

PROMOS Evaluation Sheet Internship Abroad

Please return the completed and signed sheet to the International Office, Ms. Odenbach, SSC 1/224, D-44780 Bochum

Please write clearly and mark the appropriate answers.

PROMOS year: _____, from: _____ to: _____ (please be accurate)

1. Information on home university

Home university: Ruhr-Universität Bochum
City: Bochum

2. Personal details

First name, surname: _____
Gender: f m
Field of study: _____
Email address: _____

3. Information on host institution

Name of the company: _____
Contact person on-site: _____
Address: _____
Professional field: _____

4. Duration of stay, preparation and motivation

How did you get to know about the PROMOS program?

How satisfied were you with the following aspects of the application and selection process?

Scale from 1 (not satisfied at all) to 6 (very satisfied)

Information about the PROMOS program 1 2 3 4 5 6

Comprehensibility of the information and
selection process 1 2 3 4 5 6

Transparency of the selection process 1 2 3 4 5 6

In which academic year were you when you were interning abroad?

Bachelor: year _____ Master: year _____ PhD

other

Do you consider the duration of your internship as:

too short too long alright

What were your reasons to aim for an internship abroad?

Academic

Cultural

Living in another country

Practical use of a foreign language

Friendships abroad

Career plans/promoting future career perspectives

Independence

Other (please specify): _____

5. Preparation

Internship search: _____

Apartment search: _____

Insurance: _____

Other: _____

How do you evaluate the quality of the internship institution?

Scale from 1 (poor) to 6 (excellent)

1 2 3 4 5 6

To what extent have your expectations towards the internship been met?

Scale from 1 (not at all) to 6 (completely)

Whole experience	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Supervision by a mentor	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Challenging tasks	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Application of theoretical knowledge	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Familiarization with the daily work routine	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Improvement of soft skills	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Intercultural experience	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Personal development opportunities	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
Other	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

6. Accommodation

Type of accommodation in the host country:

How did you find your accommodation? _____

Was it difficult to find the accommodation? Yes No

Tips: _____

7. Academic recognition and language competence

Will the internship be recognized by your home university? Yes No

If so, how (e.g. grade, ECTS)? _____

What kind of certificate or reference letter did you receive after the internship?

Did you attend a language course before and/or during your stay? Yes No

How do you rate your competence in the language of the host country?

Scale from 1 (no skills) to 6 (very good skills)

Before the stay 1 2 3 4 5 6

After the stay 1 2 3 4 5 6

Did language barriers have an impact on your stay? Yes No

If so, please specify: _____

8. Costs

What was the amount of your monthly scholarship rate? _____

Expenses during your stay (monthly average): _____

To what extent did the PROMOS-scholarship cover the expenses?

Scale from 1 (not at all) to 6 (completely)

1 2 3 4 5 6

Did you receive a salary? Yes No

If so, please specify: _____

Did the host institution grant you any other compensation?

Yes No

If so, please specify: _____

Did you have any other sources of income?

Government grant

Government loan

Privat grant

Privat loan

Family

Own savings

Other : _____

Total amount of other sources per month: _____

How much more money did you spend abroad, compared to what you usually spend in your home country? Approx. (per month): _____

9. Your personal experiences – Evaluation of your stay abroad

Evaluation of the professional avail of the stay:

Scale from 1 (non-existent/little) to 6 (excellent)

1 2 3 4 5 6

Evaluation of the personal outcome of the stay:

Scale from 1 (poor) to 6 (excellent)

General evaluation 1 2 3 4 5 6

Intercultural competences 1 2 3 4 5 6

Language skills 1 2 3 4 5 6

Independence 1 2 3 4 5 6

Did any serious problems occur during your stay? Yes No

If so, please explain: _____

After your stay abroad, does it appear more likely to you to work in a foreign country than it was before your stay abroad?

Yes No

Do you think that your stay abroad may help you in your career advancement?

Scale from 1 (not at all) to 6 (very)

1 2 3 4 5 6

Do you think that your stay abroad may help you in the progress of your career?

Scale from 1 (not at all) to 6 (very)

1 2 3 4 5 6

General evaluation (satisfaction) of your internship abroad:

Scale from 1 (bad) to 6 (excellent)

1 2 3 4 5 6

Recommendations to other students concerning information, application process, etc.:

Are you willing to share your experience with fellow students who are interested in a stay abroad?

Yes No

Do you agree with the anonymous publication of your report on our website?

Yes No

Do you have any suggestions how to improve the PROMOS program (information, application process, etc.)?

Date: _____

Signature: _____