



Participant Report Form – Call 2015 – KA1 – Mobility of Staff in higher education - Staff mobility for teaching and training activities

Fields marked with * are mandatory.

1 Purpose of the participant report

This final report on your mobility experience will provide the EU's Erasmus+ programme with valuable information, which will benefit both future participants and contribute to the continued improvement of the programme. We are grateful for your co-operation in filling out the questionnaire.

All personal data mentioned in this form will be processed in accordance with Regulation (EC) No 45/2001 of the European Parliament and of the Council of 18 December 2000 on the protection of individuals with regard to the processing of personal data by the European Union institutions and bodies and on the free movement of such data. This report, once submitted, will be accessible to the coordinating institutions, their national agencies and the European Commission. More details in [Specific Privacy statement](#).

2 Identification of the Participant and General Information

* 2.1 First and last name

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

Dobromiła Stano

* 2.2 Email address, where I can be contacted in the future

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

dobromila.stano@wsti.pl

* 2.3 Was this your first staff mobility period financed by the Erasmus+ or Lifelong Learning

Programmes?

- Yes
- No

* 2.4 Please indicate how many times you have been on staff mobility financed by Erasmus+ or Lifelong Learning Programmes since 2010

- 2-5 times
- 6-10 times
- More than 10 times

* 2.5 What type of activity did you carry out?

- Staff mobility for teaching
- Staff mobility for training

* 2.7 Is mobility of staff actively encouraged by your institution as part of its strategy for internationalisation?

- Very much
- Much
- Little
- Very little

* 2.9 Was a mobility agreement between you and your institution/enterprise signed before the mobility?

- Yes
- No

* 2.10 What were your main motivations for taking part in this Erasmus+ mobility?

- To acquire knowledge and specific know-how from good practice abroad
- To develop my own competences in my field and increase the relevance of my teaching
- To increase knowledge of social, linguistic and/or cultural matters
- To gain practical skills relevant for my current job and professional development
- To increase my job satisfaction
- To build up new contacts/expand my professional network
- To reinforce the cooperation with a partner institution
- To build up cooperation with the labour market
- To create spin-off effects like curriculum development, development of joint courses or modules, academic networks, research collaboration etc.
- To experiment and develop new learning practices and teaching methods
- To share my own knowledge and skills with students
- To increase the quality and quantity of student and staff mobility to and from my sending institution
- To meet new people
- To increase my future employment and career opportunities
- To receive an Erasmus+ grant
- To improve my foreign language skills
-

- To improve services offered by my sending institution
- Other

* 2.12 Did your staff mobility include the following elements?

- Lectures
- Job-shadowing
- Tutorials/seminars/workshops
- Research supervision of students
- Distance teaching/online courses
- Problem-based learning/case studies
- Own research activities
- Promotion and/or follow-up/monitoring of Erasmus+ activities
- Joint events and seminars
- Participation in tests/exams
- Planning of future Erasmus+ co-operation
- Cultural activities
- Monitoring of Erasmus+ projects

3 Practical arrangements

3.1 If relevant, how much did you pay approximately for your travel to and from your receiving institution/organisation?

EUR

3.2 If relevant, how much did you receive from your sending institution for your travel costs (or from your receiving institution in case you are from an enterprise)?

EUR

3.3 If relevant, how much did you receive from your sending institution for your daily subsistence costs abroad (or from your receiving institution in case you are from an enterprise)?

EUR

4 Personal and professional development and impact

4.1 Personal and professional development: thanks to this Erasmus+ mobility activity

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I have learned from good practices abroad	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have experimented and developed new learning practices or teaching methods	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have gained sector-specific or practical skills relevant for my current job and professional development	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have enhanced my organisational/management/leadership skills	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have reinforced or extended my professional network or built up new contacts	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have reinforced the cooperation with the partner institution/organisation	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have built cooperation with players in the labour market	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have built cooperation with players in civil society	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

*I have improved my foreign language skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I have increased my social, linguistic and/or cultural competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I have improved my competences in the use of Information and Communication Technology tools (e.g. computer, internet, virtual collaboration platforms, software, ICT devices, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I have increased my job satisfaction	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I have enhanced my employment and career opportunities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4.2 Furthermore, during my mobility activity...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
*I have shared my own knowledge and skills with students and/or other persons	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I contributed to create spin-off effects like curriculum development, development of joint courses or modules, academic networks, research collaboration, etc.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
*I contributed to increasing the quality and quantity of student or staff mobility to and from my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4.6 My mobility period had the following impact on my sending institution/enterprise

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree	Not applicable
*Will lead to the use of new teaching/training methods/approaches/good practices at my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Has led to the use of new teaching/training methods/approaches/good practices at my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Will lead to new/increased cooperation with the partner institution/organisation(s)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Has led to new/increased cooperation with the partner institution/organisation(s)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Will lead to internationalisation of my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Has led to internationalisation of my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Will lead to stronger involvement of my institution/enterprise in curriculum development	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Has led to stronger involvement of my institution/enterprise in curriculum development	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Will lead to the introduction of changes in the organisation/management of my sending institution/enterprise	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Has led to the introduction of changes in the organisation/management of my sending institution/enterprise	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5 Recognition

* 5.1 In what way will your mobility be recognised by your sending institution/enterprise?

- Part of my yearly work plan
- Included in my annual performance assessment
- Informal recognition by the management
- Salary increase
- Other
- Not recognised at all

* 5.2 Do you feel satisfied with this level of recognition?

- Yes
- No
- Don't know/Cannot judge

6 Conclusions

* 6.1 How satisfied are you with this mobility experience in general?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

* 6.2 Would you recommend this experience to a colleague?

- Yes
- No

* 6.3 How do you plan to share your experience?

- With a written report
- At staff meeting(s)
- At conference(s)
- At workshop(s) with colleagues
- In the media
- Other
- Not foreseen at all

6.4 If you wish, please give any additional information, observations, comments or recommendations that may be useful for staff wishing to go abroad, as well as for the National Agency or the European Commission in order to improve the staff mobility action.

7 Publication and Usage Rights of the Information and of the Email Address

* 7.1 I'm willing to help staff and students based on my own Erasmus+ experience. They can contact me at my email address.

- Yes
 No

* 7.2 I agree that (parts of) this report can be published and made available to the general public.

- Yes, with my name and email address
 Yes, but anonymised (no name and no email address)
 No

* 7.3 I agree that my email address will be used later to contact me for further studies related to the content of this final report or regarding the Erasmus+ programme and EU issues.

- Yes
 No

Contact

 <http://ec.europa.eu/programmes/erasmus-plus/tools/national-agencies/>
