**Self-assessment questionnaire for ALMA**

**participants in work-related learning experience abroad**

*These self-assessment questionnaires are indicative and not mandatory for beneficiaries. The beneficiary is free to design a self-assessment survey for the project participants and to use it as a basis for the evaluation of the project results.*

# BEFORE the mobility

This self-assessment questionnaire is designed to explore your knowledge, skills and attitudes before starting the ALMA work-related learning experience abroad. Its purpose is to help you to reflect on your mobility journey and to recognize the acquired competences. This is simply a tool and not a test.

After mobility, you will be able to fill in a second questionnaire that will help you understand how much your knowledge, skills and attitudes will have changed after this mobility experience.

The questionnaire consists of two parts: open questions, where you are asked to answer in your own words and closed questions where you are invited to choose the answers from the given. Your answers to open questions will be valuable to improve the implementation of ALMA mobility in the future, so please be honest and open when answering the questions. The information provided in the questionnaire is confidential and will not be disclosed to third parties.

|  |  |
| --- | --- |
| **Name, surname** |  |
| **Your educational background** |  Elementary, Junior or High School  Undergraduate  Postgraduate |

|  |  |
| --- | --- |
| **No.** | **Questions** |
| 1 | Why have you joined the project? |
|  |
| 2 | How do you feel before leaving for your work-related learning experience abroad? What worries you? |
|  |
| 3 | Do you feel well prepared for this mobility experience? In what way? |
|  |
| 4 | What new opportunities do you think the work-related learning experience abroad will open up for you? |
|  |

Read each entry in the section below and choose the answer from the options given:

|  |  |  |
| --- | --- | --- |
| **No.** | **Self-reflection Questions** | **Definitely Yes; Probably Yes; Neither Yes or No; Probably No; Definitely No** |
| 1 | I know what I want to work with or learn in the future |  |
| 2 | I think I will be able to get a job in my country after the work-related learning experience abroad |  |

|  |  |  |
| --- | --- | --- |
| 3 | I think I will be able to re-enter education after work-related learning experience abroad |  |
| 4 | I think I will be able to look for a job after work-related learning experience abroad (send a job application, attend a job interview) |  |
| 5 | I think I will be able to carry out my work duties in a good way when I get a job after work-related learning experience abroad |  |
| 6 | I think I will be able to handle my studies in a good way after work-related learning experience abroad |  |
| 7 | I think I will improve if I get a job or get an education |  |
| 8 | I believe in myself |  |
| 9 | I have working knowledge of the language spoken in the host country |  |
| 10 | I think I can work in teams |  |
| 11 | I think I can work easily in intercultural groups |  |
| 12 | I can interact with people who hold different interests, values, or perspectives |  |
| 13 | I feel confident enough to ask for advice from people that I don’t know |  |
| 14 | I can adapt to and act in new environments |  |
| 15 | I feel prepared to enter the labour market or continue education |  |
| 16 | I am ready to live abroad and learn new things |  |
| 17 | I feel European |  |
| 18 | I will be much more attractive to an employer when I return from the work- related learning experience abroad |  |

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# AFTER the mobility

This self-reflection questionnaire is designed to explore your knowledge, skills and attitudes after ALMA work-related learning experience abroad and to compare it with previous results from before mobility. Its purpose is to help you to reflect on your mobility journey and the acquired competences. This is simply a tool and not a test.

This questionnaire asks for your feedback on the work-related learning experience abroad. Your answers will be also valuable to improve the implementation of ALMA mobility in the future, so please be honest and open when answering the questions and giving your feedback. The information provided in the questionnaire is confidential and will not be disclosed to third parties.

The questionnaire consists of two parts: open questions, where you are asked to answer in your own words and closed questions where you are invited to choose the answers from the given.

**Name, surname**

|  |  |
| --- | --- |
| **No.** | **Feedback questions** |
| 1 | Did the work-related learning experience abroad go the way you imagined it before you left? What was different? |
|  |
| 2 | Do you think you were well prepared for this mobility? What preparation did you lack most? What knowledge and skills were most useful? |
|  |
| 3 | What has the project given you? |
|  |
| 4 | What new opportunities do you think this work-related learning experience abroad will open up for you? |
|  |
| 5 | What new things have you learned as a result of your work-related learning experience abroad? |
|  |
| 6 | Do you think you received enough support after the work-related learning experience abroad? What support was most useful and what support was most lacking? |
|  |
| 7 | What problems did you face during your stay abroad? |
|  |
| 8 | Could you please give some recommendations to your peers who are going to have ALMA work-related learning experience abroad, on how they can maximize their experience? |
|  |

Read each entry in the section below and choose the answer from the options given:

|  |  |  |
| --- | --- | --- |
| **No.** | **Self-reflection Questions** | **Definitely Yes; Probably Yes; Neither Yes or No; Probably No; Definitely No** |
| 1 | I know what I want to work with or learn in the future |  |
| 2 | I think I will be able to get a job in my country |  |
| 3 | I think I will be able to re-enter education |  |
| 4 | I think I will be able to look for a job (send a job application, attend a job interview) |  |
| 5 | I think I will be able to carry out my work duties in a good way when I get a job |  |
| 6 | I think I will be able to handle my studies in a good way |  |
| 7 | I think I will improve if I get a job or get an education |  |
| 8 | I believe in myself |  |
| 9 | I have working knowledge of the language spoken in the host country |  |
| 10 | I think I can work in teams |  |
| 11 | I think I can work easily in intercultural groups |  |
| 12 | I can interact with people who hold different interests, values, or perspectives |  |
| 13 | I feel confident enough to ask for advice from people that I don’t know |  |
| 14 | I can adapt to and act in new environments |  |
| 15 | I feel prepared to enter the labour market or continue education |  |
| 16 | I am ready to live abroad and learn new things |  |
| 17 | I feel European |  |
| 18 | I am much more attractive to an employer after work-related learning experience abroad |  |