**ERASMUS MOBILITY PERSONAL REPORT - GUIDELINES**

These guidelines should help to structure your personal report and what things to include. Your report can have a different structure/content if you feel you can bring a more interesting or diverse aspect to it that will help you reflect on your experience, and help other students understand what’s involved in studying abroad as an exchange student. Remember a photo can speak a 1000 words, they are a great way to illustrate your exchange student life, so include wonderful photos that capture and reflect your experience. Use your report to reflect on all your experiences and to show the impact your host university/host university has had on you personally.

A good report needs to be structured, clear consists at least 500 words.

**Introduction:**

Firstly tell us a little about yourself, what course are you on? Did you always know you wanted to study abroad? If so why? If not how did you hear about it and start to consider it as a future option?

Are you going for self-development, personal growth, to meet new people, to enhance your career prospects or to explore somewhere new? What was the process? Was it hard/easy? Were you supported?

**Beginning: (Travel experience and first few days as an exchange student):**

How did you feel? What are your thoughts and feelings on arrival? What are your living arrangements?  Are they different/ similar to your accommodation in Poland? What things are different/ similar between life in Opole and your exchange destination (e.g. culturally, environmentally, personally)? What kind of social activities have you signed up for (if any)? What’s excited you? What’s challenged you? How does it feel being away from home?

**Middle: (Exchange student life):**

Tell us about your unique experience. Provide some scenarios/stories.  How have you settled into living and studying in a different place? What are the highlights so far? What have you loved? What has been hard? How have you overcome any challenges? What are the most striking cultural differences/similarities? What is similar and what is different about the academic environment, academic life?

**Final: (Your reflections on the experience):**

What are the most important things you’ve learned from this experience? What advice would you have given yourself at the start of the experience knowing what you know now? How would you reassure /advise students considering studying abroad? Has your perspective/attitude changed since studying abroad? If so how?

What has been your greatest achievement? How do you feel about returning to Opole? Has this experience had any impact on your employability and/ or future career plans? What academic and professional opportunities have arisen from your time abroad? What new personal and professional skills have you gained or further developed?

Would you recommend this experience to others?

**Please note**: student reports will be shared for recruitment and marketing purposes including social media channels. Ensure all images used are your own.