

## When you come home:

Evaluate! Write about your experiences. Answer questions like:

- Are you satisfied with your own effort, did you do your best?
- Did you improve the language skills- pronunciation, writing, understanding?
- Has the practice increased your understanding of the host country/ the people?
- Is there anything that you were not prepared for, that had been important/valuable to have known before you left?
- Was it something you missed to pack?
- What have you learned?
- How have you evolved as a person?
- What can you find useful in the future?
- What would you say to others, who consider working abroad?

Write a CV or complete an existing one.

When applying for a job, tell about your experience abroad.



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## Tips for a successful work practice abroad



## Before leaving:

Set up goals – what is it that you want to achieve by going abroad for work practice? What kind of workplace do you prefer?

Check out your passport – is it valid? Make sure you have the European Health Insurance Card and travel insurance. Investigate what it covers.

Learn useful words and phrases! Bring a dictionary.

Make a budget – how much do you need to cover expenses? Does your bank card work, withdrawals, currency etc?

What to pack? Investigate the weather and temperature for the season. Bring comfortable shoes! Do you need work clothes? Linen, towels? Hygiene products and washing powder are heavy– buy on the spot. Bring mobile phone and charger, and perhaps computer and camera. What rules are there when it comes to maximum weight, security, what can you bring in the hand luggage?



Examine how your mobile phone works abroad - cost, subscription/prepaid card? Do you need an adapter?

Find out all you can about the country: history, culture, traditions and customs. What are the dress codes, how do you greet and address others?

What can be done at leisure time? Find facts on the Internet, ask questions in different forums or connect with someone you know has knowledge and experience of the country you are going to go.

It's nice to bring some small gifts to give to nice people you meet, such as the supervisor/tutor at the workplace.

## On the spot:

Document! Photos and films are perhaps most valuable, but also diary, blog or notes are fun to have.

Be sure to always have some cash on you.

Do not be afraid to ask! Ask for directions or the most affordable restaurant, ask for sights not to be missed and if there is something fun going on in the area: festivals or other events.

Homesickness - no wonder you feel homesick, it usually passes!

Remember that it takes some time before you get used to a new job, especially in a foreign country. In the beginning you may feel tired of all the impressions, but once you have adapted, it feels better!

Do your best at work! Strive to become a team member and to find your place.

Be sure to drink water if it's hot, so you don't get dehydrated.

Seize the day! You rarely regret what you did, but what you didn't do.

Everything may not be as good as you expected. But try to make the best of it.

Keep an open mind and a positive attitude to those you meet!

**Smile and the world smiles with you!**

