

MOBILITY SERVICES

**Travel report from an exchange study period**

We wish to gather information regarding our partners and processes. Also, in many exchange programmes a travel report is required. The travel report is published on our website with some data (personal information, etc.) omitted.

Please submit the report as a Word-document on the Moodle course *OPIS0095 Responsible and Goal Oriented Exchange* or in an e-mail to outgoing.international@univaasa.fi.

# Personal details

Name:

Email:

Major at home institution:

Exchange destination:

**Prior to the departure**

Where and how did you find information regarding exchange possibilities?

How do you evaluate the support of your faculty and major towards your exchange?

Evaluate how the following were organised

* Informing of the exchange possibilities
* Application procedure
* Guidance and counselling (mobility services and academic unit/ study programme)
* Orientation
* Scholarship

How would you improve the information and procedure?

How did you prepare for the exchange?

Did you contact other students who had been to the same destination?

Could you speak the language of the host country?

What information did you receive form the host university before departure?

# Arrival at the host university

Were you picked up from the airport / station ?

Was there any kind of tutoring, what kind of?

Were you advised on courses, registration, visa-issues, who advised you?

Was there any kind of orientation?

What kind of practical problems did you meet?

# Living in the city of destination

How was your apartment organised?

Did you have an apartment before departure?

How was your apartment?

Rent?

Distance from host university?

Evaluate how the apartment process was organised

Did you have an insurance for your stay?

Budget, approximately how much did you spend on

Travel to host uni

Traveling

Living

Food

Other expenses

Leisure time

Studies

Visas

Insurances

TOTAL

Were you charged any costs at host university and what/ how much were they?

Evaluate hobby and leisure time possibilities at host university and city

# Studying

Did you have enough information on the course possibilities at host university? Were you able to fill in the first Learning Agreement?

Were there any changes to your Learning Agreement?

Evaluate the work load of studying compared to University of Vaasa

What was the level of teaching, equipment and material?

Language of instruction/ studies at host?

How did you manage language-wise, were there any language courses and did you attend? Evaluate your language skills before and after the exchange.

How is the studying different in comparison to Vaasa?

What courses did you do and which faculties? Practical course tips

How well do you think your exchange studies contribute to your degree at University of Vaasa and advance you in your studies?

How were you served at the International office of the host university?

**Experiences**

Was the duration of the exchange okay?

How well did you integrate the social and academic life of the host university?

What else comes into mind regarding your stay at host university? Problems, culture shock, great things?

# Developing student mobility

How would you improve the student mobility?

Did you receive adequate support from your host and home institution before and during your exchange study period? What would you need more?

Grade on scale 1-5 the academic level of host university (1=bad, 5 = excellent, 3 = Vaasa level)

Grade on scale 1-5 the whole exchange experience (1=bad, 5 = excellent)

What would you like to stress to the next ones heading for the same destination?

What contact info can we give to others heading for the same destination?

**Thank you for your feedback!**