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Participant Report Form – Call 2025 – KA1 – Learning Mobility of Individuals – School education, Adult education and Vocational education and training

Fields marked with * are mandatory.

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1 Introduction

We ask you to fill in this survey because you have recently participated in a mobility activity funded by the European Union's Erasmus+ programme.

The purpose of the survey is to gather feedback from Erasmus+ participants. This information will be used to evaluate the project in which you have taken part, to measure the impact of Erasmus+ and to improve it in the future.

On behalf of the European Commission, we thank you for any information, comments and advice you could provide.

2 Identification

* 2.1 Mobility ID

15256-MOB-0005

* 2.2 First name

See the section regarding the use of personal data at the end of this report titled: 'Consent'.

Onorica

* 2.3 Last name

See the section regarding the use of personal data at the end of this report titled: 'Consent'.

Ciucanu

* 2.4 Activity Type

Courses and training

* 2.5 Start date

06/07/2026

* 2.6 End date

11/07/2026

* 2.7 Sending organisation

LICEUL TEHNOLOGIC CORBU

* 2.8 Hosting organisation

Europass%20Academy%20Portugal,%20LDA

* 2.9 As far as you are aware, did any other organisations (apart from your sending and hosting organisations) take part in the setting up and implementation of your mobility activity? For example, such additional organisations can identify themselves as 'supporting organisations' or 'intermediaries'.

- ○ Yes
- ◉ No
- ○ I don't know

3 General Information

* 3.1 Please briefly describe the activities you have carried out during your mobility period.

2000 character(s) maximum

From July 6 to 11, 2026, I attended the "Social-Emotional Learning and Self-Care" training course in Lisbon, Portugal. During the course, I learned stress management practices—specifically Emotional Freedom Techniques (EFT), mindfulness, and self-regulation strategies—aimed at improving personal well-being and preventing professional burnout.
Key aspects included strengthening emotional intelligence and self-awareness to better recognize, understand, and manage emotions;
improving communication and collaboration skills through effective communication techniques, social intelligence, and collaborative approaches;
and enhancing resilience and conflict management capabilities through mindfulness practices, setting healthy boundaries, and using constructive conflict-resolution strategies. Furthermore, integrating social-emotional learning (SEL) into my teaching practice, along with developing and implementing an action plan at both personal and institutional levels, helped ground these concepts in the reality of my school environment. In addition to the training, visiting cultural sites in Lisbon and the surrounding area offered a wonderful opportunity to genuinely experience the local culture, civilization, and cuisine.

* 3.2 What did you learn as a result of participating in your mobility activity? Please try to be specific and mention concrete skills that you have improved and knowledge that you have gained.

2000 character(s) maximum

Following my participation in the training course, I enhanced the following competencies:
- practical stress management skills through learning and applying Emotional Freedom Techniques (EFT), mindfulness practices, and self-regulation strategies to improve personal well-being and prevent professional burnout;
- knowledge regarding emotional intelligence and self-awareness, enabling me to recognize, understand, and manage emotions more effectively in both personal and professional contexts;
- improved communication and collaboration skills through the application of effective communication techniques, social intelligence, and collaborative approaches within the educational environment;
- increased resilience and conflict management capabilities through mindfulness practices, the establishment of healthy boundaries, and the use of constructive conflict resolution strategies;
- integration of Social-Emotional Learning (SEL) into teaching practice, utilizing the CASEL framework and classroom strategies that promote student well-being and social-emotional development;
- development and implementation of an action plan—at both personal and school levels—to promote teacher well-being, integrate SEL into classroom activities, and extend these practices to families and the wider school community.

* 3.3 Were you aware that your mobility was supported by the Erasmus+ programme of the European Union?

- (●) Yes
- ( ) No

* 3.4 Was this the first time you have participated in an Erasmus+ mobility activity?

- ( ) Yes
- (●) No

4 Satisfaction

4.1 How satisfied are you with your Erasmus+ mobility experience?

	Very satisfied	Rather satisfied	Rather dissatisfied	Very dissatisfied
* Satisfaction	◉	○	○	○

4.3 Please rate the course or training that you have attended. The course rating system and the different elements listed below are based on the Erasmus+ course quality standards, which you can read here

	Very good	Good	Acceptable	Low quality	Very low quality
* Information and transparency (including: advance and complete information; application process; preparation; transparent costs; conditions of changes and cancellations)	◉	○	○	○	○
* Content and pedagogy (including: quality of teaching; inspiring and interactive learning; trustworthy, innovative and relevant content; Use of digital tools and blended learning)	◉	○	○	○	○
* European dimension (including: European values and policies; composition of the group and networking opportunities)	◉	○	○	○	○
* Services and facilities (including support to participants; qualified staff; duration and schedule of the course; venue; inclusion dimension; opportunities to provide feedback)	◉	○	○	○	○
* Follow-up (including: continued learning; facilitating institutional impact; certification of learning outcomes)	◉	○	○	○	○

4.4 Were you satisfied with the following arrangements for your activity ?

	Very satisfied	Rather satisfied	Rather dissatisfied	Very dissatisfied
* Overall organisation of the activity in terms of logistics and practical arrangements	◉	○	○	○
* Travel arrangements	◉	○	○	○
* Accommodation	◉	○	○	○
* Insurance coverage and information about insurance	◉	○	○	○

* My questions (or complaints) were addressed in a timely and helpful way	◉	○	○	○

5 Preparation and hosting arrangements

* 5.1 Before departing for your mobility activity, did you receive any preparation, training or information about the destination country and the hosting organisation?
  - ◉ Yes
  - ○ No

* 5.2 Was this preparation and information useful to you?
  - ◉ Yes, I felt well prepared
  - ○ Yes, but I needed more preparation
  - ○ No, I did not find it useful

* 5.3 Did you receive contact information of someone at your sending organisation to request help in case of an emergency?
  - ◉ Yes
  - ○ No

* 5.4 Did you receive contact information of someone at your hosting organisation to request help in case of an emergency?
  - ◉ Yes
  - ○ No

* 5.6 Have you been asked by your sending organisation (or another organisation working with the sending organisation) to pay a fee in order to participate in your mobility activity?
  - ○ Yes
  - ◉ No
  - ○ I don't know

* 5.8 Before departing, did you know what to expect during your mobility period (what you were going to do and what you were expected to learn)?
  - ◉ Yes
  - ○ No

6 Results

* 6.1 Do you think that you have benefited from your participation in Erasmus+ learning mobility?
  - ◉ Yes
  - ○ No

6.3 In which ways do you think you have benefited from your mobility period?

	Yes	No
* I have learned or improved practical skills relevant for my current job and for my professional development.	◉	○
* I have improved my knowledge of the subject I am teaching and of my professional field.	◉	○
* I have improved my organisational, management and leadership skills.	◉	○
* I have improved my career opportunities.	◉	○

* 6.5 Do you think that you have an increased European sense of belonging after your participation in Erasmus+ learning mobility?
'European sense of belonging' refers to your feeling of being European, belonging to the same community as other Europeans, and sharing common identity, culture and values with them.

◉ Yes
○ No

7 Priorities

* 7.1 The programme supports a number of key European political priorities: inclusion and diversity, environmental sustainability, digital transformation, and participation in democratic life. Do you think that as a result of your activity you have acquired knowledge or ideas relevant for one or more of these priorities?

◉ Yes
○ No

7.2 Do you agree with the following statements? As a result of my activity...

	Yes	No
* I have learned more about environmental, climate and sustainability issues	◉	○
* I have changed my habits to become more sustainable	◉	○
* I have a better understanding of diversity in society	◉	○
* I am more committed to work against discrimination, intolerance, xenophobia and racism	◉	○
* I am more interested in participating in elections, in other democratic processes, and in the life of my local community	◉	○
* I have learned more about Europe, the European Union and European values	◉	○
* I have learned more about new and useful ways to apply digital technology	◉	○
* I am eager to use more digital technologies in my studies or work	◉	○

8 Language

* 8.1 Main language used during mobility

English

* 8.2 Do you think that you have improved your skills in the main language used during your mobility period?

- (●) Yes
- ( ) No, I was already fluent
- ( ) No

* 8.3 Did you receive any support to improve your language skills before or during your mobility period (for example: a language course, language learning materials, language coaching)?

- (●) Yes
- ( ) No

9 Comments

9.1 Do you have any other comments about your experience? Are there any specific positive or negative aspects that you would like to mention?

2000 character(s) maximum

Even though there were three trainers during the course, it was a positive experience; each trainer brought a personal approach based on their own experience, which was an asset to the training course. I appreciated the ongoing support for improving my English during my stay in Lisbon, as well as the assistance provided to help me make the most of Portuguese culture and civilization.
Thank you to the three trainers—Ana, Beatriz, and Antonia—for the experience.

10 Usage & Consent

* 10.1 I am willing to share my experience to help other people interested in applying for or participating in the Programme. I agree that the National Agency or the European Commission (or another organisation working on their behalf) can contact me for this purpose.

- (●) Yes
- ( ) No

* 10.2 I agree that the contents of this report can be published by the National Agency or the European Commission and made available to the general public.

- (●) Yes
- ( ) No

* 10.3 I authorise the European Commission to share my personal data (year of birth, gender, and if needed first and last name, email address) and activity-related data (area of study, mobility period, the names of my sending and receiving institutions) for further research purposes.

- (●) Yes
- ( ) No

Contact

http://ec.europa.eu/programmes/erasmus-plus/contact/national-agencies_en