



LEARNING AND TRAINING ABROAD

Name of the student:

1. How was your behavior, motivation and the quality of your work at the training placement?

1. I was not very motivated or polite. I could have worked better.
2. Between levels 1 and 3.
3. I was quite motivated. My behavior was usually good. I usually did good work.
4. Between levels 3 and 5.
5. I was active and motivated. I was always polite. I always did my best at work.

2. How was your communication (blog and contact with your school staff) and reportation during and after your training abroad?

1. I needed a lot of help, guidance and reminding.
2. Between levels 1 and 3.
3. My blog is good and I usually communicated well. I mostly did the reports on time.
4. Between levels 3 and 5.
5. I was active on my blog and in my communication. I did the reports independently and on time.

3. Describe your typical training week abroad.

Tell about your:

- **routine:** Describe your typical training day schedule.

- **work / studies:** Describe your most important training tasks and responsibilities

- **communication with colleagues or other students:** Describe how you communicated with your foreign colleagues at your training placement (workplace / school).

N.B. Write at least 5 or more sentences. Write in English.

4. Compare the working / studying and the communication culture and habits in Finland and in your target country.

Did you notice differences or similarities in:

- working **techniques or equipment**?
- **communication or habits** at the workplace / school?
- **communication or habits** outside the work / school environment?

N.B. Write at least 3 or more sentences. Write in English.

5. What did you learn during your training period abroad? How can you use your training experience when you apply for a job or in your future working life?

How would you describe the experience in you CV?
What are the skills your future employers can benefit from?

You can list for example:

- **personal skills**
- **professional skills**
- **language skills**
- **other things**

N.B. Write at least 5 or more sentences. Write in English.

Overall, I would
give myself
the grade (1 - 5)

Place and date:

Name of the student:

Signature:
