

The minor program 'crossing borders' gave me the opportunity to conduct a field study abroad in a developing country to make a positive change towards the sustainable development goals, set up by the United Nations. Because I had the free choice to which goal I want to connect my work, I chose to work for a foundation which aims to improve the quality of education in Indonesia because I am especially interested in working with children. I stayed in Bali (Indonesia) from December 2019 till January 2020 and worked for the WINS foundation. The foundation aims to support children who do not have the financial means to afford an education and special needs children who usually would not have the chance to education.

During my field study, it was my task to teach English to the children with assistance of Indonesian teachers. I taught the children who were aged between 7 and 14 how to use the English grammar and how to have a conversation. Additionally, I taught them things such as morning hygiene or punctuality. With the time, I recognized an enhancement in their English skills but also in their everyday behaviour.

Because the learning outcomes of the children on Bali have space for improvement, I conducted a study to find out how to improve the performance of the kids. More specifically, I investigated whether yoga might have a positive impact on learning effectiveness. The results were presented to the local teachers at the end of my stay. The time in the school was a blessing to me because it made me realize that everything is relative and that you can be much happier with so much less. The children gave so much back. Because I worked together with the local teachers, I got introduced into the Balinese culture very well. I will never forget this experience and am very thankful that my studies offered me the chance to take part in this program.

