



Tālr.: +371 20009053, +371 29501074; e-pasts: [sic@eka.edu.lv](mailto:sic@eka.edu.lv); [www.augstskola.lv](http://www.augstskola.lv/); Adrese: Pērnavas iela 62,

Rīga, LV-1009, Latvija; Reģ. Nr. 40003402986; Banka: A/S Citadeles banka; Konts: LV54PARX0000350971017

**Guidelines for the Erasmus+ Staff mobility for Teaching** **success story**

**(a description of the participants*'* experience)**

We highly appreciate if you could give more information about your Erasmus+ teaching mobility:

* Why did you choose to participate in the Erasmus+ Staff mobility for Teaching?
* What kind of activities you were intended to carry out during your Erasmus+ teaching mobility period?
* What was the experience in cooperation with the sending and receiving institutions before, during and after the mobility?
* What are your academic and personal benefits from Erasmus + Staff mobility for Teaching?
* What are the benefits and knowledge gained from the Erasmus+ teaching mobility?
* What were the main challenges in preparing, developing and implementing for the mobility?
* What kind of practical advice you would like to give to colleagues who are considering taking part in Erasmus + Staff mobility for Teaching?
* Other aspects that you feel are relevant to your Erasmus+ teaching mobility.
* We kindly ask you to include 3-5 photo images from your Erasmus+ teaching mobility.

Before the story, please provide the following information:

• Name and surname

• Age

• Gender

• The sending university

• Country of Mobility

• Higher education institution (please also indicate the address of the institution)

• Field of study

• Duration of the mobility period

Thank you!