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Afterword

The Munich Model has continually evolved since its launch in March 2010, and has become an integral part of the university curriculum. The mindfulness and meditation exercises are appreciated by participants for many reasons: as an innovative and meaningful program to prepare them for their future professional fields, to help them cope with study workloads, as support in reducing daily stress, and generally as a means of greater self discovery.

With the global outbreak of the new respiratory disease Covid-19 at the start of 2020 and the temporary restrictions imposed on everyday life to contain the pandemic, the Munich model has also had to face entirely new challenges. Suddenly, in-person classes were replaced by online classes.

The experiences of the last few months attest to the value of the Munich Model's innovative approach. The program's online courses and associated practical exercises offered students an inner sense of connection and belonging in this period of isolation.

It remains to be seen how universities will continue their operations in upcoming semesters. The Munich Model will maintain its relevance, as it proves that the teachings in mindfulness and meditation – known since time immemorial and adapted to our modern world today, offer students valuable support for their studies and for life in general.

