



Erasmus+

Participant Report Form – Call 2022 – KA1 – Learning Mobility of Individuals – Student mobility for studies in higher education

Fields marked with * are mandatory.

Document code: EP-KA1-HE-Studies-2022

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.

The term "course" used in this participant report should be understood as meaning the more general term "educational component" used in the Learning Agreement.

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 - whichever 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.

08/07/2024

* 2.3 Sending institution

MUGLA SITKI KOCMAN UNIVERSITY

* 2.4 Receiving institution

PANEPISTIMIO DYTIKIS ATTIKIS

* 2.5 Host country

Greece

* 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 a blended mobility

Yes

* 3.2 Participation in a blended intensive programme

No

* 3.3 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

* 3.4 Was the mobility period abroad a mandatory part of your curriculum?

No

* 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

Yes

* 3.7 Additional travel support for green travel

Yes

* 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, there was no realistic/suitable option to travel the majority of the journey by sustainable means

* 3.9 Did you have to pay any kind of fees in the receiving institution?

No

* 3.13 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 studying abroad?

Multiple answers are possible.

- ☐ To experience different learning contents/curricula
- ☒ 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 teaching practices
- ☐ To follow a study programme in a foreign language
- ☒ 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 study abroad with the Erasmus+ Programme?

Multiple answers are possible

- ☒ Website of the sending institution
- ☐ 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?

Undecided

* 4.4 Why did you decide to participate in a short-term physical mobility or blended intensive programme rather than a long-term physical mobility?

Multiple answers are possible

- ☐ I was not able to go for a long-term mobility because of financial reasons
- ☐ I was not able to go for a long-term mobility because of a disability or an illness
- ☐ I was not able to go for a long-term mobility because of caring responsibilities
- ☒ I was interested in the course content and the learning outcomes
- ☐ I was interested in the blended learning format
- ☒ I wanted to try a shorter mobility before committing to a long-term mobility
- ☐ It was necessary for my degree
- ☐ A teacher/my faculty recommended it
- ☐ I was not sure a long-term mobility would be feasible due to Covid-19
- ☐ This was the only type of mobility that was offered to me
- ☐ Other

* 4.5 Are you more likely to consider going on a long-term physical mobility than before?

I don't know

4.6 What were the criteria for you to choose your receiving institution?

	Very Important	Important	No opinion	Less important	Not important
* Learning and research offer	☐	☒	☐	☐	☐
* Reputation/rankings	☒	☐	☐	☐	☐
* Facilities and support services for international students	☐	☒	☐	☐	☐
* Feedback from Erasmus+ alumni	☐	☒	☐	☐	☐
* Language	☐	☒	☐	☐	☐
* Country	☒	☐	☐	☐	☐
* City and culture	☐	☐	☐	☒	☐
* Social life	☐	☒	☐	☐	☐
* Availability during COVID-19 situation	☒	☐	☐	☐	☐

* Active student societies and sports groups	☐	☒	☐	☐	☐
* Feedback from other students from my sending institution	☐	☐	☐	☒	☐
Other	☐	☐	☐	☐	☐

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

Maybe

* 4.9 Would you have participated in the mobility if you had not received the top-up grant?

I don't know

5 Satisfaction with your mobility

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

Rather satisfied

* 5.2 Would you recommend this experience to another student?

Yes

* 5.3 How satisfied were you with the quality of the virtual component?

Rather satisfied

5.5 If you wish, please provide additional comments about your experience with the virtual component as part of a blended mobility

* 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?

Very useful

* 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

51-75%

5.9 How satisfied were you with the quality of learning and teaching at the receiving institution?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* The quality of content of courses	☐	☒	☐	☐	☐	☐
* The quality of teaching methods	☐	☒	☐	☐	☐	☐
* The degree of learning support received	☐	☒	☐	☐	☐	☐
If applicable, the quality of the virtual component of the blended mobility	☐	☐	☐	☐	☐	☐
If applicable, the physical mobility component of the mobility?	☐	☐	☐	☐	☐	☐

* 5.10 How satisfied were you with your accommodation?

Neither satisfied nor dissatisfied

6 Outcomes of your mobility

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

Yes

6.2 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	☐	☐	☒	☐	☐
* 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	☐	☐	☐	☒	☐

6.3 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	☐	☒	☐	☐	☐

6.4 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	☐	☐	☒	☐	☐

6.5 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.

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

Yes

7 Erasmus+ priorities

Questions in this section are linked to the overall political priorities of the Erasmus+ programme: inclusion and diversity, environmental sustainability, digital education, and participation in democratic life. Your replies will be useful to measure the results of Erasmus+ at a larger scale.

7.1 Do you agree with the following statements? 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 by your professors?

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

- ☐ Through courses at the receiving institution
- ☐ Interacting with locals
- ☐ Using language support provided by the Erasmus+ programme (OLS)
- ☐ Using private language support
- ☒ Interaction with other international students
- ☐ Other

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

- ☒ Yes
- ☐ No

* 8.13 What is that language?

Greek

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

Online Learning Agreement

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

Yes, all parties signed it before the start

* 9.4 Was your Learning Agreement changed during your mobility?

Yes

* 9.5 Why was it changed?

Multiple answers are possible

- ☐ I extended my stay abroad
- ☐ The courses I selected initially were not available
- ☐ The courses I selected initially were in a different language than foreseen in the course catalogue or the language was not specified in the course catalogue
- ☐ I decided to change the courses initially selected
- ☐ The receiving institution requested some changes
- ☒ Conflicts in the timetable
- ☒ Other

* 9.6 If other, please specify

I had replaced the subject with a course I had taken at the beginning, which would be more useful in my professional skills and future life.

* 9.7 Did you manage to agree on the changes with the sending and receiving institutions within seven weeks from the start of the semester?

Yes

* 9.9 Did you successfully complete all the educational components at the receiving institution as specified in the final version of the Learning Agreement (Table A and, if applicable, A2 of the official template)?

Table A lists the educational components to be carried out by the student at the receiving institution.

Yes

* 9.12 Is the recognition process for your mobility finalised?

Yes, the process is finalised

* 9.13 Did you gain academic recognition from your sending institution for your mobility?

Following successful completion of the components described in Table A (i.e. study programme at the receiving institution) of the Learning Agreement, your sending institution:

Full recognition: recognises all the credits as agreed in the final version of the Learning Agreement, without the need to take any further courses, assessments or exams.

Partial recognition: does not recognise some of the credits as agreed in the final version of the Learning Agreement; or recognises all the credits but requires you to take further courses, assessments or exams.

No recognition: does not recognise any of the credits as agreed in the final version of the Learning Agreement.

Full recognition

* 9.14 Did you have to or will you have to take additional course(s) or exam(s) at the sending institution for courses already evaluated at the receiving institution?

No

* 9.15 What were the main obstacles to full recognition?

Multiple answers are possible.

- ☐ Course content (or part of it) as agreed in the final version of the Learning Agreement was not accepted by the sending institution upon return
- ☐ Problems with grade conversion
- ☐ Problems with receiving the Transcript of Records from the receiving institution
- ☐ Professor(s) at my sending institution did not give the approval before the mobility period
- ☐ Insufficient information on course content available from the receiving institution before the mobility period
- ☐ The sending institution does not recognise credits gained from virtual learning
- ☐ The method of delivery of the course was different (online delivery instead of physical course, lecture based instead of activating learning methods, work based learning was not provided...)
- ☐ The assessment method used was not accepted by the sending institution upon return
- ☒ Other

* 9.16 Please specify what kind of obstacles you experienced.

Actually there is no obstacle, I am waiting for the transcript to be ready.

* 9.17 Were ECTS credits used in the Learning Agreement?

ECTS - European Credit Transfer and Accumulation System

Yes

* 9.18 What is the total number of ECTS credits specified in the final version of the Learning Agreement as counting towards your degree (Table B and, if applicable, B2 of the official template)?

Only values of at most 99 are allowed

ECTS - European Credit Transfer and Accumulation System

30

ECTS credits

* 9.19 What is the total number of ECTS credits finally recognised by the sending institution after the mobility (Table D of the official Learning Agreement template)?

Only values of at most 100 are allowed

ECTS - European Credit Transfer and Accumulation System

30

ECTS credits

* 9.20 Did the sending institution make the information available on how the grades awarded at the receiving institution would be converted upon return to your sending institution?

I have not checked

* 9.21 Do you think the grade conversion by the sending institution of the grades obtained at the receiving institution was fair and transparent?

Yes

* 9.22 Did you receive or do you expect to receive the Transcript of Records from the receiving institution within five weeks after publication of your results at the receiving institution?

Yes, in digital format

10 Assessment of support received

At the receiving institution

10.1 How satisfied were you with the support arrangements provided by your receiving 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	☒	☐	☐	☐	☐	☐
* Help with inclusion needs	☒	☐	☐	☐	☐	☐
* Social integration with the local students	☐	☒	☐	☐	☐	☐
* 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?	☒	☐	☐	☐	☐	☐

* 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.

90

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

10.10 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?	☒	☐	☐	☐	☐	☐

- * 10.11 Were you, as an Erasmus+ student, treated equally compared to local students?

Yes

- * 10.13 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

- * 10.14 Was the receiving institution's course catalogue

Course catalogue: regular guide for all students attending the institution, including information about the qualifications offered, the teaching, learning and assessment procedures, the level of programmes, the single educational components and the learning resources available to students.

ECTS – European Credit Transfer and Accumulation System.

- ☐ ECTS-based?
- ☒ Published on the website of the receiving institution?
- ☐ Complete? (all needed information to make your choices was available, including language of instruction and grade distribution)
- ☐ Up to date? (there were no changes in the courses you had chosen during your stay in the receiving institution)
- ☒ Available in time to prepare your Learning Agreement?
- ☒ Available in a language you understand?
- ☐ None of the above

Sending institution

10.15 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)	☒	☐	☐	☐	☐	☐

- * 10.16 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