

| Date | Location | Activity: Direct (e.g. seminar, lecture, class, service learning, academic visits, guest speaker, program specific orientation, etc.) | Activity: Indirect or independent (e.g. cultural activity, homework/assignments, structured reflection time etc.) | # hours |
|------|----------|---|---|---------|
| | | | | |
| | | | | |
| | | | TOTAL # HOURS | |