



**Guidelines for the Erasmus+ traineeship mobility success story  
(a description of the participants' experience)**

We highly appreciate if you could give more information about your Erasmus+ traineeship mobility:

- Why did you choose to participate in Erasmus + traineeship mobility?
- What was the experience in cooperation with the sending and receiving institutions before, during and after the mobility?
- What are your academic and personal benefits from Erasmus + traineeship mobility?
- What were your brightest impressions when living abroad during the Erasmus + traineeship period?
- What kind of practical advice you would like to give to students who are considering taking part in Erasmus + traineeship mobility?
- Other aspects that you feel are relevant to your Erasmus + traineeship period.
- We kindly ask you to include 3-5 photo images from your Erasmus+ traineeship mobility.

Before the story, please provide the following information:

- Name and surname
- Age
- Gender
- The sending university
- Country of Mobility
- Receiving Organization/Enterprise (please also indicate the address of the organization)
- Field
- Duration of the mobility period

Thank you!