# PROMOS Experience Report

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| Personal Details |

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| **Name:** |  | | |
| **E-Mail (optional):** |  | | |
| **Field of study:** |  | | |
| **Intended degree:** | BA | MA | PhD |
| **Host institution:** |  | | |
| **Host country:** |  | | |
| **Duration of stay**: |  | | |



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| **Notes on Writing the Experience Report**  This short report on your experiences provides important information for the PROMOS scholarship programme. It helps future students and contributes to improving the programme.  Be creative! We especially welcome innovative and original formats (e.g., photos, videos, blogs, etc.). **If you have an unusual idea for presenting your report, please don’t hesitate to coordinate with the International Office.**  Of course, you may share your experiences based on the following prompts and questions. You do not have to complete or answer every field.  **Note: Please also complete the consent form at the end of this document!** |

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| Preparation |

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| Feel free to use the following points when describing your preparation for your stay abroad:  Planning, organisation, application to the host university or institution. Why did you choose this stay (feel free to mention professional, personal, academic reasons, etc.)? How did you search for your host university/institution? How did you plan your arrival and departure? Any tips? |
| **Your answer:** |

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| Host University / Institution |

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| Please share your experience with the host university/institution. Were your expectations met? Did you receive support? How was the contact with the host institution before and during your stay? Would you recommend your host institution? |
| **Your answer:** |

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| Costs and Funding |
| Tell us about your financial situation during your stay. Did the scholarship cover your costs? Did you have any other sources of income? What were the local living expenses? What should future scholarship holders definitely keep in mind? |
| **Your answer:** |

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| Accommodation and Living Situation |
| What was your housing situation like?  How did you find your accommodation? Any useful tips for finding housing? What do you wish you had known beforehand? Were you satisfied with your housing? Would you recommend it? |
| **Your answer:** |

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| Academic and Professional Experiences During the Stay Abroad |
| What were your academic experiences like?  How was studying there (compared to studying at BUW)? Could you have your achievements recognised at home?  If you did an internship: Did it fit well into your course of study? Did you gain useful experience for your future career? Can you imagine working abroad? |
| **Your answer:** |

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| Language |
| Were your previously acquired language skills sufficient? Did you have the opportunity to improve your language skills locally (language courses, buddy programme, tutoring)? |
| **Your answer:** |

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| Experiences During the Stay Abroad |
| What were particularly nice or surprising experiences during your stay? What did you not expect? What did you miss? |
| **Your answer:** |

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| Daly Life und Freetime |
| Were there any leisure programmes offered by your host institution? Were there other leisure activities you can recommend? What are must-sees or must-dos? How did you spend your free time? |
| **Your answer:** |

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| Conclusion |
| How would you evaluate your stay abroad overall? Please feel free to mention highlights and low points.  Do you have any final advice for future scholarship holders? Any suggestions for improvement or tips? |
| **Your answer:** |

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| Summary of Your Stay Abroad in One or Two Sentences |
| **Your answer:** |

## Impressions

(Feel free to share photos from your stay abroad – optional)**





## Consent Form

**My experience report (including photos) may be published on the websites of the International Office or the International Students Team as well as in printed materials of the University of Wuppertal.**

yes

no

**I agree that my creative version of the experience report (in other formats) may be published on the websites of the International Office or the International Students Team as well as in printed materials of the University of Wuppertal.**

yes

no

**My email address may be shared with interested parties or future PROMOS students – for example, for exchanging information on housing, the city, or the host university.**

yes

only upon request

no

This experience report must be submitted as a PDF **via email** to the International Office (teamoutgoing@uni-wuppertal.de). Your consent to publication is valid even without a signature.