

Participant Report Form – Call 2022 – KA1 – Learning Mobility of Individuals – Student mobility for traineeships between programme and partner countries

Fields marked with * are mandatory.	
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Document code: EP-KA1-HE-Int-Traineeship-2022

1 Purpose of the Participant Report

This 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 2018 /1725 of the European Parliament and of the Council of 23 October 2018 on the protection of natural persons with regard to the processing of personal data by the European Union institutions, bodies, offices and agencies 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.

Please make sure you have the information of your Learning Agreement, Grant Agreement and Transcript of Records (if applicable) with you BEFORE you start filling in this report.

2 Identification of the participant

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.

* 2.2 Mobility start date

Th	ne date on which	your mobility	activity start	ed, provided f	or informatio	n only. S	Should th	is date b	e incorrect,	please
CO	ntact the person	responsible f	for the mana	gement of you	r mobility to	correct t	his date.			

The date on which your mobility activity ended, provided for information only. Should this date be incorrect, please
contact the person responsible for management of your mobility to correct this date.
*2.4 Sending institution
*2.5 Receiving institution/enterprise/organisation
* 2.6 Host country
*2.7 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.
Please correct this email address if necessary.
3 General information about your mobility
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3 General information about your mobility *3.1 Participation in
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*3.1 Participation in Long-term mobility (60 days or more)
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*3.1 Participation in Cong-term mobility (60 days or more) Short/Blended mobility (5-30 days)
*3.1 Participation in Long-term mobility (60 days or more) Short/Blended mobility (5-30 days) *3.2 Participation in blended mobility
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*3.1 Participation in Long-term mobility (60 days or more) Short/Blended mobility (5-30 days) *3.2 Participation in blended mobility Yes No No *3.3 Was your traineeship The options below correspond to Table B of the Learning Agreement for Traineeships. embedded in your curriculum, counting towards the degree
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*3.5 Have you participated in an exchange programme prior to this mobility?

1

4.3 Are you planning to take part in Erasmus+ mobility again?
Yes
O No
Undecided
4.4 Why did you decide to participate in a short-term physical mobility rather than a long-term physic
mobility?
Multiple answers are possible.
I was not able to go for a long-term mobility because of financial reasons
I was not able to go for a long-term mobility because of a disability or an illness
I was not able to go for a long-term mobility because of caring responsibilities
I was interested in the content of the traineeship offered in this format
I was interested in the blended mobility format
I wanted to try a shorter mobility before committing to a long-term mobility
It was necessary for my degree
A teacher/my faculty recommended it
I was not sure a long-term mobility would be feasible due to Covid-19
This was the only type of mobility that was offered to me
Other
4.5 Are you more likely to consider going on a long-term physical mobility than before?
O Yes
O No
I don't know

4.6 What were the criteria for you to choose your receiving enterprise/organisation?

	Very Important	Important	No opinion	Less important	Not important
* Collaboration between my sending institution and enterprises/organisations	0	0	0	0	0
* Traineeship offer	0	0	0	0	0
* Reputation	0	0	0	0	0
* Facilities and support services	0	0	0	0	0
* Feedback from Erasmus+ alumni	0	0	0	0	0
* Language	0	0	0	0	0
* Country	0	0	0	0	0
* City and culture	0	0	0	0	0
* Social life	0	0	0	0	0
* I would like to work at this enterprise /organisation/institution after my traineeship	0	0	0	0	0
* I already had connections within this enterprise/organisation/institution	0	0	0	0	0
Other	0	0	0	0	0

* 4.7 If other, please specify.
* 4.8 How did you find this particular traineeship position?
Through my sending institution
Through a mobility consortium that my sending institution is a member of
Through an advertisement from the receiving enterprise/organisation
Through an intermediary organisation
Through a website with traineeship offers
Through the website erasmusintern.org
Through an Erasmus+ Alumni
Through social media
Via LinkedIn
Other
* 4.9 If other, how?
5 Satisfaction with your mobility
*5.1 How satisfied are you with your Erasmus+ mobility experience in general?
Very satisfied
Rather satisfied
Neither satisfied nor dissatisfied
Rather dissatisfied
Very dissatisfied
*5.2 Would you recommend this experience to another student?
O Yes
O No
*E 0. Do you feel the collection proceedure at your conding institution was fair and transported
*5.3 Do you feel the selection procedure at your sending institution was fair and transparent? © Yes
YesNo
Cannot judge
- Camor Judge

* 5.4 Hc	ow useful did you find the Erasmus+ App in assisting you with your Erasmus+ mobility?
0	Very useful
	Somewhat useful
	Useful
	Not very useful
	Not useful at all
0	I didn't use the App

5.5 How satisfied were you with the quality of learning and teaching at the receiving institution?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* The quality of content of courses	0	0	0	0	0	0
* The quality of teaching methods	0	0	0	0	0	0
The degree of support by teaching staff	•	•	0	0	0	•
If applicable, the quality of the virtual component of the blended mobility	0	0	0	0	0	•
If applicable, the physical mobility component of the mobility	0	•	0	•	•	•

6 Outcomes of your mobility

YesNo

Yes

O No

Only partially

profile?

	If you had the opportunity, would you worl Yes Not sure No	k for this rece	eiving enter	prise/organisa	tion/institutio	n?
trair	Were you offered a job/employment by the neeship? Yes No Through my stay abroad with Erasmus+,				titution follov	ving your
		Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
	* think logically and draw conclusions (analytical skills)	0	0	0	0	0
	* find solutions in difficult or challenging contexts (problem-solving skills)	0	0	0	0	0
	* plan and carry out my learning independently	0	0	0	0	0
	* use online resources and devices, e.g. for my studies, work and personal activities	0	0	0	0	©
	* make use of social media	0	0	0	0	0
	* take part in virtual work activities	0	0	0	0	0
	* develop an idea and put it into practice	0	0	0	0	0
	* experience and appreciate different cultures	0	0	0	0	0

*6.1 Do you think that you have benefited from your participation in Erasmus+ learning mobility?

*6.2 Do you think that your tasks during the traineeship were relevant to your studies and educational

* engage or interact with different social groups	0	0	0	0	0
* work better in a team	0	0	0	0	0
* plan and organise tasks and activities	0	0	0	0	0
* express myself creatively	0	0	0	0	0
* engage in extracurricular activities, e.g, sport, arts	0	0	0	0	0

6.6 After having taken part in this mobility activity...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I am more confident in my abilities	0	0	0	0	0
* I know better my strengths and weaknesses	0	0	0	0	0
* I am more able to adapt to and act in new situations	0	0	0	0	0
* I am more able to think and analyse information critically	0	0	0	0	0
* I am more tolerant towards other persons' values and behaviour	0	0	0	0	0
* I feel more confident in an intercultural setting	0	0	0	0	0
* I am more open-minded and curious about new challenges	0	0	0	0	0
* I am more interested in knowing what happens in the world daily	0	0	0	0	0
* I am more able to reach decisions	0	0	0	0	0
* I am more able to cooperate with people from other backgrounds and cultures	0	0	0	0	0
* I am more interested in European topics	0	0	0	0	0
* I have improved specific skills in my field of study	0	0	0	0	0

6.7 Thanks to this stay abroad with Erasmus+...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
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* I believe that my chances to get a new or better job have increased	0	0	0	0	0
* I have a clearer idea about my professional career aspirations and goals	0	0	0	•	0
* I have better opportunities for traineeships or student jobs in my home country	0	0	0	•	•
* I am better capable of taking over work tasks with high responsibility	0	0	0	0	0
* I am more likely to become an entrepreneur	©	0	0	0	•

6.8 How has the stay abroad changed the way you see your future work?

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* I can easily imagine working abroad at some point in the future	0	0	0	0	©
* I can easily imagine working in the country where I did my Erasmus+ period in the future	0	0	0	•	•
* I would like to work in an international context	0	0	0	0	0

In the next question, we ask you about your 'European sense of belonging'. This expression refers to your feeling of being European, belonging to the same community as other Europeans, and sharing common identity, culture and values with them.

* 6.9 Do you think that you have an increased	European	sense o	f belonging	after your	participation	ı in
Erasmus+ learning mobility?						

Yes

O No

7 Erasmus+ priorities

Questions in this section are linked to the overall political priorities of the Erasmus+ programme: inclusion and diversity, environmental sustainability, digital education, and participation in democratic life. Your replies will be useful to measure the results of Erasmus+ at a larger scale.

7.1 Do you agree with the following statements? As a result of my mobility activity...

Multiple answers are possible

	I have learned more about environmental, climate and sustainability issues.
	I have changed my habits to become more sustainable.
	I have a better understanding of the diversity in my society.
	I am more committed to work against discrimination, intolerance, xenophobia and racism.
	I am more interested in participating in elections, in other democratic processes, and in the life of my local
	community.
	I have learned more about Europe, the European Union and European values.
	I have learned more about new and useful ways to apply digital technology.
	I am eager to use more digital technologies in my studies or work.
8 La	anguage skills
8.1 W	hat was the main language used during your traineeship?
0	Bulgarian
0	Croatian
0	Czech
0	Danish
0	Dutch
0	English
0	Estonian
0	Finnish
0	French
0	German
0	Greek
0	Hungarian
0	lrish
0	Italian
0	Latvian
0	Lithuanian
0	Maltese
0	Polish
0	Portuguese
0	Romanian
0	Slovak
0	Slovenian
0	Spanish
0	Swedish
0	Albanian
0	Icelandic
0	Letzeburgesch
0	Macedonian
0	Moldavian
0	Montenegrin
0	Norwegian
0	Serbian
0	Turkish

Ukrainian
Other
* 8.2 If other, please specify
* 8.3 Do you feel you have improved your skills in this language during your stay abroad?
Yes
- No, I had allowey had h
O No
*8.4 Did you take advantage of any language support in learning this main teaching language?
Yes
O No
*8.5 What kind of support did you receive?
Multiple answers are possible.
Erasmus+ Online Language Support (OLS)
Language course/training provided by the sending institution
Language course/training provided by the receiving institution/enterprise/organisation
Financial support to carry out a self-study (e.g. for books, app subscriptions, online material)
Other
* 8.6 If other, please specify
*8.7 Do you feel that the OLS helped you improve your language level?
O Yes
O No
Cannot judge
* 8.8 Overall, how satisfied were you with the OLS experience?
Very satisfied
Rather satisfied
Neither satisfied nor dissatisfied
Rather dissatisfied
Very dissatisfied

*8.9 Why didn't you take advantage of language support?

Multiple answers are possible.

I did not ask for it
I did not need it because my knowledge of the foreign language was adequate
I did not have time
The sending/receiving institutions did not provide it to me
I was not aware I could receive language support
The proposed support was not adequate
Other
*8.10 If other, please specify
*8.11 What factors contributed the most to the improvement of your skills in this language?
Multiple answers are possible
My work in the receiving institution/enterprise/organisation
Interacting with locals
Using language support provided by the Erasmus+ programme (OLS)
Using private language support
Interaction with other international trainees
Other
*8.12 While staying abroad, did you improve your competence in other languages besides the main one
used?
© Yes
165
O No
*8.13 What was that language?
Bulgarian
Croatian
Czech
O Danish
O Dutch
English
Estonian
Finnish
French
German
◎ Greek
Hungarian
○ Irish
Italian
C Latvian

0	Lithuanian
	Maltese
0	Polish
0	Portuguese
0	Romanian
	Slovak
	Slovenian
	Spanish
	Swedish
0	Albanian
0	Icelandic
	Letzeburgesch
	Macedonian
	Moldavian
0	Montenegrin
0	Norwegian
0	Serbian
0	Turkish
0	Ukrainian
0	Other
9 Re	ecognition of mobility
Learn	That was the final type of Learning Agreement you signed? sing Agreement: a binding agreement between the student, the sending and the receiving institution, including up of educational components that the student needs to complete at the receiving institution and that will be
recog	nised by the sending institution upon his/her return from the mobility period. Online Learning Agreement
	Learning Agreement on paper
0	I don't know
* 9.2 W	as your Learning Agreement signed by all parties before the start of your traineeship?
	Yes, all parties signed it before the start
0	No, some parties signed it after the start
0	The learning agreement was never signed
* 9.3 W	ho signed after the start of your traineeship?
0	I (the student) did
0	The sending institution did
	The receiving institution/enterprise/organisation did

*9.4 Was your Learning Agreement changed during your mobility?
O Yes
O No
*9.5 Why was it changed?
Multiple answers are possible.
I extended my stay abroad
I decided to change the content of the traineeship
The sending institution required some changes
The receiving institution/enterprise/organisation required some changesOther
* 9.6 If other, please specify
* 9.7 Is the recognition process for your mobility finalised?
Ves, the process is finalised
No, the recognition process is still ongoing
No credits were foreseen in the learning agreement
* 9.8 Did you gain academic recognition for your mobility?
Following successful completion of the Traineeship Programme described in Table A (and, if applicable, A2) of the
official Learning Agreement template, the Sending Institution: Full recognition: recognises all the credits as agreed in the final version of the Learning Agreement, without the
need to take any further courses, assessments or exams.
Partial recognition: does not recognise some of the credits as agreed in the final version of the Learning
Agreement; or recognises all the credits but requires you to take further courses, assessments or exams.
No recognition: does not recognise any of the credits as agreed in the final version of the Learning Agreement.
Full recognition
Partial recognition
No recognition

* 9.9 To what extent do you expect to gain academic recognition for your mobility when the recognition process is finalised?

Following successful completion of the Traineeship Programme described in Table A (and, if applicable, A2) of the official Learning Agreement template, your sending Institution:

Full recognition: recognises all the credits as agreed in the final version of the Learning Agreement, without the need to take any further courses, assessments or exams.

Partial recognition: does not recognise some of the credits as agreed in the final version of the Learning Agreement; or recognises all the credits but requires you to take further courses, assessments or exams.

No recognition: does not recognise any of the credits as agreed in the final version of the Learning Agreement

Full recognition
Partial recognition
No recognition
* 9.10 What were the main obstacles to recognition?
The Traineeship Certificate is Table D of learning agreement - After the mobility
 Content of the traineeship or part of it was not accepted by the sending institution
Problems with credit calculation
Problems with not receiving the Traineeship Certificate from the receiving institution/enterprise/organisation
No academic recognition was foreseen
Other
*9.11 Please specify what kind of obstacles you experienced.
*9.12 Did you receive a grade from your sending institution?
Yes
O No
*9.13 Please indicate what the grade that you received at your sending institution was based on.
On my Traineeship Certificate
On my final report
On an interview
On an assessment/exam
Other
*9.14 If other, please specify.
*9.15 Did you receive a Traineeship Certificate from the receiving enterprise/organisation at the end of your
traineeship?
O Yes
No, the receiving institution/enterprise/organisation will not provide me with a Traineeship Certificate
No, I have not received it yet but the receiving institution/enterprise/organisation will provide me with a Traineeship Certificate within 5 weeks after the end of my traineeship

9.17 Will your traineeship be recorded by the sending institution in the following documents?
Multiple answers are possible.
Transcript of Records
Diploma Supplement
Europass Mobility Document
None of the above
9.18 Will your traineeship be recorded by the sending institution in the Europass Mobility document?
O Yes
© No
I don't know
O I don't know
10 Assessment of support received

At the receiving institution

10.1 How satisfied were you with the support arrangements provided by your receiving institution/enterprise /organisation?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* Administrative support	0	0	0	0 0		0
* Academic support	0	0	0	0	0	0
* Degree of supervision during the traineeship	0	0	0	0	0	0
* Mentoring	0	0	0	0 0		0
* Support from student initiatives /organisations	0	0	0	0	0	0
* Help with personal needs and problems	0	0	0	0	0	0
* Help with inclusion needs	0	0	0	0	0	0
* Social integration with colleagues	0	0	0	0	0	0
* Engagement with the local community	0	0	0	0 0		0
* Guidance on how to find accommodation	0	0	0	0	0	0

* Assistance with dealing with questions or complaints	•	•	•	•	•	•
* Support to make the most use of virtual learning (such as mentoring or access to equipment or facilities)	•	•	•	•	•	•

* 10.2 If you had a negative experience concerning support and organisational a supervision, please explain further.	arrangements, mentoring or
* 10.2 Did you require a vice in order to portionate in this mobility?	
* 10.3 Did you require a visa in order to participate in this mobility?	
O Yes	
O No	

10.4 How satisfied were you with assistance related to visa issues?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	'	
* provided by your sending institution?	0	0	0	0	0	0
* provided by your receiving institution /enterprise /organisation?	0			0	0	•

* 10.5 How much did you Only values of at most 99		, , ,	proximately) fo	r visa tees'?
•			and also travel c	osts for obtaining the visa.
		E	EUR/month	
10.6 If other visa related	costs we	ere incı	urred, e.g. trave	el to another country for consular services, etc.,
please specify.				•
10.7 How much did you	nave to p	рау (ар	proximately) fo	r other visa related costs, e.g. travel to another
country for consular serv	ices, etc	., if app	olicable?	
Only values of at most 9	999 are a			
		E	EUR/month	
10.8 Did you have this ty	pe of ins	surance	during your m	obility?
	Yes	No	I don't know	
	0	0		
* Health insurance				
* Accident insurance	0	0	0	
* Liability insurance	0	0	0	
10.9 Who covered the co	nst of He	alth ins	surance?	
I did	701 01 110	ann me	aranoo .	
The sending institu	tion			
The receiving institution				
A combination				
I don't know				
10.10 Who covered the	cost of A	ccident	insurance?	
I did				
The sending institu				
The receiving instit	ution			
A combination				
I don't know				
10 11 Who covered the	oost of Li	iability i	incuranco?	
10.11 Who covered the c	JUSE UI LI	aumity	mourance:	
The sending institution	tion			

- The receiving institution
- A combination
- I don't know

10.12 How satisfied were you with assistance related to insurance issues?

	Very satisfied	Rather satisfied	Neither satisfied Rather nor dissatisfied		Very dissatisfied	I did not request assistance related to insurance issues
* provided by your sending institution?	0	0	0	0	0	0
* provided by your receiving institution /enterprise /organisation?	0	0	0	0	0	•

organisations?
Multiple answers are possible.
Erasmus Student Network
☐ GarageErasmus
Erasmus Mundus Association
OCEANS
Student Unions/Clubs
AEGEE
AIESEC
■ WBAA
ASAF
None of the above

* 10.13 Did your receive support or participated in activities organised by any of the following students

Sending institution

10.14 How satisfied were you with the support provided by your sending institution?

	Very satisfied	Rather satisfied	Neither satisfied nor dissatisfied	Rather dissatisfied	Very dissatisfied	Not applicable
* Administrative support	0	0	0	0 0		0
* Academic support	0	0	0	0	0	0
* Support from student initiatives /organisations	0	0	0	0	0	0
* Help with personal needs and problems	0	0	0	0	0	0
* Mental health support	0	0	0	0	0 0	
* Help with inclusion needs	0	0	0	0	0 0	
* Support to make the most use of virtual learning (such as mentoring or access to equipment or facilities)	•	•	©	©	•	•

Grant payments

* 10.1	5 Was your mobility funded by EU gran	nts?					
(Yes						
(No						
	6 Did you receive the grant payments of	on time, in lin	e with the	dates r	mentione	d in your gr	ant
•	ement?						
	"not applicable" in case you did not receiv	ve any grants	from the E	rasmus	+ progran	nme (zero gr	ant student).
	Yes						
(No						
6	Not applicable						
* 10.1	7 Did you provide all the documentation	n in time?					
	Yes						
(No						
11	Accommodation and infrast	ructure					
*111	How satisfied were you with the guidar	nce vou rece	ived from	the rec	oivina ins	stitution on l	how to find
	ommodation?	nce you rece	ivea iioiii	the rec	civing in	Stitution on	now to find
	Very satisfied						
	Rather satisfied						
	Neither satisfied nor dissatisfied						
(Rather dissatisfied						
(Very dissatisfied						
	•						
* 11.2	How satisfied were you with your acco	mmodation?					
(Very satisfied						
(Rather satisfied						
(Neither satisfied nor dissatisfied						
(Rather dissatisfied						
(Very dissatisfied 						
11.3	How would you assess the quality of the	ne infrastruct	ure?				
		Very			_	Very	Not
		good	Good	Fair	Poor	poor	applicable
	* Classrooms	0	0	0	0	0	0

* Study rooms, labs or similar

* Libraries

* Access to PCs

* Cafeteria/ canteen	0	0	0	0	0	0
* Access to existing research (publications)	0	0	0	0	0	0

*	12.1 The Erasmus+ grant is intended to provide a contribution to the additional costs incurred due to your
	Erasmus+ mobility compared to the cost of studying at your sending institution. According to your estimate,
	to what extent did the Erasmus+ grant (EU funds only) contribute to your additional expenses related to
	vour mobility period?

12 Costs
* 12.1 The Erasmus+ grant is intended to provide a contribution to the additional costs incurred due to you Erasmus+ mobility compared to the cost of studying at your sending institution. According to your estimate to what extent did the Erasmus+ grant (EU funds only) contribute to your additional expenses related to your mobility period?
your mobility period? If you are receiving funds from other sources please do not include those in your estimation.
0-25%
© 26-50%
© 51-75%
© 76-100%
* 12.2 Would it have been financially possible for you to go on an Erasmus+ stay abroad without the Erasmus+ grant?
© Yes
Maybe
O No
Not applicable
* 12.2 Did you receive a ten up grant for students with fewer enpertunities?
* 12.3 Did you receive a top-up grant for students with fewer opportunities? O Yes
© No
* 12.4 Would you have participated in the mobility if you had not received the top-up grant?
O Yes
O No
I don't know
Not applicable
* 12.5 Did you receive additional travel support for green travel?
© Yes
O No
* 12.6 Did the availability of the green travel support encourage you to use sustainable means of transport for travelling to and from your mobility destination?
Yes
YesNo
No, I would have travelled by sustainable means anyways
No, there was no realistic/suitable option to travel the majority of the journey by sustainable means
= 1.15, alore that he realisated extent to travel the majority of the journey by subtamable means

No, travelling by sustainable means was still too expensive

29

I am not sure
13 Conclusions
13.1 If you wish, please give any additional information, observations, comments or recommendations that may be useful for students wishing to go abroad, for your sending and receiving higher education institutions, National Agency or the European Commission in view of improving the Erasmus+ student mobility action.
14 Consent
* 14.1 I'm willing to help future Erasmus+ participants based on my experience. They can contact me at my email address. O Yes No
* 14.2 I agree that (parts of) this report can be published and made available to the general public. O Yes, with my name and email address Yes, but anonymised (no name, no email address) No
* 14.3 I agree that my email address will be used later to contact me for further studies related to the content of this report or regarding the Erasmus+ Programme and EU issues Yes No
* 14.4 I authorise the European Commission to share my personal data (first and last name, email address) and mobility-related data (the names of my sending and receiving institutions) with the Erasmus+ Student and Alumni Alliance (ESAA – web link: http://www.esaa-eu.org) for information on professional, volunteering and networking opportunities with other Erasmus+ students and alumni. © I agree © I do not agree
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O No