

**CERTIFICATE OF MOBILITY
International Internship Programme**

1. **TRAINEE’S PERSONAL DATA**

|  |
| --- |
| Name and surname  |
|  |

Degree currently studying

|  |
| --- |
|  |

E-mail

|  |
| --- |
|  |

1. **RELEVANT INSTITUTIONS**

|  |  |
| --- | --- |
|  | **Sending Institution** |
|  |  |
|  | Name of the sending institution |
|  | **Universidad de Cantabria *(University of Cantabria)*** |
|  |  |
|  | Address |
|  | **Avda. de los Castros, s/n. 39005 Santander (Cantabria) – Spain** |
|  |  |
|  | E-mail |
|  | **practicas.ori@unican.es** |
|  |   |
|  | **Host Institution**  |
|  |  |
|  | Name of the host institution |
|  |  |
|  |  |
|  | E-mail |
|  |  |

1. **PROJECT DESCRIPTION**

|  |  |
| --- | --- |
|  | Internship objetives  |
|  |  |
|  |  |
|  | Beginning of stay |  |  | End of stay |
|  |  |  |  |  |  |  |  |  |
|  |  |

 Amount of hours per week devoted to the internship:

|  |  |
| --- | --- |
|  |  |

1. **CAPACITIES AND COMPETENCES ADQUIRED DURING THE INTERNSHIP**

|  |  |
| --- | --- |
|  | Activities / tasks carried out by the trainee |
|  |  |
|  |  |
|  | **Technical capacities and competences acquired by the trainee *(when applicable)***Language *(*[*please refer to appendix*](https://web.unican.es/unidades/oficina-relaciones-internacionales/Documents/EuropassEuropeanlanguagelevelsSelfAssessmentGrid1.pdf)*)*: |
|  |   |
|  | Language | Understanding | Writing | Speaking skills |
| Listening Comprehension | Reading | Interaction | Capacity |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |
|  | Information Technology:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | User | Advanced | Expert | Non applicable |
| Office Applications | [ ]  | [ ]  | [ ]  | [ ]  |
| Operating System | [ ]  | [ ]  | [ ]  | [ ]  |
| Internet | [ ]  | [ ]  | [ ]  | [ ]  |
| Programming | [ ]  | [ ]  | [ ]  | [ ]  |
| Design and Web Management | [ ]  | [ ]  | [ ]  | [ ]  |

 |
|  | Social competences:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low | Average | High | Non applicable |
| Social Skills | [ ]  | [ ]  | [ ]  | [ ]  |
| Communication | [ ]  | [ ]  | [ ]  | [ ]  |
| Teamwork | [ ]  | [ ]  | [ ]  | [ ]  |
| Leadership | [ ]  | [ ]  | [ ]  | [ ]  |
| Negotiation | [ ]  | [ ]  | [ ]  | [ ]  |

 |
|  | Personal competences:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low | Average | High | Non applicable |
| Planning and Organization | [ ]  | [ ]  | [ ]  | [ ]  |
| Capacity and adaptation | [ ]  | [ ]  | [ ]  | [ ]  |
| Initiative | [ ]  | [ ]  | [ ]  | [ ]  |
| Motivation | [ ]  | [ ]  | [ ]  | [ ]  |
| Learning capacity | [ ]  | [ ]  | [ ]  | [ ]  |

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1. **REMARKS / OBSERVATIONS**

|  |  |
| --- | --- |
|  |  |

1. **SIGNATURES**

|  |  |
| --- | --- |
|  | Trainee’s co-ordinator at Host Institution *(Name and position)* |
|  |  |
|  |  |
|  | Trainee’s co-ordinator Signature and Stamp |  | Date |
|  |  |  |  |  |  |
|  |  |  |  |