Travel report

## Introduction

Start here by writing a short introduction about your exchange period, for example:

* Where did you spend your semester/academic year abroad (Country, city, university).
* For how long did you stay (one semester/a whole academic year or approximately how many months).
* What are you studying at Arcada and what did you study during your exchange period?
* What was the local language of your host country and did you have any skills in the local language in beforehand?

## Preparing for the exchange

What made you decide to go on exchange?

What made you choose this institution?

Where did you find all the needed information?

Visa process, Insurance, vaccinations required

Did you receive the support needed from your home institution prior to your exchange?

Did you receive the support needed from your host institution prior to your exchange?

What to do if you start hesitating about going though you know deep down that you want to go?

## Arrival in the host country

Notification to the authorities

Certificates required

## The partner university

Size

Campus

Orientation programme

Tutoring system

Student associations

Meals

Support

## Studies

Where did you find information about the courses?

Language of instruction

Language courses

Level of teaching

Lectures, group-work, practice

Laboratories and equipment

## Living

Location (distance to university and services)

How did you find your housing?

Rent

Living standard, equipment

## Lifestyle

Local life and service available

Safety

Price levels

Language issues “Did you have any skills in the local language in beforehand? If not, did you study the local language and how did you manage”

## Spare time

Sights

Spare time activities

## Critical incident

Think of a situation that you have experienced during your time abroad that surprised or confused you. What happened? How did you feel? How did you solve it?

## Other observations

Did you receive the support needed from your home and host institution during your exchange?

Positive and negative surprises

Advice to students who are thinking about applying for an exchange

## Skills and competences gained abroad

Skills obtained abroad (other than academic).

Skills that can be useful in future work.

Reflect upon how the intercultural experiences during your exchange helped you to develop yourself (for example your self-awareness, ability to relate to others etc.)?

## Next steps forward

How do you intend to continue the international journey that you have started?