

Sharing Your Experience:

Guidance for Preparing Your Report

We kindly ask you to write a textual report in which you describe your motivation, preparations, and experiences abroad. Please include what you would have found useful to know in advance and share your advice and tips for future participants.

At the beginning of the report, please include the following details separately:

- **Name:**
- **Email address:**
- **Field of study:**
- **Year of study:**
- **Academic year and semester of mobility:**
- **Type of mobility:**
- **Name of the host institution/organization:**
- **Country, city:**

Below, we provide a list of topics for guidance. You are welcome to be creative when preparing your report! Please prepare the report as a cohesive text, approximately 2 pages long, without images.

1. Motivation

- Why did you decide to apply for the program?
- Why did you choose this particular country and institution?
- What expectations did you have as you began your preparations?

2. Preparations

- Experiences during the application phase and preparations.
- Language requirements (e.g., language exams, proficiency tests).
- Financial support: experiences with scholarships and other sources of funding.

3. Travel and Arrival

- Travel options and costs.

- Arrival experiences (e.g., airport transfer, assistance from the host institution).
- Did you participate in orientation programs?

4. Accommodation and Living Arrangements

- Type of accommodation (dormitory, rental apartment, private accommodation).
- Accommodation search process and costs.
- How did you find accommodation, and how easy was the process?
- Advantages and disadvantages of the chosen accommodation.

5. Academic Experiences

- How did the educational system of the host institution differ from your home institution?
- Teaching methods at the host institution (e.g., interactivity, lectures vs. practical sessions).
- What subjects or courses did you choose?
- How were exams and assessments conducted?
- Experiences with credit recognition.
- What was the communication like with mentors, instructors, or supervisors at the host institution?

6. Local Life and Culture

- Daily living costs and opportunities (e.g., meals, transportation, entertainment).
- Local transportation experiences (e.g., passes, bicycle rentals).
- Cultural differences and local customs.
- Leisure activities and programs.

7. Connections and Community

- How did the host institution help you integrate into the community?
- What were your relationships like with local students and international peers?
- What did you learn about the culture? How did you perceive the local people?

8. Challenges and Lessons Learned

- What positive experiences did you gain that contributed to your personal development?
- How did the program support your professional growth?

9. Conclusion and Recommendations

- Would you recommend the mobility program and the host institution? If yes, what did you find most beneficial about the program?
- How will you utilize the knowledge and experiences gained? What are your future plans?

If you maintained a blog or vlog, please share the link in your report.

Make Your Report More Colorful with Photos!

We kindly ask you to attach a few images in image format! We are looking for photos that can be used by the Mobility Office to promote the program. By submitting the photos, you consent to their possible use in publications or posters. This not only completes your report but also helps inspire others to participate in the program!