

NORDPLUS/EkoTekNord

Report on International Study Period
To be handed in to your international office.

Please include the following information in the report:
You may continue on a separate sheet of paper.

Name _____
Email address _____
Study programme _____
Host Institution abroad _____
Study Period abroad (please give exact dates and year) _____

Things to be considered before going abroad

- Please include everything that you had to do prior to the departure (documents, birth certificates, insurances... where did you get them, were there any extra costs?).

Information prior to the departure

- Did you get any information on the host institute? From where?
- Did the host institute contact you directly? When?
- Did you have to apply for the accommodation yourself? Were there special forms for it? If yes, where did you get them? When? Anything special to be mentioned?

Arrival in the host institution

- Was there an orientation session held?
- Did anyone meet you at the airport/railway station? How did you find your way to your accommodation?
- Any practical tips for checking in to your flat?
- Were there an office where you can ask for information?

Other practical issues

- How much did you pay for your rent?
- Was there a deposit payment required?
- Did you have to buy any furniture/kitchen equipment?
- Did you open up a bank account? Any problems with that?
- Did you visit a doctor/dentist? Any practical tips?
- Where did you eat your daily meals? How much did it cost?

Studying abroad

- Is there an examination period? When?
- Did you get any guidance for selecting your courses? When? From whom? How?
- What was studying like compared with studying at your home university?
- Describe a typical day.
- Describe the courses you took: Name of the course, how many contact hours per week, how many lectures/distance studies, literature required.
- How would you evaluate the institution as a whole?
- Describe the exams. Were you allowed to have a dictionary with you? How were foreign exchange students treated?
- Did you have any language problems?

Social life

- Was it easy to adapt to the local culture?
- Were there activities arranged together with local students and local people?
- Were there activities with other international exchange students?
- What other activities were available?

Finance

- How much money did you spend during the international study period? Please specify, how much money did you spend on travelling, living, food, leisure time, studying, insurances, other expenses?
- Did you apply for grants anywhere? Any success?
- What do you think are the most important characteristics of an international exchange student?
- At what stage of the studies in your opinion is the best time to go to study abroad?
- What were your expectations? Did they come true? Anything else you would like to say to students who consider a study period abroad?
