



Participant Report Form – Call 2023 – KA1 – Learning Mobility of Individuals – Staff mobility for teaching and training activities between programme and partner countries

Fields marked with * are mandatory.

Document code: EP-KA1-HE-Int-Staff-2023

1 Purpose of the Participant Report

This report on your mobility experience 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 2018 /1725 of the European Parliament and of the Council of 23 October 2018 on the protection of natural persons with regard to the processing of personal data by the European Union institutions, bodies, offices and agencies and on the free movement of such data. This report, once submitted, will be accessible to the coordinating institutions, their national agencies and the European Commission. More details in [Specific Privacy statement](#).

Please make sure you have the information of your Mobility Agreement and Grant Agreement (if applicable) with you BEFORE you start filling in this report.

2 Identification of the participant

* 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.

Anikó Beregszászi

* 2.2 Mobility start date

The date on which your mobility activity started, provided for information only. Should this date be incorrect, please contact the person responsible for the management of your mobility to correct this date.

07/03/2025

* 2.3 Mobility end date (end date of the physical or virtual component - whichever one is later)

The date on which your mobility activity ended, provided for information only. Should this date be incorrect, please contact the person responsible for management of your mobility to correct this date.

12/03/2025

* 2.4 Sending institution

Ferenc Rakoczi II Transcarpathian Hungarian College of Higher Education

* 2.5 Receiving institution/enterprise/organisation

Univerzita J. Selyeho

* 2.6 Host country

Slovakia

* 2.7 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.

beregszaszi.aniko@kmf.org.ua

* 2.8 Is your sending organisation

A higher education institution?

* 2.9 You are

member of the teaching staff at your sending institution

* 2.10 How long have you been employed by your sending institution?

Over 10 years

3 General information about your mobility

* 3.1 Participation in

Physical mobility

* 3.3 Please indicate how many times you have been on staff mobility financed by Erasmus+ or Lifelong Learning Programmes since 2010

2-5 times

* 3.4 What type of activity did you participate in?

Staff mobility for training

* 3.5 Which of the following elements did your mobility period include?

Multiple answers are possible.

- Lectures
- Tutorials/seminars/workshops
- Research supervision of students
- Distance teaching/online courses
- Distance learning/online courses
- Participation in a blended intensive programme
- Participation in tests/exams
- Planning of future Erasmus+ co-operation
- Monitoring of Erasmus+ cooperation projects
- Promotion and/or follow-up/monitoring of Erasmus+ mobility Cultural activities
- Job-shadowing
- Promotion and/or follow-up/monitoring of Erasmus+ mobility
- Participation in a staff training week

* 3.6 How is staff mobility encouraged within your institution?

- As a part of overall strategy
- As a part of international strategy
- As part of staff development
- Mandatory part of career development
- Recommended by management
- Other

* 3.8 Was a mobility agreement between you and your sending and receiving institution/enterprise /organisation signed before the mobility?

Yes

4 Motivation for your mobility

* 4.1 What were your top 5 motivations for taking part in this Erasmus+ mobility?

Maximum 5 selection(s)

Multiple answers are possible.

- To acquire knowledge and specific know-how from good practice abroad
- To develop my own competences in my field and increase the relevance of my teaching
- To increase knowledge of social, linguistic and/or cultural matters
- To gain practical skills relevant to my current job and professional development
-

- To increase my job satisfaction
- To build up new contacts/expand my professional network
 - To reinforce the cooperation with a partner institution
 - To build up cooperation with the labour market
 - To create spin-off effects like curriculum development, development of joint courses or modules, academic networks, research collaboration etc.
 - To experiment and develop new learning practices and teaching methods
 - To share my own knowledge and skills with students
 - To increase the quality and quantity of student and staff mobility to and from my sending institution
 - To meet new people
 - To increase my future employment and career opportunities
 - To receive an Erasmus+ grant
 - To improve my foreign language skills
 - To improve services offered by my sending institution
 - Other

5 Satisfaction with your mobility

- * 5.1 How satisfied are you with this Erasmus+ mobility experience in general (both physical and virtual components)?

Very satisfied

- * 5.2 Would you recommend this experience to a colleague?

Yes

- * 5.6 How satisfied were you with the support provided by your sending institution/enterprise/organisation?

Very satisfied

- * 5.7 Was the selection procedure at your sending institution/enterprise/organisation fair and transparent?

Yes

- * 5.8 How satisfied were you with the support provided by your receiving institution/enterprise/organisation?

Very satisfied

6 Outcomes of your mobility

- * 6.1 Do you think that you have benefited from your participation in Erasmus+ mobility?

Yes

6.2 Thanks to this Erasmus+ mobility activity

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree	Not applicable
* I have learned from good practices abroad	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have experimented and developed new, innovative learning practices or teaching methods	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have gained sector-specific or practical skills relevant for my current job and professional development	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have enhanced my curriculum design skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have enhanced my organisational/management/leadership skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have reinforced or extended my professional network or built up new contacts	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have reinforced the cooperation with the partner institution/organisation	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have built cooperation with stakeholders from the labour market	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have built cooperation with stakeholders in the civil society	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have improved my foreign language skills	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have improved my social, linguistic and/or cultural competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have improved my competences in the use of Information and Communication Technology tools (e.g. computer, internet, virtual collaboration platforms, software, ICT devices, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have increased my job satisfaction	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I have enhanced my employment and career opportunities	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I feel more confident in an intercultural setting	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* I have shared my own knowledge and skills with students and/or other persons	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I contributed to create spin-off effects like curriculum development, development of joint courses or modules, academic networks, research collaboration, etc.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I contributed to increasing the quality and quantity of student or staff mobility to and from my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 6.6 Please select up to 5 areas where you feel your mobility had an impact on your sending institution /enterprise/organisation

Maximum 5 selection(s)

Multiple answers are possible

- It will lead to the use of new teaching/training methods/approaches/good practices at my sending institution
- It has led to the use of new teaching/training methods/approaches/good practices at my sending institution
- It will lead to new/increased cooperation with the partner institution/organisation(s)
- It will lead to internationalisation of my sending institution
- It has led to internationalisation of my sending institution
- It will lead to stronger involvement of my institution/enterprise/organisation in curriculum development
- It has led to stronger involvement of my institution/enterprise/organisation in curriculum development
- It will lead to the introduction of changes in the organisation/management of my sending institution/enterprise /organisation
- It has led to the introduction of changes in the organisation/management of my sending institution/enterprise /organisation
- Other

* 6.8 What have you done to achieve such impact as described in the previous question?

Erasmus mobility is very important between higher educational institutes in Europe.

In the next question, we ask you about your 'European sense of belonging'. This expression refers to your feeling of being European, belonging to the same community as other Europeans, and sharing common identity, culture and values with them.

* 6.9 Do you think that you have an increased European sense of belonging after your participation in Erasmus+ mobility?

Yes

7 Erasmus+ priorities

* 7.1 The Erasmus+ programme supports a number of key European political priorities: inclusion and diversity, environmental sustainability, digital education, and participation in democratic life. Do you think that as a result of your mobility activity you have acquired knowledge or ideas relevant for one or more of these priorities?

- Yes
- No

7.2 As a result of my mobility activity...

Multiple answers are possible

- I have learned more about environmental, climate and sustainability issues.
-

- I have changed my habits to become more sustainable.
- I have a better understanding of the diversity in my society.
- I am more committed to work against discrimination, intolerance, xenophobia and racism.
- I am more interested in participating in elections, in other democratic processes, and in the life of my local community.
- I have learned more about Europe, the European Union and European values.
- I have learned more about new and useful ways to apply digital technology.
- I am eager to use more digital technologies in my studies or work.

8 Recognition of your mobility

* 8.1 In what way will your mobility be recognised by your sending institution/enterprise/organisation?

Multiple answers are possible.

- Part of my yearly work plan
- Included in my annual performance assessment
- Informal recognition by my management (such as the head of department /unit, dean, rector)
- Salary increase
- Other
- Not recognised at all

* 8.2 Do you feel satisfied with this level of recognition?

No

* 8.3 Is recognition of staff mobility in your sending institution/enterprise/organisation handled in a fair and transparent way?

Yes

* 8.4 Where do you see room for improvement in recognition by your institution/enterprise/organisation?

Multiple answers are possible

- Take mobility into account for professional career advancement
- Take mobility into account in performance assessment
- Take mobility into account for salary increase
- Offer informal recognition by the management
- Other

9 Practical arrangements

* 9.1 Was your mobility funded by EU grants?

- Yes
- No

- * 9.2 The Erasmus+ grant is intended to provide a contribution to the additional costs incurred due to your Erasmus+ mobility compared to the cost of studying at your sending institution. According to your estimate, to what extent did the Erasmus+ grant (EU funds only) contribute to your additional expenses related to your mobility period?

If you are receiving funds from other sources please do not include those in your estimation.

76-100%

- * 9.3 Did you receive the grant payments on time, in line with the dates mentioned in your grant agreement?

Yes

- * 9.4 Did you receive additional travel support for green travel?

Yes

- * 9.5 Did the availability of the green travel support encourage you to use sustainable means of transport for travelling to and from your mobility destination?

Yes

- * 9.6 Did you require a visa in order to participate in this mobility?

No

10 Conclusions

10.1 If you wish, please give any additional information, observations, comments or recommendations that may be useful for staff wishing to go abroad, as well as for your National Agency for Erasmus+ or the European Commission in order to improve the staff mobility action.

11 Consent

- * 11.1 I'm willing to help staff and students based on my on Erasmus+ experience. They can contact me at my email address.

- Yes
 No

- * 11.2 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, no email address)
 No

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

Yes

No

Contact

http://ec.europa.eu/programmes/erasmus-plus/contact/national-agencies_en