

# 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 participate in the mobility program or conference?
- Why did you choose this country and institution?
- What professional or personal goals did you aim to achieve?
- How did your activities abroad or conference participation relate to your current research or work?

### 2. Preparations

- What application or organizational processes did you go through?
- Were there any language or other professional requirements (e.g., abstract submission, presentation preparation)?

### 3. Travel and Arrival

- What travel options were available, and what were the costs?
- What were your arrival experiences (e.g., airport transfer, assistance from the host institution)?
- Did you receive support from the organizers or host institution in getting oriented?

#### **4. Accommodation and Living Arrangements**

- What accommodation options were available, and how did you choose the right one?
- What were the advantages and disadvantages of the chosen accommodation?
- What were your experiences regarding meal options and daily living costs?

#### **5. Conference Experience**

- How was the event organized and managed?
- How did your presentation (if applicable) go, and what feedback did you receive?
- What was the professional atmosphere like, and how interactive was the event?
- Did you have opportunities for networking?
- Which presentations or workshops did you find particularly useful?

#### **6. Professional Experience and Development**

- How well did the tasks during your study trip align with your professional expectations?
- What new skills or knowledge did you acquire during your mobility?
- Did you receive feedback on your work? If so, how did it contribute to your improvement?
- How did the mobility contribute to your professional development and career plans?

#### **7. Daily Life and Local Culture**

- How did your daily life look during the mobility (e.g., accommodation, transportation, meals)?
- How difficult was it to integrate into the local culture and community?
- What leisure activities did you participate in during your stay?
- Did you notice any cultural differences that influenced your professional or personal experiences?

#### **8. Social Connections and Community**

- How did the host institution help you integrate into the community?
- What were your relationships like with local students and international participants?

- What did you learn about the local culture? How did you perceive the people there?

### **9. Challenges and Lessons Learned**

- What positive experiences did you gain that contributed to your personal development?
- How did the program support your professional growth?
- What did you learn from the program, and how did it contribute to your self-improvement?

### **10. Summary and Recommendations**

- Would you recommend this mobility program and the host institution? If so, what was the most valuable aspect for you?
- How do you plan to utilize the knowledge and experiences gained? What are your future plans?
- If you wrote a blog or recorded a 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!