

Participant Report Form – Call 2018 – KA1 – Learning Mobility of Individuals – Student mobility for traineeships in higher education

Fields marked with * are mandatory.

Document code: EP-KA1-HE-Traineeship-2018

1 Purpose of the participant report

This final report on your mobility experience will provide the EU's Erasmus+ programme with valuable information, which will benefit both future participants and contribute to the continued improvement of the programme. We are grateful for your co-operation in filling out the questionnaire.

All personal data mentioned in this form will be processed in accordance with Regulation (EC) No 45 /2001 of the European Parliament and of the Council of 18 December 2000 on the protection of individuals with regard to the processing of personal data by the European Union institutions and bodies and on the free movement of such data. This report, once submitted, will be accessible to the coordinating institutions, their national agencies and the European Commission. More details in [Specific Privacy statement](#).

Please make sure you have the information of your Learning Agreement, Grant Agreement and Transcript of Records (if applicable) with you BEFORE you start filling in this report.

2 Identification of the Participant and General Information

*2.1 First and last name

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

2.2 Mobility start date

The date on which your mobility activity started, provided for information only. Should this date be incorrect, please contact the person responsible for management of your mobility to correct this date.

2.3 Mobility end date

The date on which your mobility activity ended, provided for information only. Should this date be incorrect, please contact the person responsible for management of your mobility to correct this date.

*** 2.4 Email address, where I can be contacted in the future:**

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

Please correct this email address if necessary.

*** 2.5 What were your main motivations for training abroad?**

Multiple answers are possible.

- To do a traineeship in a foreign language
- To experience different learning contents
- To learn/improve a foreign language
- To develop soft skills, such as adaptability, problem solving, curiosity, etc.
- To enhance my future employability in my home country
- To enhance my future employability abroad
- To experience different learning practices
- To live abroad and to meet new people
- To gain knowledge of another country
- To build up a personal and professional network

*** 2.6 What were your additional motivational factors for training abroad?**

Multiple answers are possible.

- The length of the traineeship period was appropriate
- The possibility to receive an Erasmus+ grant
- The quality of the receiving enterprise/organisation
- A good alignment of the traineeship abroad with the curriculum at the sending institution
- Available support in finding accommodation
- Other

*** 2.7 If other, please specify.**

*** 2.8 How did you find out about the possibility to do an Erasmus+ Traineeship?**

Multiple answers are possible.

- Website of the sending institution
- Academic staff at the sending institution
- Administrative staff at the sending institution
- Fellow students
- Friends

- Erasmus+ Student and Alumni Association
- Online search
- Information event

*2.9 Are you planning to take part in Erasmus+ mobility again?

- Yes
- No
- Undecided

3 Overall Satisfaction

3.1 How satisfied are you with your Erasmus+ mobility experience in general?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*3.2 Would you recommend this experience to another student?

- Yes
- No

4 Quality of the Traineeship

*4.1 Do you think that your tasks during the traineeship were relevant to your studies and educational profile?

- Yes
- Only partially
- No

*4.2 Were you satisfied with the degree of supervision you received during your traineeship from the receiving organisation?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*4.3 If you had the opportunity, would you work for this receiving enterprise/organisation?

- Yes
- Not sure
- No

4.4 What were the criteria for you to choose your receiving enterprise/organisation?

1 - most important criterion to 5 - least important criterion

	Most important	Important	No opinion	Less important	Not important
* Collaboration between my university and enterprises/organisations	<input type="radio"/>				
* Traineeship offer	<input type="radio"/>				
* Reputation	<input type="radio"/>				
* Facilities	<input type="radio"/>				
* Feedback from the Erasmus+ alumni	<input type="radio"/>				
* Language	<input type="radio"/>				
* Country	<input type="radio"/>				
* City and culture	<input type="radio"/>				
* Social life	<input type="radio"/>				
Other	<input type="radio"/>				

4.5 If other, please specify.

5 Academic Recognition of the Traineeship

* 5.1 Was your traineeship...

The options below correspond to Table B of the Learning Agreement for Traineeships

- embedded in your curriculum, counting towards the degree
- a voluntary traineeship, not obligatory for the degree
- traineeship for recent graduates

* 5.2 Was it mandatory to realise it abroad?

- Yes
- No

* 5.3 Was the Learning Agreement* signed by all parties before the start of the traineeship?

Learning Agreement: a binding agreement between the student, the sending institution and the receiving organisation/enterprise (it includes a detailed programme of the traineeship period, including tasks/deliverables, for which the student will receive a Traineeship Certificate).

- Yes, all parties signed it before the start
- No, some parties signed it after the start
-

The learning agreement was never signed

* 5.4 If no, who signed after the start of your traineeship?

Multiple answers are possible.

- I (the student) did
- The sending institution did
- The receiving enterprise/organisation did

* 5.5 Was your Learning Agreement changed during your mobility period?

- Yes
- No

* 5.6 If yes, why was it changed?

Multiple answers are possible.

- I extended my stay abroad
- I decided to change the content of the traineeship
- The sending institution required some changes
- The receiving organisation/enterprise required some changes
- Other

5.7 If other, please specify

* 5.8 Is the recognition process for your mobility period finalised?

- Yes, the process is finalised
- No, the recognition process is still on-going
- No credits were foreseen in the learning agreement

* 5.9 Did you gain academic recognition for your mobility period?

Following successful completion of the Traineeship Programme described in Table A (i.e. traineeship programme at the receiving organisation/enterprise) of the Learning Agreement, the Sending institution:

- **Full recognition:** recognises all the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement, according to its commitment and without further requirements than those agreed upon before the mobility.
- **Partial recognition:** does not recognise all the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement, but only part of it.
- **No recognition:** does not recognise any of the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement.

- Full recognition
- Partial recognition
- No recognition

*** 5.10 To what extent do you expect to gain academic recognition for your mobility when the recognition process is finalised?**

Following successful completion of the Traineeship Programme described in Table A (i.e. traineeship programme at the receiving organisation/enterprise) of the Learning Agreement, the Sending institution:

- **Full recognition:** recognises all the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement, according to its commitment and without further requirements than those agreed upon before the mobility.
- **Partial recognition:** does not recognise all the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement, but only part of it.
- **No recognition:** does not recognise any of the credits specified in the table B (i.e. recognition at the sending institution) of the final version of the Learning Agreement.

- Full recognition
- Partial recognition
- No recognition

*** 5.11 What were the main obstacles to recognition?**

- Content of the traineeship or part of it was not accepted by the sending institution
- Problems with credit calculation
- Problems receiving the Traineeship Certificate from the receiving enterprise/organisation
- Other

*** 5.12 Please specify what kind of obstacles you experienced.**

*** 5.13 Did you receive a grade from your sending institution?**

- Yes
- No

*** 5.14 Please indicate on what the grade that you received at your sending institution was based.**

- On my Traineeship Certificate
- On my final report
- On an interview
- Other

*** 5.15 Did you receive a Traineeship Certificate from the receiving enterprise/organisation at the end of your traineeship?**

- Yes
- No
- No, the receiving enterprise/organisation will not provide me with a Traineeship Certificate
- No, I have not received it yet but the receiving enterprise/organisation will provide me with a Traineeship Certificate within 5 weeks after the end of my traineeship

*5.16 Was your traineeship recorded by the sending institution in the following documents?

Multiple answers are possible.

- Transcript of Records
- Diploma Supplement
- Europass Mobility Document

*5.17 Was your traineeship recorded by the sending institution in the Europass Mobility document?

- Yes
- No

6 Foreign Language Skills and Linguistic Support

*6.1 What was the main language used during your mobility activity?

- Bulgarian
- Croatian
- Czech
- Danish
- Dutch
- English
- Estonian
- Finnish
- French
- German
- Greek
- Hungarian
- Irish
- Italian
- Latvian
- Lithuanian
- Maltese
- Polish
- Portuguese
- Romanian
- Slovak
- Slovenian
- Spanish
- Swedish
- Albanian
- Icelandic
- Letzeburgesch
- Macedonian
- Moldavian
- Montenegrin
- Norwegian
- Russian
- Serbian

- Turkish
- Ukrainian
- Aragonese
- Basque
- Bosnian
- Breton
- Catalan
- Corsican
- Faroese
- Gaelic (Scots)
- Gallegan
- Limburgan; Limburger; Limburgish
- Norwegian Bokmael
- Norwegian Nynorsk
- Sardinian
- Walloon
- Welsh
- Esperanto
- Interlingua
- Other

* 6.2 If other, please specify

* 6.3 Do you feel you have improved your skills in this language during your stay abroad?

- Yes
- No, I was already fluent
- No

* 6.4 Did you take advantage of any linguistic support in learning this main language?

- Yes
- No

* 6.5 What kind of support did you receive?

Multiple answers are possible.

- Erasmus+ Online Linguistic Support (OLS)
- Language course/training provided by the sending institution
- Language course/training provided by the receiving enterprise/organisation
- Financial support to carry out a self-study (DVD, books)
- Other

6.6 If other, please specify

*6.7 Do you feel that the OLS helped you to improve your language level?

- Yes
- No

*6.8 Overall, how satisfied were you with the OLS experience?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*6.9 For how long did you receive linguistic support in total?

- Less than 1 week
- Between 1 week and 3 weeks
- Between 3 weeks and 2 months
- Between 2 and 6 months
- More than 6 months

*6.10 Approximately, for how many hours in total?

- Less than 10 hours
- Between 10 and 30 hours
- Between 30 and 50 hours
- More than 50 hours

*6.11 Why didn't you take advantage of linguistic support?

Multiple answers are possible.

- I did not ask for it
- I did not need it because my knowledge of the foreign language was adequate
- I did not have time
- The sending/receiving organisations did not provide it to me
- Other

6.12 If other, please specify

*6.13 While staying abroad, did you improve your competence in other languages besides the main one used?

- Yes

No

Which were those languages?

*6.14 Language 1

- Bulgarian
- Croatian
- Czech
- Danish
- Dutch
- English
- Estonian
- Finnish
- French
- German
- Greek
- Hungarian
- Irish
- Italian
- Latvian
- Lithuanian
- Maltese
- Polish
- Portuguese
- Romanian
- Slovak
- Slovenian
- Spanish
- Swedish
- Albanian
- Icelandic
- Letzeburgesch
- Macedonian
- Moldavian
- Montenegrin
- Norwegian
- Russian
- Serbian
- Turkish
- Ukrainian
- Aragonese
- Basque
- Bosnian
- Breton
- Catalan
- Corsican

- Faroese
- Gaelic (Scots)
- Gallegan
- Limburgan; Limburger; Limburgish
- Norwegian Bokmael
- Norwegian Nynorsk
- Sardinian
- Walloon
- Welsh
- Esperanto
- Interlingua
- Other

*6.15 If other, please specify

*6.16 Language 2

- Bulgarian
- Croatian
- Czech
- Danish
- Dutch
- English
- Estonian
- Finnish
- French
- German
- Greek
- Hungarian
- Irish
- Italian
- Latvian
- Lithuanian
- Maltese
- Polish
- Portuguese
- Romanian
- Slovak
- Slovenian
- Spanish
- Swedish
- Albanian
- Icelandic
- Letzeburgesch
- Macedonian

- Moldavian
- Montenegrin
- Norwegian
- Russian
- Serbian
- Turkish
- Ukrainian
- Aragonese
- Basque
- Bosnian
- Breton
- Catalan
- Corsican
- Faroese
- Gaelic (Scots)
- Gallegan
- Limburgan; Limburger; Limburgish
- Norwegian Bokmael
- Norwegian Nynorsk
- Sardinian
- Walloon
- Welsh
- Esperanto
- Interlingua
- Other

*6.17 If other, please specify

7 Personal Development

7.1 Through my stay abroad with Erasmus+, I learned better how to...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* think logically and draw conclusions (analytical skills)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* find solutions in difficult or challenging contexts (problem-solving skills)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* plan and carry out my learning independently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* use the internet, social media and PCs , e.g. for my studies, work and personal activities	<input type="radio"/>				
* use digital skills such as designing, developing, programming and/or managing IT systems, software, apps and websites	<input type="radio"/>				
* see the value of different cultures	<input type="radio"/>				
* cooperate in teams	<input type="radio"/>				
* plan and organise tasks and activities	<input type="radio"/>				
* express myself creatively	<input type="radio"/>				

7.2 After having taken part in this mobility activity...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I am more confident and convinced of my abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I know better my strengths and weaknesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more able to adapt to and act in new situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more able to think and analyse information critically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more tolerant towards other persons' values and behaviour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more open-minded and curious about new challenges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I intend to participate more actively in social and political life of my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more interested in knowing what happens in the world daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more able to reach decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more able to cooperate with people from other backgrounds and cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am more interested in European topics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I feel more European	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* I am more aware of social and political concepts like democracy, justice, equality, citizenship, civil rights	<input type="radio"/>				
* I have increased my sector- or field-specific skills	<input type="radio"/>				

8 Future Prospects of Education, Training and Work

8.1 Thanks to this stay abroad with Erasmus+...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I believe that my chances to get a new or better job have increased	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have a clearer idea about my professional career aspirations and goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have better opportunities for traineeships or student jobs in my home country	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I am better capable of taking over work tasks with high responsibility after my stay abroad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8.2 How has the stay abroad changed the way you see your future work?

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I can easily imagine working abroad at some point in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I can easily imagine working in the country where I did my Erasmus+ period in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I would like to work in an international context	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 8.3 Did you participate in any activity during your stay abroad that has led to an innovative product or discovery?

- Yes
- No
- I don't know

* 8.4 If yes, please explain which product or discovery.

9 Practical and Organisational Arrangements

*9.1 Was the selection procedure at your sending institution fair and transparent?

- Yes
- No
- Unable to judge

*9.2 How did you find the traineeship position?

- Through my sending institution
- Through a mobility consortium that my sending institution is a member of
- Through an advertisement by the receiving enterprise/organisation
- By an intermediary organisation
- Through a website with traineeship offers
- Through the website erasmusintern.org
- Through an Erasmus+ Alumni
- Other

*9.3 If other, how?

*9.4 Did you require a visa in order to participate in this mobility?

- Yes
- No

9.5 If yes, how satisfied were you with assistance related to visa issues?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* provided by the sending institution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* provided by your receiving enterprise /organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9.6 How satisfied were you with assistance related to insurance issues?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	I did not request assistance related to insurance issues
* provided by the sending institution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* provided by your receiving enterprise /organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*9.7 Was equal treatment ensured by your receiving enterprise/organisation during your participation in the programme?

- Yes
- No
- I don't know

*9.8 If not please give examples to explain why you believe that equal treatment was not ensured.

9.9 How would you consider your degree of integration at your receiving enterprise/organisation?

	Very good	Good	Fair	Poor	Very poor	Not applicable
* in the everyday life of the receiving enterprise/organisation	<input type="radio"/>					
* with local trainees or employees?	<input type="radio"/>					
* with other Erasmus+ / international trainees?	<input type="radio"/>					
* with the local community	<input type="radio"/>					

*9.10 How satisfied were you with the mentoring and support arrangements provided by the receiving enterprise/organisation?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*9.11 Did you have a mentor, different from the supervisor, for your support while you were in the enterprise/organisation?

- Yes
- No

*9.12 How satisfied were you with the mentor?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*9.13 How satisfied were you with the way the receiving enterprise/organisation dealt with any questions, complaints or problems that may have come up during your participation in the programme?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

*9.14 If you had a negative experience concerning practical and organisational arrangements, please explain.

10 Accommodation and Infrastructure

*10.1 How satisfied were you with the guidance you received from the receiving enterprise/organisation on how to find accommodation?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied
- Not applicable

*10.2 How satisfied were you with your accommodation?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

11 Costs

*11.1 Did you receive an Erasmus+ grant from EU funds?

- Yes
- No

*11.2 What was the amount of your monthly Erasmus+ grant as written in your grant agreement?

Only values of at most 999 are allowed

EUR/month

* 11.3 Did you receive the payments on time, in line with the dates mentioned in your grant agreement?

- Yes
- No

* 11.4 Did you provide all the documentation in time?

- Yes
- No

* 11.5 Did you have other sources of funding?

- Yes
- No

* 11.6 What other source or sources of funding did you receive?

Multiple answers are possible.

- State and/or regional grant(s)
- Grant from your sending institution
- Allowance from your receiving enterprise/organisation
- Part-time job during your period abroad
- State or regional loan
- Private grant(s)
- Private loan
- Family
- Own savings
- Free or reduced accommodation costs
- Advantages in kind
- Other sources

* 11.7 What was the **monthly** amount of the state and/or regional grant(s)?

Only values of at most 999 are allowed

EUR/month

* 11.8 What was your average cost (accommodation and subsistence) **per month** during your period abroad (EUR)?

Only values of at most 9999 are allowed

EUR/month

* 11.9 To what extent did the Erasmus+ grant (EU funds only) cover your overall expenses related to your mobility period?

- 0-25%
- 26-50%
- 51-75%
- 76-100%

* 11.10 Would you have gone on the Erasmus+ stay abroad if you had not received an Erasmus+ grant?

- Yes
- Maybe
- No

* 11.11 How much did you pay approximately for your travel to and from your receiving enterprise /organisation? Please indicate the price for one return journey.

Only values of at most 9999 are allowed

EUR/one return journey

12 Conclusions, Comments and Recommendations

12.1 If you wish, please give any additional information, observations, comments or recommendations that may be useful for students wishing to go abroad and as well for your sending/receiving institution or organisation, the National Agency or the European Commission in view of improving the Erasmus+ student mobility action.

13 Publication and Usage Rights of the Information and of the Email Address

* 13.1 I'm willing to help future Erasmus+ participants based on my experience. They can contact me at my email address.

- Yes
- No

* 13.2 I agree that (parts of) this report can be published and made available to the general public:

- Yes, with my name and email address
- Yes, but anonymised (no name and no email address)
- No

* 13.3 I agree that my email address will be used later to contact me for further studies related to the content of this final report or regarding the Erasmus+ programme and EU issues.

- Yes
- No

* 13.4 I authorise the European Commission to share my personal data (first and last name, email address) and mobility-related data (the names of my sending and receiving institutions) with the Erasmus+ Student and Alumni Alliance (ESAA – web link: <http://www.esaa-eu.org>) for information on professional, volunteering and networking opportunities with other Erasmus+ students and alumni.

- I agree

I do not agree