



Traineeship Report

In order to improve your employability it is of great importance that you are able to identify and tell others about your acquired skills and competencies. In the Traineeship Report you will be given the opportunity to reflect on your experience.

Below you find the questions of the Traineeship Report so that you can prepare your answers beforehand. You answer the questions directly in MoveON in the Report and Document upload form.

Traineeship

Please have a look at your Academic Purpose Statement, APS, and your Learning Agreement for Traineeship which you submitted in your application for the Erasmus grant while you sum up your traineeship experience.

- Tell us about your traineeship – how did you find the placement? Why did you choose the traineeship?
- Describe the tasks you did at your traineeship/a regular day or week. How would you describe the professional level and quality of your traineeship?
- The relationship between the mentor/supervisor and you. Would you recommend (or not) your traineeship for future students?
- How would you describe the added value of the traineeship for your personal, professional and academic development? Please describe how you have developed as a person during your traineeship and if you acquired the skills and competences which you foresaw.
- Finally, why do you think a future student should go on and Erasmus traineeship?

Your accommodation

- What type of accommodation did you arrange (for example: hostel/shared flat or house/student dorm/studio etc.)? How did you find the accommodation? Did your supervisor/mentor/anyone else representing the host organization help you in finding accommodation? Did you like the accommodation and did you feel safe and secure staying there? Any tips and ideas on how to find accommodation?

Your finances

- How did you finance your traineeship (for example: CSN, the Erasmus grant, savings, the host org gave some sort of financial contribution to trainees)? According to you; was the level of the Erasmus grant appropriate?

Free time

- How did you spend your free time? Was it easy to find a meaningful free time outside of the traineeship placement? Any advice on things to do/see in this city?