The Reflection Room offers a relaxing space to take a break from studying and stresses of the day. In the room, you will find soft seating, cushions, relaxing music, soft lighting and a puzzle to occupy your mind creatively. Visitors will also find a small collection of books related to mindfulness, reflection, positive thinking and stress management. The purpose of the room is to provide a peaceful and quiet space for reflection, meditation and relaxation.

Below are the guidelines for the use of the Reflection Room to ensure it continues to be a peaceful, safe, and welcoming experience for everyone:

- The room (Level 3, F90) is available to all NUST students and staff.
- Please book the room on the online venue booking system [http://booking.nust.na/Web/?] and pick up your access card at the Reference Desk.
- Up to 5 people can be in the space for one hour at a time.
- Mobile phone use and playing of audible music are not allowed.
- No sleeping or studying in the room.
- Personal items brought to the Reflection Room need to be removed when leaving.
- No food, candles, scented oils or any form of littering are allowed.
- If there are any issues, please request assistance at the Circulation Desk.
- Please be respectful and kind.