



# Participant Report Form - KA1 – Learning Mobility of Individuals in Youth Exchanges

Fields marked with \* are mandatory.

Document code: EP-KA1-Youth-2016

## 1 Purpose of the participant report

This final report on the mobility experience you participated in will provide the EU's Erasmus+ Programme with valuable information which will benefit both future participants and contribute to the continued improvement of the programme. We are grateful for your co-operation in filling out the questionnaire.

All personal data mentioned in this form will be processed in accordance with Regulation (EC) No 45 /2001 of the European Parliament and of the Council of 18 December 2000 on the protection of individuals with regard to the processing of personal data by the European Union institutions and bodies and on the free movement of such data. This report, once submitted, will be accessible to the coordinating organisation, National Agencies of the Erasmus+ Programme and the European Commission. More details in [Specific Privacy statement](#).

## 2 Identification of the Participant and General Information

### \* 2.1 First and last name

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

Jana Šestáková

### \* 2.2 Email address, where I can be contacted in the future

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

Please correct this email address if necessary.

jane.sestakova@gmail.com

### 3 Competences Developed by Participants

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- 3.1 Which of the following participants' competences were most likely developed through their participation in this Youth Exchange?

	Fully	To a high extent	Fairly	To a low extent	Not at all	Unable to judge
*Communication in the mother tongue	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Communication in foreign language	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Practical skills (e. g. planning and organising, project management, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Problem solving skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Analytical skills	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Digital competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Mathematical competences	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Basic competences in science and technology	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Sense of initiative and entrepreneurship	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Learning to learn	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Interpersonal and social competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Intercultural competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Cultural awareness and expression	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3.2 Which of the following effects did you notice in the overall on the participants from your country?  
After the Youth Exchange, they...

	Most of them	Some of them	Few of them	None of them	Unable to judge
*are more confident and convinced of their abilities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*know better their strengths and weaknesses	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to adapt to and act in new situations	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to think and analyse information critically	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to reach decisions	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*intend to participate more actively in social and political life of my community	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more interested in knowing what happens in the world daily	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to cooperate with people from other backgrounds and cultures	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more tolerant towards other persons' values and behaviour	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more open-minded and curious about new challenges	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more interested in European topics	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*feel more European	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more aware of social and political concepts like democracy, justice, equality, citizenship, civil rights	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 3.3 Furthermore, participants from your country...

	Most of them	Some of them	Few of them	None of them	Unable to judge
*have learned how to produce media or social media content on their own	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to discuss political and social topics seriously	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*realise that they now learn better or with more pleasure	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more receptive to Europe's multiculturalism	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more committed to work against discrimination, intolerance, xenophobia or racism	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more aware of the fact that some people in our society are disadvantaged	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more willing to express their opinions to the others and stand for them	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more willing to take action to change the things that do not work in their surroundings	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 3.4 If you wish, please give additional comments about this aspect (you can highlight both positive and negative aspects)

## 4 Professional development

4.1 How would you judge the effects of the participation in this Youth Exchange on the professional development of participants from your country?

	Most of them	Some of them	Few of them	None of them	Unable to judge
*Participants got a clearer idea about their future educational path	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Participants got a clearer idea about their professional aspirations and goals	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Participants' job chances have increased	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*Participants are readier to pursue further education or training (formal, non-formal, vocational)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 5 Certification and Formal Recognition

\* 5.1 Have the participants received formal recognition for having taken part in the activity?

☒ Yes

☐ No

\* 5.2 If not, please explain why.

The participants received Youthpass certificates.

\* 5.3 Which certificate/diploma/document?

Multiple answers are possible.

☒ Youthpass

☐ Europass

☐ Other

\* 5.5 Was the process of preparing and completing the Youthpass certificate integrated in the project (e.g. through reflections, meetings, monitoring of learning outcomes)?

- ☒ Yes  
☐ To some degree  
☐ No

5.6 As a result of the use of the Youthpass approach in the Youth Exchange, participants from your country

	Most of them	Some of them	Few of them	None of them	Unable to judge
*have become more aware of what they learned during the project	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more aware of what they can learn from taking part in a youth project	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*have a better understanding of the kind of skills and competences they would like to improve or obtain in the future	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*are more able to explain to others what they learned during this project	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5.7 If you wish, please give additional comments about this aspect (you can highlight both positive and negative aspects)

## 6 Overall Evaluation

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### 6.1 Did the Youth Exchange...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree	Unable to judge
*meet your expectations	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*meet the expectations of the participants from your country	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### \* 6.3 How do you evaluate the overall success of this Youth Exchange?

- ☒ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Very poor

### 6.4 If you wish, please give additional comments about the quality of the Youth Exchange (you can highlight both positive and negative aspects)

## 7 Conclusions, Personal Comments and Recommendations

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### 7.1 If you wish, please give any additional information, observations, comments or recommendations that may be useful for future projects as well as to the National Agency or the European Commission.

## 8 Publication and Usage Rights of the Information and of the Email Address

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- \* 8.1 I'm willing to help future Erasmus+ participants based on my experience. They can contact me at my email address.

☒ Yes

☐ No

- \* 8.2 I agree that (parts of) this report can be published and made available to the general public.

☒ Yes, with my name and email address

☐ Yes, but anonymised (no name and no email address)

☐ No

- \* 8.3 I agree that my email address will be used later to contact me for further studies related to the content of this final report or regarding the Erasmus+ Programme and EU issues.

☒ Yes

☐ No

### Contact

[http://ec.europa.eu/programmes/erasmus-plus/contact\\_en](http://ec.europa.eu/programmes/erasmus-plus/contact_en)

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