

Self-evaluation after the internship

Language competences

	Auditory	Speech	Interaction	Writing
1.	I can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type.	I can introduce myself and ask and answer questions about personal details such as where he/she lives, people he/she knows or things he/she has.	I can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.	I can write short and simple greetings, as well as fill in forms.
2.	I can understand sentences and frequently used expressions related to everyday life (e.g. personal and family information, shopping, local geography, instructions and explanations regarding working tasks)	I can describe in simple terms aspects of my own background and education, immediate private and professional environment.	I can communicate in simple and routine tasks of everyday and work life in my host country, requiring a simple and direct exchange of information on familiar and routine matters.	I can write short and simple notes and messages.
3.	I can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure etc.	I can produce simple connected text on topics that are familiar or of personal interest, carry out tasks in cooperation with colleagues, name problems and describe possible solutions.	I can describe experiences and events, dreams, hopes and ambitions and explanations for opinions and plans.	I can write connected text on familiar topics, as well as personal experiences and impressions.
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4.	I can understand the main content of complex text on both concrete and abstract topics, including technical discussions within my own field of specialization.	I can produce a clear, detailed text on a wide range of subjects and interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible without strain for either party.	I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.	I can write clear and detailed text, reproduce information, as well as argue in written language.

















5.	I can understand a wide range of demanding, longer texts in a foreign language, and recognize implicit meaning.	I can express ideas fluently and spontaneously without much obvious searching for expressions as well as produce clear, well-structured, detailed text on complex subjects, showing controlled use of organisational patterns, connectors and cohesive devices.	I can use language flexibly and effectively for social, academic and professional purposes.	I can display complex subjects in a clear and well-structured manner in different forms of stylistic text.
6.	I can understand with ease virtually everything heard or read.		I can differentiate finer shades of meaning even in the most complex situations.	I can express myself clearly, fluently and appropriately, as well as summarise complex specialised and literary text.

















Personal and social competences

1.	I can organise my own day and budget, keep appointments, comply with agreements.	I can independently carry out complex tasks (e.g. doctor's visit, authorities, bank businesses, rental matters).	I can take the initiative; react flexibly to unforeseeable situations.
2.	I can sense cultural and social conditions and compare them with my own experiences.	I know how to act appropriately in a foreign culture.	I can use gathered knowledge of cultural and social conditions for solving problems and setting tasks.
3.	I can comply with set rules and directives while working on tasks.	I can take over responsibility for partial tasks in social activities.	I can respect different behavioural patterns and work procedures.
4.	I can participate in groups even if the rules of behaviour differ from the ones known to me.	I can align my actions with others in an intercultural group.	I can consider suggestions and objections made by others while planning tasks in everyday and work situations.
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5.	I can estimate my own strengths and weaknesses in other social and cultural surroundings in a realistic way.	I can align and use my strengths and weaknesses in a new surrounding in a variable way.	I can defend my positions, accept other opinions, adequately react in conflict situations and make compromises.
6.	I can consult others in solving problems.	I am able to plan solutions for complex problems in a different country.	I can independently look for and use required information abroad while handling problems.













