

Participant :

First Name :

Surname :

Project :

Nature of mobility

(work placement, volunteering) :

Programme :

From :

To :

Name of the company or host organisation :

Open-mindedness allows a person to have a wider look at their surroundings, at others and how to adapt their behaviour and speech to individuals and context. In other words, to be open-minded means to welcome **cultural diversity of opinions** and to adapt accordingly.

Having **Self-confidence** reflects the ability to believe in one's potential (knowledge, abilities, qualities, values) and to act with assertiveness in a specific context (professional, personal, social).

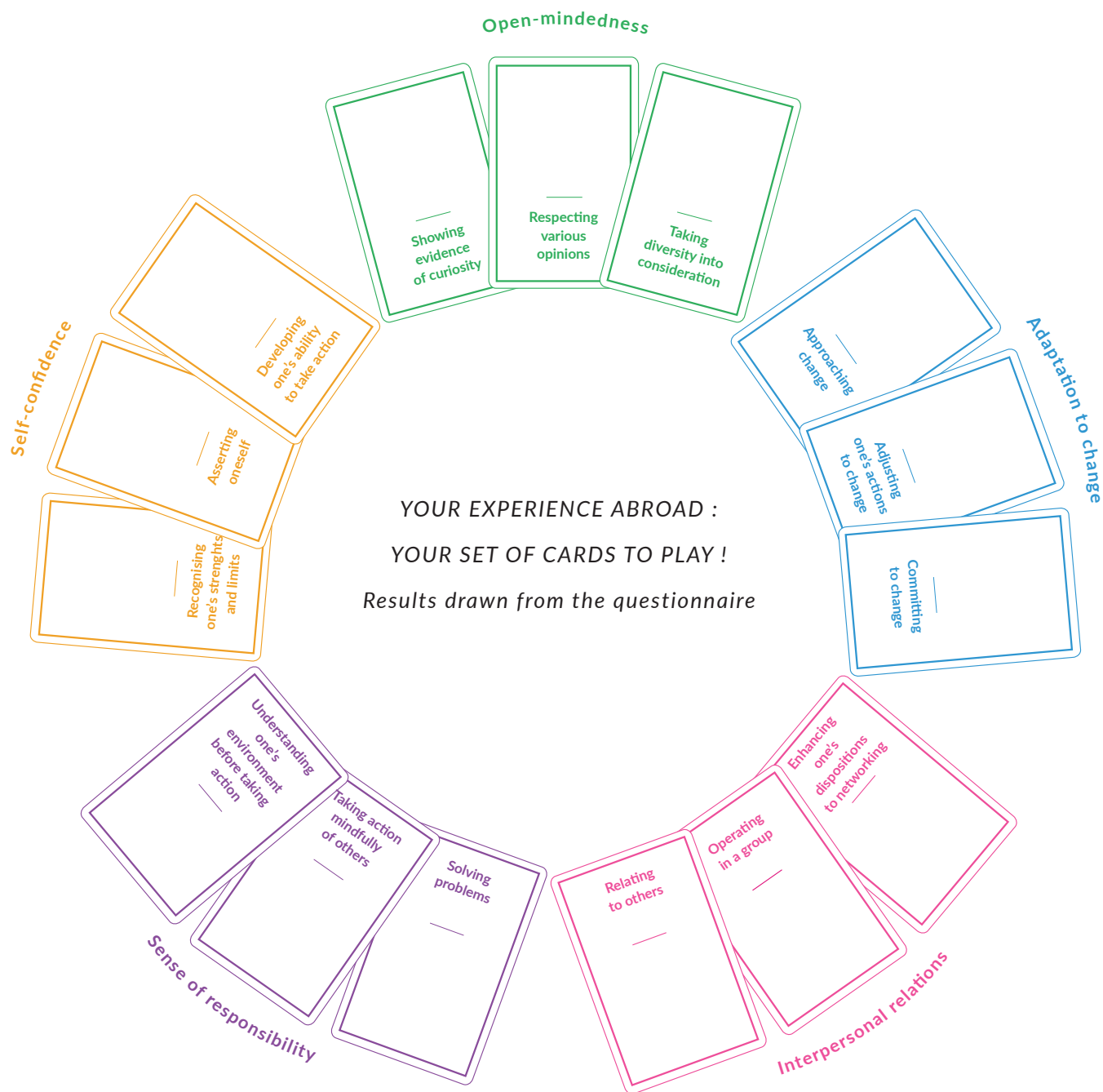
Having a strong **sense of responsibility** allows a person to respect their commitments, taking into account the resources and constraints of their environment, to account for their actions and to be accountable for the consequences. A responsible person is reliable and trustworthy.

Adaptation to change allows a person to cope with unforeseen and diverse situations in a constantly evolving society.

Having a **sense of interpersonal relations** allows a person to adequately communicate with others in order to build relationships, to engage in a group by being actively involved in the pursuit of a common goal and to maintain a network of acquaintances or contacts with people from all backgrounds.



EACH AKI COMPETENCE IS DESCRIBED BY THREE ABILITIES



The circle in the centre of the card :
the fuller, the stronger your ability



A SNAPSHOT IMAGE OF MY AKI COMPETENCES

This chart can help you to better identify the ability or abilities developed during your experience abroad.

We invite you to highlight your AKI cards by using examples based real-life experiences drawn from your experience abroad, with reference to your work placement, volunteering mission or your everyday-life at large.

Examples :





EASY TIPS

Highlighting your competences developed during your experience abroad can make a difference !
When describing your competences in your CV, be specific. You can use the terms of the AKI cards to bring out the learning outcomes of your experience abroad.

You have a job interview? You wish to take part in a civic engagement? Set your stronger cards forward while giving real-life examples to present your arguments and catch your interlocutor's attention.

A good player knows his or her best cards and can play them when required.

For more information, visit our website : <https://www.aki-mobility.org>



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