



Good mobility guide

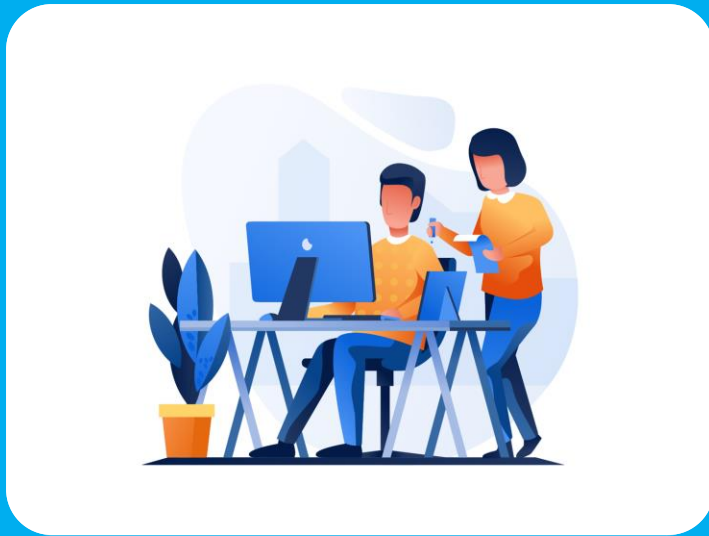
Co-funded by the
Erasmus+ Programme
of the European Union



Welcome to the Erasmus world!!!
You are about to experience a wonderful adventure
that might change your whole life!!!
These are the tips to make the best of it:



Everybody knows that in order to be prepared for the labor market, you need to have some more experience that is provided by many things. One of the most important ones is mobility. So all of you know that our school gives you the opportunity to participate in such a programme.



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The following guide provides you with enlightening tips, divided in a few paragraphs, so as you can use them to make your mobility as easy as possible:



Before the travel



Be sure that you have:

- parental permission
- all the necessary documents: Visa, ID Card, Passport, health insurance card, vaccinations needed
- medical permission
- registered on Online Language Support (OLS) and use if needed

Last minute preparation

Be sure you take:

- your tickets and documents
- the suitable clothing for the weather conditions and the working environment (dress code)
- necessary medication (either for your health condition or first aid)
- money (appropriate currency) and/or credit card
- technical equipment needed (chargers, laptop)

Be sure you know:

- the appropriate weight limit of luggage
- the meeting time and place



During the stay

Respect the culture, the religion and the customs of the country you visit

Respect your colleagues, mentors, coordinators and everyone involved in the project

Be punctual on the timetable and flexible if needed

Be sure you have your coordinator's contact and don't hesitate to inform them if there is an emergency

Always keep with you the important documents, telephone numbers and addresses (hotel, working place and maps)

If possible, take part in all activities

Don't forget at the end of the day to fill in the work notebook

When you finish the programme, don't forget to take with you your certification

After mobility

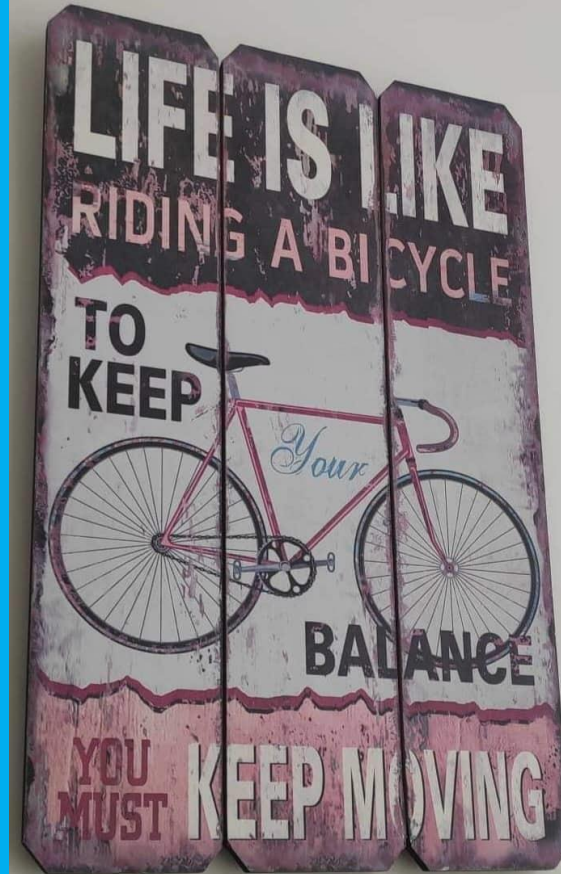


- Participate in the evaluation and dissemination process
- Encourage your classmates to participate in future mobility programmes

BE OPEN TO NEW OPPORTUNITIES TO TRAVEL AND
STUDY ABROAD!!!

Make the best of it

If you can dream it, you can do it



Life rewards bravery

Have fun

ENJOY YOUR TRIP!



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