



Erasmus+

Participant Report Form – Call 2023 – KA1 – Learning Mobility of Individuals – Student mobility for traineeships in higher education

Fields marked with * are mandatory.

Document code: EP-KA1-HE-Traineeship-2023

1 Purpose of the Participant Report

This 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 2018 /1725 of the European Parliament and of the Council of 23 October 2018 on the protection of natural persons with regard to the processing of personal data by the European Union institutions, bodies, offices and agencies 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

* 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.

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* 2.2 Mobility end date (end date of the physical or virtual component - which ever one is later)

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.

12/09/2024

* 2.3 Sending institution

MUGLA SITKI KOÇMAN UNIVERSITY

* 2.4 Receiving institution/enterprise/organisation

UNIVERSITÀ DEGLI STUDI DI CATANIA

* 2.5 Host country

Italy

* 2.6 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.

***@gmail.com

3 General information about your mobility

* 3.1 Participation in blended mobility

No

* 3.2 Is your mobility taking place within a European University Alliance?

Are both your sending and receiving institution a part of the same European University Alliance?

I don't know

* 3.3 Was your traineeship...

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

a voluntary traineeship, not obligatory for the degree

* 3.5 Have you participated in a short-term physical mobility or blended intensive programme prior to this mobility?

No

* 3.6 Top-up grant for students with fewer opportunities

No

* 3.7 Additional travel support for green travel

No

- * 3.8 Did the availability of the green travel support encourage you to use sustainable means of transport for travelling to and from your mobility destination?

No, I would have travelled by sustainable means anyways

- * 3.9 Did your sending or receiving institution make you aware of your rights and obligations on mobility in line with the Erasmus Student Charter?

Yes

4 Motivation for your mobility

- * 4.1 What were your main motivations for doing a traineeship abroad?

Multiple answers are possible.

- ☐ To work and train in a foreign language
- ☒ To experience a different learning and working context
- ☒ 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 and work practices
- ☒ To live abroad and to meet new people
- ☒ To gain knowledge of another country
- ☒ To build up a personal and professional network
- ☐ To spend time with friends or family who live abroad
- ☐ To join my friends who were going on mobility

- * 4.2 How did you find out about the possibility to do an Erasmus+ traineeship?

Multiple answers are possible.

- ☐ Website of the sending institution
- ☐ Website of the receiving institution/enterprise/organisation
- ☒ Academic staff at the sending institution
- ☐ Administrative staff at the sending institution
- ☐ Erasmus+ App
- ☒ Fellow students
- ☒ Friends
- ☐ Family
- ☐ Erasmus+ Student and Alumni Association
- ☐ Online search
- ☐ Social media
- ☐ Information event/fair
- ☐ Word of mouth

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

Yes

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

	Very Important	Important	No opinion	Less important	Not important
* Collaboration between my sending institution and enterprises/organisations	☒	☐	☐	☐	☐
* Traineeship offer	☐	☒	☐	☐	☐
* Reputation	☐	☒	☐	☐	☐
* Facilities and support services	☐	☒	☐	☐	☐
* Feedback from Erasmus+ alumni	☒	☐	☐	☐	☐
* Language	☐	☐	☒	☐	☐
* Country	☒	☐	☐	☐	☐
* City and culture	☒	☐	☐	☐	☐
* Social life	☐	☐	☐	☒	☐
* I would like to work at this enterprise/organisation/institution after my traineeship	☐	☒	☐	☐	☐
* I already had connections within this enterprise/organisation/institution	☐	☒	☐	☐	☐
Other	☐	☐	☐	☐	☐

- * 4.8 How did you find this particular traineeship position?

Through my sending institution

- * 4.10 Would it have been financially possible for you to go on an Erasmus+ stay abroad without the Erasmus+ grant?

No

5 Satisfaction with your mobility

- * 5.1 How satisfied are you with your Erasmus+ mobility experience in general?

Very satisfied

- * 5.2 Would you recommend this experience to another student?

Yes

- * 5.6 Do you feel the selection procedure at your sending institution was fair and transparent?

Yes

- * 5.7 How useful did you find the Erasmus+ App in assisting you with your Erasmus+ mobility?

I didn't use the App

- * 5.8 The Erasmus+ grant is intended to provide a contribution to the additional costs incurred due to your Erasmus+ mobility compared to the cost of studying at your sending institution. According to your estimate, to what extent did the Erasmus+ grant (EU funds only) contribute to your additional expenses related to your mobility period?

If you are receiving funds from other sources please do not include those in your estimation.

0-25%

- * 5.9 How satisfied were you with your accommodation?

Very satisfied

6 Outcomes of your mobility

- * 6.1 Do you think that you have benefited from your participation in Erasmus+ learning mobility?

Yes

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

Only partially

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

Yes

* 6.4 Were you offered a job/employment by the receiving enterprise/organisation/institution following your traineeship?

No

6.5 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)	☐	☒	☐	☐	☐
* find solutions in difficult or challenging contexts (problem-solving skills)	☐	☒	☐	☐	☐
* plan and carry out my learning independently	☐	☒	☐	☐	☐
* use online resources and devices, e.g. for my studies, work and personal activities	☒	☐	☐	☐	☐
* make use of social media	☐	☐	☐	☐	☒
* take part in virtual work activities	☐	☐	☐	☐	☒
* develop an idea and put it into practice	☒	☐	☐	☐	☐
* experience and appreciate different cultures	☒	☐	☐	☐	☐
* engage or interact with different social groups	☒	☐	☐	☐	☐
* work better in a team	☒	☐	☐	☐	☐
* plan and organise tasks and activities	☐	☒	☐	☐	☐
* express myself creatively	☐	☒	☐	☐	☐
* play a sport/instrument	☐	☐	☐	☐	☒

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

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I am more confident in my abilities	☒	☐	☐	☐	☐

* I know better my strengths and weaknesses	☒	☐	☐	☐	☐
* I am more able to adapt to and act in new situations	☐	☒	☐	☐	☐
* I am more able to think and analyse information critically	☒	☐	☐	☐	☐
* I am more tolerant towards other persons' values and behaviour	☒	☐	☐	☐	☐
* I feel more confident in an intercultural setting	☒	☐	☐	☐	☐
* I am more open-minded and curious about new challenges	☒	☐	☐	☐	☐
* I am more interested in current affairs	☒	☐	☐	☐	☐
* I am more able to reach decisions	☐	☒	☐	☐	☐
* I am more able to cooperate with people from other backgrounds and cultures	☒	☐	☐	☐	☐
* I am more interested in European topics	☐	☒	☐	☐	☐
* I have improved specific skills in my field of study	☒	☐	☐	☐	☐

6.7 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	☒	☐	☐	☐	☐
* I have a clearer idea about my professional career aspirations and goals	☒	☐	☐	☐	☐
* I have better opportunities for traineeships or student jobs in my home country	☒	☐	☐	☐	☐
* I am better capable of taking over work tasks with high responsibility	☒	☐	☐	☐	☐
* I am more likely to become an entrepreneur	☐	☐	☐	☒	☐

6.8 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	☒	☐	☐	☐	☐
* I can easily imagine working in the country where I did my Erasmus+ period in the future	☒	☐	☐	☐	☐
* I would like to work in an international context	☒	☐	☐	☐	☐

In the next question, we ask you about your 'European sense of belonging'. This expression refers to your feeling of being European, belonging to the same community as other Europeans, and sharing common identity, culture and values with them.

- * 6.9 Do you think that you have an increased European sense of belonging after your participation in Erasmus+ learning mobility?

7 Erasmus+ priorities

- * 7.1 The Erasmus+ programme supports a number of key European political priorities: inclusion and diversity, environmental sustainability, digital education, and participation in democratic life. Do you think that as a result of your mobility activity you have acquired knowledge or ideas relevant for one or more of these priorities?

- ☒ Yes
☐ No

7.2 As a result of my mobility activity...

Multiple answers are possible

- ☒ I have learned more about environmental, climate and sustainability issues.
☒ I have changed my habits to become more sustainable.
☒ I have a better understanding of the diversity in my society.
☒ I am more committed to work against discrimination, intolerance, xenophobia and racism.
☐ I am more interested in participating in elections, in other democratic processes, and in the life of my local community.
☒ I have learned more about Europe, the European Union and European values.
☐ I have learned more about new and useful ways to apply digital technology.
☐ I am eager to use more digital technologies in my studies or work.

8 Language skills

- * 8.1 What was the main language used during your traineeship?

English

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

Yes

* 8.4 Did you take advantage of any language support in learning this main teaching language?

No

* 8.9 Why didn't you take advantage of language 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 institutions did not provide it to me
- ☐ I was not aware I could receive language support
- ☐ The proposed support was not adequate
- ☐ Other

* 8.11 What factors contributed the most to the improvement of your skills in this language?

Multiple answers are possible

- ☒ My work in the receiving institution/enterprise/organisation
- ☒ Interacting with locals
- ☐ Using language support provided by the Erasmus+ programme (OLS)
- ☐ Using private language support
- ☐ Interaction with other international trainees
- ☐ Other

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

Yes

* 8.13 What was that language?

Italian

9 Recognition of mobility

* 9.1 What was the final type of Learning Agreement you signed?

Learning Agreement: a binding agreement between the student, the sending and the receiving institution, including a group of educational components that the student needs to complete at the receiving institution and that will be recognised by the sending institution upon his/her return from the mobility period.

I don't know

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

Yes, all parties signed it before the start

* 9.4 Was your Learning Agreement changed during your mobility?

No

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

No

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

Yes

* 9.17 Will your traineeship be recorded by the sending institution in the following documents?

Multiple answers are possible.

- ☐ Transcript of Records
- ☒ Diploma Supplement
- ☐ Europass Mobility Document
- ☐ None of the above

10 Assessment of support received

At the receiving institution

10.1 How satisfied were you with the support arrangements provided by your receiving institution/enterprise/organisation?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* Administrative support	☒	☐	☐	☐	☐	☐
* Academic support	☒	☐	☐	☐	☐	☐
* Degree of supervision during the traineeship	☒	☐	☐	☐	☐	☐
* Mentoring	☒	☐	☐	☐	☐	☐
* Support from student initiatives/organisations	☒	☐	☐	☐	☐	☐
* Help with personal needs and problems	☒	☐	☐	☐	☐	☐
* Help with inclusion needs	☒	☐	☐	☐	☐	☐
* Social integration with colleagues	☒	☐	☐	☐	☐	☐
* Engagement with the local community	☒	☐	☐	☐	☐	☐
* Guidance on how to find accommodation	☒	☐	☐	☐	☐	☐
* Assistance with dealing with questions or complaints	☒	☐	☐	☐	☐	☐
* Support to make the most use of virtual learning (such as mentoring or access to equipment or facilities)	☒	☐	☐	☐	☐	☐

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

Yes

10.4 How satisfied were you with assistance related to visa issues?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	I did not request assistance related to visa issues
* provided by your sending institution?	☐	☐	☐	☐	☐	☒
* provided by your receiving institution /enterprise/organisation?	☒	☐	☐	☐	☐	☐

* 10.5 How much did you have to pay (approximately) for obtaining the visa?

Only values of at most 9999 are allowed

Please include costs for visa issuing fees and also travel costs for obtaining the visa.

0

EUR/month

10.6 Did you have this type of insurance during your mobility?

	Yes	No	I don't know
* Health insurance	☒	☐	☐
* Accident insurance	☒	☐	☐
* Liability insurance	☒	☐	☐

* 10.7 Who covered the cost of Health insurance?

I did

* 10.8 Who covered the cost of Accident insurance?

I did

* 10.9 Who covered the cost of Liability insurance?

I did

10.10 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 your sending institution?	☐	☒	☐	☐	☐	☐
* provided by your receiving institution /enterprise/organisation?	☐	☐	☐	☐	☐	☒

* 10.11 Did you receive support or participated in activities organised by any of the following students organisations?

Multiple answers are possible.

- ☐ Erasmus+ Student and Alumni Association
- ☐ Erasmus Student Network
- ☐ GarageErasmus
- ☐ Erasmus Mundus Association
- ☐ OCEANS
- ☐ Student Unions/Clubs
- ☐ AEGEE
- ☐ AIESEC
- ☒ None of the above
- ☐ Other

Sending institution

10.13 How satisfied were you with the support provided by your sending institution?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* Administrative support	☐	☒	☐	☐	☐	☐
* Academic support	☐	☒	☐	☐	☐	☐
* Support from student initiatives/organisations	☐	☒	☐	☐	☐	☐
* Help with personal needs and problems	☐	☐	☐	☐	☒	☐
* Mental health support	☐	☐	☐	☐	☐	☒
* Help with inclusion needs	☐	☐	☐	☐	☐	☒
* Support to make the most use of virtual learning (such as mentoring or access to equipment or facilities)	☐	☐	☐	☐	☐	☒

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

Tick "not applicable" in case you did not receive any grants from the Erasmus+ programme (zero grant student).

Yes

11 Conclusions

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

12 Consent

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

- ☒ Yes
☐ No

- * 12.2 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, no email address)
☐ No

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

- ☒ Yes
☐ No

- * 12.4 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

- * 12.5 I authorize the European Commission to share my personal data (year of birth, gender, and [only if needed] first and last name, email address) and study-related data (field of study, mobility period, the

names of my sending and receiving institutions) for further research purposes (for example related to graduate tracking).

- ☒ Yes
☐ No

Contact

http://ec.europa.eu/programmes/erasmus-plus/contact/national-agencies_en