

## YOUR AKI COMPETENCES AT THE END OF YOUR MOBILITY EXPERIENCE

Name:

Today's date:

First Name:

Nature of mobility (work placement, volunteering):

Programme:

From... to ...

Name of host organisation:

### Which international mobility experience competences should I highlight?

You have completed your mobility experience in the course of which you have strengthened or developed competences that will serve you professionally, personally and as a citizen.

At the beginning of your experience, you filled in one initial questionnaire. You are welcome now to fill in this final questionnaire **within 7 days before your departure**.

#### Instructions:

- Reminder: this is not an assessment. The idea is to help you identify your competences, so you can highlight the learning outcomes of your experience
- Tick one or more statements depending on what suits you best in each series. You may choose not to answer (N/A)
- **Think about the different situations you have experienced while abroad (as per your work placement or volunteer mission, as per your day-to-day life) in order to make the best choice**
- If you can, give an example that you can explain, drawn from situations you have experienced while abroad, to illustrate your choice

At the end of your mobility experience, we will send you a **customised document** which will allow you to identify your competences, determine your strengths to highlight them better, for example at a job interview.

If you have any question relating to this questionnaire, please do not hesitate to communicate with your sending organisation.

A questionnaire has also been sent to your supervisor. Take the opportunity to debate with him.

### Series 1

To me, criticism is constructive. It helps me to evolve my point of view	
I express my ideas without seeking to impose them	
I feel at ease with people holding views different from mine	
I listen to those around me	
N/A	
<b>Example:</b>	

### Series 2

I dare assert my choices and opinion	
I take my place within a group in accordance with what I am capable of	
I observe my environment to act for the best	
I can express myself without feeling unsettled by criticism	
N/A	
<b>Example:</b>	

### Series 3

I can become a part of an existing network of people	
I can create my own network of contacts	
I can maintain a network of acquaintances by exchanging regularly by any means with its members (via NIT and real-life encounters)	
I can develop a network of acquaintances by communicating with people (via NIT and real-life encounters)	
N/A	
<b>Example:</b>	

### Series 4

Before taking action, I take into account the resources and constraints of the environment	
Before taking action, I analyse the situation	
Before agreeing to do something, I make sure I understand what is expected of me	
Before taking action, I devise an action plan	
N/A	
<b>Example:</b>	

### Series 5

I initiate change(s)	
I actively participate in change by suggesting ideas	
I have lots of ideas (I imagine different ways of doing things)	
I learn new tasks, technologies and procedures to handle change at best	
N/A	
<b>Example:</b>	

### Series 6

In case of failure, I do not give up and look for ways to bounce back	
I take initiatives (I do things without anyone telling me what to do)	
I try to figure out what can be done, with regard to my strengths (knowledge, abilities, personal qualities) and limits	
I accept challenges, i.e. carry out actions which I am not used to carrying out	
N/A	
<b>Example:</b>	

### Series 7

I change my plans and way of doing things when faced with an unforeseen circumstance	
I can find the resources necessary to adapt	
I adapt to change without losing efficiency	
I am ready to leave my references behind and change my habits when change occurs	
N/A	
<b>Example:</b>	

### Series 8

I adapt the way I communicate, depending on the people I am with	
I communicate easily with strangers	
I pay attention to those around me	
I place myself in other people's shoes to understand how they feel	
N/A	
<b>Example:</b>	

### Series 9

I compare cultures (customs, values, habits...) of those around me with my own culture	
I ask questions, I investigate to understand cultural differences	
I head out into the unknown unhesitatingly	
I am interested in others	
N/A	
<b>Example:</b>	

### Series 10

I explain to others how a problem can be resolved	
When faced with a problem, I ask for help whenever necessary	
When faced with a problem, I offer solutions	
I can foresee problems that might occur	
N/A	
<b>Example:</b>	

### Series 11

I include others in my decision-making	
I do not take ill-considered risks for others and myself	
I answer for my actions: I can explain them and accept their consequences	
I support decisions taken collectively	
N/A	
<b>Example:</b>	

### Series 12

When in a group, I know clearly the role and place of everyone	
I participate in the group's activities in pursuit of a common goal	
When in a group, I help others to carry out their tasks	
When in a group, I place the general interest above my own	
N/A	
<b>Example:</b>	

### Series 13

I am aware of my strengths (knowledge, abilities, personal qualities)	
I know my limits	
When in action, I tend to overcome my limits	
I work on my weak points to turn them into strengths	
N/A	
<b>Example:</b>	

### Series 14

I understand what can be gained or lost in change	
I understand what causes change	
I analyse change in order to make myself an opinion while keeping a critical mind about it	
I do not fear change (the unknown): I welcome it	
N/A	
<b>Example:</b>	



### Series 15

I seek to broaden myself through exposure to the diversity around me	
I am interested in others and their differences	
I share my differences with others (I share my own culture with them)	
I am aware of people's diversity around me (they hold different values and have different ways)	
N/A	
<b>Example:</b>	

