

## Short Term Scientific Mission (STSM) Reflections

### 'Celebrating collaboration' - COST Action 15221 – We ReLaTe

**STSM recipient name** Antons Patlins

**STSM recipient institution and country** Riga Technical University, Riga, Latvia

**Host institution and country** Kaunas University of Technology, Kaunas, Lithuania

**Dates of visit** 03/04/2018 to 20/04/2018

**STSM Title:** Teaching, Learning, Research and Writing - Borderlands and Motivation

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#### My STSM was about ...

The main goal of my STSM was - collecting the information for providing researches in the field of "Teaching, Learning, Research and Writing - Borderlands and Motivation" based on worlds literature, scientific publications, own experience, experience obtained by Kaunas University of Technology and international experts. It was appreciated how relevant motivation is for the processes of teaching, learning, research and writing. Some real experimental data has been collected. There have been summarized motivational and demotivational factors in connection with processes of teaching, learning, research and scientific writing.

#### The most significant thing that I learned from my STSM was ...

Considerable progress has been made in understanding of the term of motivation and methods, which could help to motivate people in all four areas, such as teaching, learning, research and writing.

#### What I enjoyed most about my STSM was ...

Communication with university colleagues from another country was really great and I have enjoyed it. It was also very interesting to research new area. It was a great opportunity to discuss it from different points of view.

#### My advice to colleagues considering an STSM is ...

Participate it! It is great opportunity to have new experience, to learn new culture, to see new methods and styles of research and work. It is possible to find new colleagues and friends from another country, to make your contact list longer.

#### And finally, ...

Thank you, COST Action 15221, for great opportunity to participate STSM. It was really excellent experience. I hope that our collaboration only begins. Good luck and be happy.