























































Self-evaluation after the internship

Language competences

	Auditory	Speech	Interaction	Writing
1.	<p>I can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type.</p> <p>😊 😐 😞</p>	<p>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.</p> <p>😊 😐 😞</p>	<p>I can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.</p> <p>😊 😐 😞</p>	<p>I can write short and simple greetings, as well as fill in forms.</p> <p>😊 😐 😞</p>
2.	<p>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)</p> <p>😊 😐 😞</p>	<p>I can describe in simple terms aspects of my own background and education, immediate private and professional environment.</p> <p>😊 😐 😞</p>	<p>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.</p> <p>😊 😐 😞</p>	<p>I can write short and simple notes and messages.</p> <p>😊 😐 😞</p>
3.	<p>I can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure etc.</p> <p>😊 😐 😞</p>	<p>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.</p> <p>😊 😐 😞</p>	<p>I can describe experiences and events, dreams, hopes and ambitions and explanations for opinions and plans.</p> <p>😊 😐 😞</p>	<p>I can write connected text on familiar topics, as well as personal experiences and impressions.</p> <p>😊 😐 😞</p>
4.	<p>I can understand the main content of complex text on both concrete and abstract topics, including technical discussions within my own field of specialization.</p> <p>😊 😐 😞</p>	<p>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.</p> <p>😊 😐 😞</p>	<p>I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.</p> <p>😊 😐 😞</p>	<p>I can write clear and detailed text, reproduce information, as well as argue in written language.</p> <p>😊 😐 😞</p>

<p>5.</p>	<p>I can understand a wide range of demanding, longer texts in a foreign language, and recognize implicit meaning.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>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.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>I can use language flexibly and effectively for social, academic and professional purposes.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>I can display complex subjects in a clear and well-structured manner in different forms of stylistic text.</p> <p style="text-align: center;">😊 😐 😞</p>
<p>6.</p>	<p>I can understand with ease virtually everything heard or read.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>I can express myself spontaneously, very fluently and precisely, summarise information from different spoken and written sources, reconstructing arguments and accounts in a coherent presentation.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>I can differentiate finer shades of meaning even in the most complex situations.</p> <p style="text-align: center;">😊 😐 😞</p>	<p>I can express myself clearly, fluently and appropriately, as well as summarise complex specialised and literary text.</p> <p style="text-align: center;">😊 😐 😞</p>

Personal and social competences

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