

# NORDPLUS/EkoTekNord

Report on International Study Period  
To be handed in to your international office.

Please include the following information in the report:  
You may continue on a separate sheet of paper.

Name \_\_\_\_\_  
Email address \_\_\_\_\_  
Study programme \_\_\_\_\_  
Host Institution abroad \_\_\_\_\_  
Study Period abroad (please give exact dates and year) \_\_\_\_\_

## Things to be considered before going abroad

- Please include everything that you had to do prior to the departure (documents, birth certificates, insurances... where did you get them, were there any extra costs?).

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## Information prior to the departure

- Did you get any information on the host institute? From where?
- Did the host institute contact you directly? When?
- Did you have to apply for the accommodation yourself? Were there special forms for it? If yes, where did you get them? When? Anything special to be mentioned?

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## Arrival in the host institution

- Was there an orientation session held?
- Did anyone meet you at the airport/railway station? How did you find your way to your accommodation?
- Any practical tips for checking in to your flat?
- Were there an office where you can ask for information?

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## Other practical issues

- How much did you pay for your rent?
- Was there a deposit payment required?
- Did you have to buy any furniture/kitchen equipment?
- Did you open up a bank account? Any problems with that?
- Did you visit a doctor/dentist? Any practical tips?
- Where did you eat your daily meals? How much did it cost?

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**Studying abroad**

- Is there an examination period? When?
- Did you get any guidance for selecting your courses? When? From whom? How?
- What was studying like compared with studying at your home university?
- Describe a typical day.
- Describe the courses you took: Name of the course, how many contact hours per week, how many lectures/distance studies, literature required.
- How would you evaluate the institution as a whole?
- Describe the exams. Were you allowed to have a dictionary with you? How were foreign exchange students treated?
- Did you have any language problems?

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**Social life**

- Was it easy to adapt to the local culture?
- Were there activities arranged together with local students and local people?
- Were there activities with other international exchange students?
- What other activities were available?

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**Finance**

- How much money did you spend during the international study period? Please specify, how much money did you spend on travelling, living, food, leisure time, studying, insurances, other expenses?
- Did you apply for grants anywhere? Any success?
- What do you think are the most important characteristics of an international exchange student?
- At what stage of the studies in your opinion is the best time to go to study abroad?
- What were your expectations? Did they come true? Anything else you would like to say to students who consider a study period abroad?

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