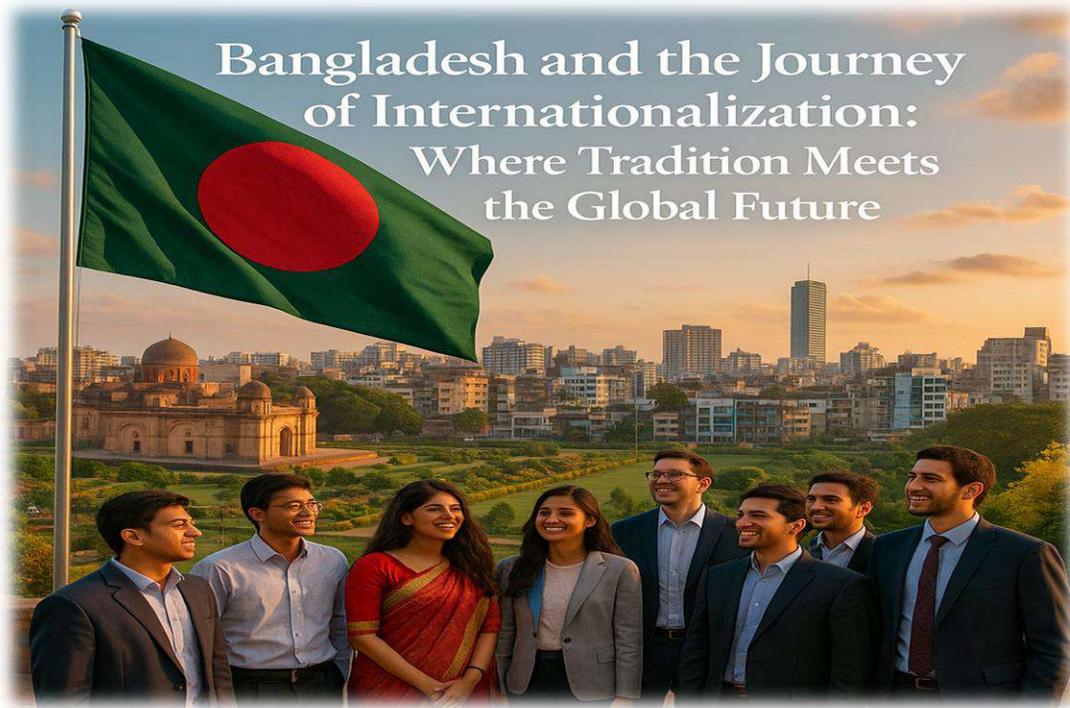
As a student in Dortmund, Germany, through the Erasmus Exchange Program at Babeş-Bolyai University, I have had the chance to improve not only academically but also culturally and personally. The academic environment at the University of Applied Sciences and Arts Dortmund (Fachhochschule Dortmund) was welcoming, diverse, and stimulating. My educational opportunities have expanded as a result of the exchange, and I now have a fresh outlook on global cooperation. Academic Experience : Working with international classmates, adjusting to a new educational system, and exploring a new academic environment have all been made possible by my time studying in Dortmund. The University of Applied Sciences and Arts promotes hands-on learning and teamwork, which has aided in my skill development and broadened my outlook on my field of study. Travel and Exploration: Germany has so much to offer, and I've taken every opportunity to explore it. Some of the highlights of my journey so far include: Westfalen park , Dortmund U , Reinoldikirche Church Borussia Dortmund Museum , Phoenix See -A calm and scenic lake area in Dortmund, perfect for relaxing walks and enjoying nature. Cologne Mosque , Cologne Cathedral - A stunning Gothic masterpiece that left me in awe with its architecture and cultural significance. Munich & Berlin - Two of Germany's most iconic cities, where I experienced a mix of history, modern life, art, and nightlife. Each destination taught me something new about German history, lifestyle, and culture. These travels have been eye-opening and unforgettable. Community & Social Life with ESN Dortmund : My involvement with ESN Dortmund (Erasmus Student Network) has been a significant aspect of my Erasmus experience. I participated in cultural events, group outings to various locations, and social events with students from all around Europe and beyond thanks to this incredible community. Making connections, settling into a new city, and forming enduring friendships were all made simple with ESN. I was also able to venture outside of my comfort zone and fully experience life as an international student. Personal Development : My personal development has been aided by living abroad, adjusting to a new culture, and navigating day-to-day life in a foreign language. My independence, open-mindedness, and confidence in taking on new challenges have all increased. Through everyday



conversations, I also had the opportunity to learn more about European diversity and hone my language abilities. I also took part in a number of German seminars that gave me great real-world experience with tools and strategies for getting young people involved in meaningful discourse and civic engagement, including nonviolent communication tactics. I learnt a variety of strategies for dealing with cultural sensitivity, encouraging participation, and successfully managing group dynamics from these sessions. Everyone found it simple to freely express their opinions and experiences because of the facilitators' kind and encouraging environment. My knowledge of how to create inclusive, youth-centered projects that encourage participation and cross-cultural understanding has grown as a consequence of this experience. Additionally, I've gained useful abilities that I may use in our own international student community.

✦ **Bangladesh and the Journey of Internationalization:**

“Where Tradition Meets the Global Future”, This nation, which is in the Heart of South Asia, is distinguished not only by its rich history, lively culture, and resilient populace, but also by its increasing international prominence. Bangladesh is becoming a center



Bangladesh and the Journey of Internationalization: Where Tradition Meets the Global Future

of innovation, education, and global cooperation after formerly being recognized mostly for Agriculture and Export. From the vibrant metropolis of Dhaka to the tranquil splendor of the Sundarbans, Bangladesh is welcoming the globalization trend. Its youth are bridging cultural divides, its universities are establishing connections with institutions worldwide, and its businesses are entering international marketplaces with audacious plans and aspirations. Internationalization in this context encompasses more than just trade, diplomacy, or exchange programs. It involves a change in perspective—a deliberate attempt to retain the customs and values that define Bangladeshi identity while simultaneously opening doors to the outside world. Global perspectives must be included into business, education, technology, and cultural advancement. It entails educating them to act honorably and proudly locally while thinking globally.

✦ **Scenario of Internationalization Module :**

Internationalization training was conducted by the Babes Bolyai University Centre for International Cooperation before those attending the Eutopia course. It influenced my viewpoint on internationalization, and we also talked about the things that the university is doing in that regard. All the participants at the end of the course came up with new, creative ideas regarding the topic of internationalization, and I learned how others think of it. The lectures gave me a structured setting in which to think critically about my experiences and the wider ramifications of globalization. Interaction with students on the course brought

out the cross-cutting nature of certain issues of migration, and learning from others' experience and sharing of insights was enriching.

Through attending the EUCI virtual seminars, I was also in a position to engage in discussing cultural exchange activities in an academic and structured environment with other foreign students from around Europe and the world.

In order to gain more opportunities to interact and serve the international community, I wish to be an international development professional and perhaps be employed in an international organization. Make it quick but nicely.

To conclude,

When looking at the frequently mentioned "path" here from a personal perspective, it is almost unexpected how global this path is. I am taking this action since I don't often think about the accumulated internationalism of my recent years. Instead, I will think of an experience as a separate, stand-alone event that coincidentally has an international component when I talk about it. Looking at this unexpected "whole picture," however, I see this as a sign of internationalization. As internationalization continues to advance in almost every aspect of life, the world seems to have shrunk, making it easier to connect and build networks and infrastructures that exist both physically and virtually. Internationalization provides an opportunity to recognize global and international issues, but it can also be used as a tool to address these issues by allowing individuals from different nations, cultures, and backgrounds to collaborate and progress. I think it would surprise other people to learn how "internationalized" their lives already are, even though this will sound almost like an idealistic and utopian dream.

Thank You