

## Traineeship Report

In order to improve your employability, you need to be able to identify your acquired skills and competencies. Through the Traineeship Report, you will be given an opportunity to reflect on your experience. You answer the questions below directly in MoveON in the Report and Document upload form.

While answering, please have a look at your Academic Purpose Statement, APS, and Learning Agreement for Traineeship that you submitted in your application for the Erasmus grant.

### Traineeship

- Tell us about your traineeship. How did you find the placement? Why did you choose the traineeship?
- Describe the tasks you did during your traineeship by describing a regular day or week. How would you describe the professional level and quality of your traineeship?
- Describe the relationship between the mentor/supervisor and yourself. Would you recommend your traineeship placement for future students or not?
- 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 competencies that you foresaw.
- Finally, why do you think a future student should go on an Erasmus traineeship?

### 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 you like the accommodation and did you feel safe and secure staying there?
- Did your supervisor, mentor, or anyone else representing the host organisation help you in finding accommodation?
- Any tips and ideas for future students on how to find accommodation?

### Finances

- How did you finance your traineeship (for example with CSN, the Erasmus grant, savings, a possible financial contribution from the host organisation, etc.)?
- According to you, was the grant level appropriate?

### Free time

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

