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**Stay abroad experience report**

**HHU Mobility Grant/PROMOS grant**

*If you have been abroad for less than 4 weeks and are nevertheless requested to submit an experience report, please only complete points 1 and 2, and add the rest after completing your entire stay.*

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| --- |
| **Personal details** |
| Name |  | Town/city, country |  |
| Type of stay |  | Period |  |
| Name of grant |  | Level (BA, MA, State Examination) |  |
|  |  |  |  |

# Preparation

*How did you find your study place/traineeship place/research location/special academic course/language course? How did you prepare for the stay abroad? Which organisational steps did you take? Were there any difficulties involved and how did you overcome them? What could make the preparation easier?*

# Accommodation

*How did you organise your accommodation and how would you rate it?*

# Work activity or study course or content of special academic course/research stay or language course

*How did you find the amount of learning required? Did your learning progress meet your expectations? What did you learn in practice? Did you have a lot of contact with your colleagues/your fellow students and did you get on well with them? What did you particularly enjoy and what was not so good?*

# Life and free time

*What impressions did you gain of your host country (culture, way of life, working conditions)? Did you enjoy living in this city? Which sights should you visit? Did you manage to establish contacts with other locals and, if so, how did you do this? What can you do in your free time? How high is the cost of living?*

# Recognition

*To what extent will you try and get your stay abroad recognised? What are the prerequisites for recognition? What do you need to observe with regard to formalities?*

# Conclusion & outlook

*How satisfied are you overall with your stay abroad? Were your expectations met? What did you particularly enjoy and what not? To what extent has your stay abroad influenced your academic and career plans?*

# My stay abroad in one photo (or more)!

*Please attach one or more relevant photos (with captions) to supplement and enrich your experience report.*

**Declaration of consent**

By checking the box, you declare your consent to the publication of your experience report on our website. Please also state in the MoveON online portal whether your experience report can be published.

[ ]  I consent to the publication of my experience report (incl. photos) with my personal data (name and e-mail address) on the Heinrich Heine University Düsseldorf website.

[ ]  Interested students may contact me via my e-mail address.

[ ]  The HHU International Office may contact me in the future about reporting on my experience abroad in person at events.

Please upload your report via the **follow-up form in the MoveON online portal** (German only). Please use the same user ID and e-mail address as for your application.

<https://hhu.moveon4.de/locallogin/55478763140ba06606000000/deu>

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| --- |
| Last name, first name |
| HHU e-mail address |