

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

Fields marked with \* are mandatory.

## 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 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 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.

2.3 What were your main motivations for training abroad?\*

- 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
- 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

2.4 What were your additional motivational factors for training abroad?\*

- 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

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

- 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

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

- Yes
- No
- Undecided

### 3 Quality of the Traineeship

---

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

- Yes
- Only partially
- No

3.2 Were you satisfied with the degree of supervision you received during your traineeship?\*

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

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

- Yes
- Not sure
- No

3.4 What were the criteria for you to choose your receiving enterprise/organisation? (1 most important criterion to 5 least important criterion)

	Most important (1)	(2)	(3)	(4)	Least important (5)
Traineeship offer*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reputation*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Facilities*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feedback from the Erasmus+ Student and Alumni Association*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Language*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Country*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
City and culture*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social life*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3.5 If other, please specify.

## 4 Academic Recognition of the Traineeship

---

4.1 Was your traineeship...\*

- part of the curriculum of your degree
- a voluntary traineeship which is not part of the required number of ECTS credits needed for the curriculum of your degree

4.2 Was it mandatory to realise it abroad?\*

- Yes
- No

4.3 If the traineeship is not part of the curriculum of your degree...\*

- you have not yet completed your degree
- you took this traineeship as a recent graduate

4.4 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

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

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

4.6 Was your Learning Agreement changed during your mobility period?\*

- Yes
- No

4.7 Why was it changed?\*

- 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

4.8 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

4.9 Did you gain academic recognition for your mobility period?\*

Full academic recognition: you have carried out abroad the traineeship as described in the final version of the Learning Agreement and your sending institution has awarded you the number of credits foreseen in the Learning Agreement without the need for you to take any further courses or exams.

- Full recognition
- Partial recognition
- No recognition

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

Full academic recognition: you have carried out abroad the traineeship as described in the final version of the Learning Agreement and your sending institution has awarded you the number of credits foreseen in the Learning Agreement without the need for you to take any further courses or exams.

- Full recognition
- Partial recognition
- No recognition

4.11 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

4.12 Please specify what kind of obstacles you experienced.\*

4.13 Did you receive a grade from your sending institution?\*

- Yes
- No

4.14 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

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

- Yes
- No

4.16 Did the receiving organisation/enterprise send you the Traineeship Certificate within 5 weeks after the end of your traineeship?\*

- Yes
- No

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

- Transcript of Records
- Diploma Supplement
- Europass Mobility Document

## 5 Foreign Language Skills and Linguistic Support

---

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

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

- Yes
- No, I was already fluent
- No

5.3 Did you take advantage of linguistic support in learning this main language?\*

- Yes
- No

5.4 What kind of support did you receive?\*

- 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

5.5 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

5.6 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

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

- 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

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

- Yes
- No

Which were those languages?

5.10 Language 1\*

5.11 Language 2

## 6 Personal Development

---

### 6.1 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
develop an idea and put it into practice*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
see the value of different cultures*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cooperate in teams*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
plan and organise tasks and activities*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
express myself creatively*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



6.2 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have increased my sector- or field-specific skills*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 7 Future Prospects of Education, Training and Work

### 7.1 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"/>

### 7.2 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"/>

### 7.3 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

7.4 If yes, please explain which product or discovery.\*

## 8 Practical and Organisational Arrangements

---

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

- Yes
- No
- Unable to judge

8.2 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
- Other

8.3 If other, how?\*





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

- Yes
- No
- I don't know

8.7 Please explain why not.\*

8.8 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
with local trainees or employees?*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
with other Erasmus+ / international trainees?*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8.9 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

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

- Yes
- No

8.11 How satisfied were you with the mentor?\*

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

8.12 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

8.13 If you answered any of the questions in this section with no, poor, very poor, rather dissatisfied or very dissatisfied, please explain.\*

## 9 Accommodation and Infrastructure

---

9.1 How satisfied were you with the guidance you received by the receiving enterprise/organisation on how to find an accommodation?\*

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

9.2 How satisfied were you with your accommodation?\*

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

## 10 Costs

---

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

- Yes  
 No

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

EUR

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

- Yes  
 No

10.4 Did you have other sources of funding?\*

- Yes  
 No

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

- 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

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

EUR

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

EUR



10.8 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%

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

- Yes
- Maybe
- No

10.10 How much did you pay approximately for your travel to and from your receiving enterprise/organisation?\*

 EUR

## 11 Overall Satisfaction

---

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

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

## 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 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 The basic data (e-mail address, first and last names, birthdate, sending and receiving institution/organisation) from my mobility will be transferred to the Erasmus+ Student and Alumni Association, where I will get professional networking opportunities and visibility to employers.\*

- I agree
- I do not agree