

Cover letter

The objectives of this form are to help you present your desires, your motivation to construct and commit yourself to an international mobility project (what that means to you, how it meets your personal aspirations and your plans for the future, etc.)

Instructions and Practical Matters

- Intended for the host institution: be careful not to express your motivations with regard to ADICE.
- Be as specific as possible in regard to your career objectives and the tasks you want to perform abroad, or with regard to those areas relevant to your career.
- Submit it to your project leader for the next meeting. Your Europass CV will enable project leader to go over and explore your skills with you

You, your background...a short presentation

Free text

My “know-how”, what I want to develop

Whether during apprenticeships, in personal projects, in training or through projects you set up with friends, etc., express your areas of “know-how”, the skills you have already put to use.

Free text

Why an international experience? What encourages me to go abroad, my motivations?

For my personal experience:

Free text

For my professional future:

Free text

For my commitment:

Free text

What areas of activity I plan to do my mobility project in.

Free text

What I can contribute to the host institution

Free text



What specifically I expect from this project, personally and professionally

Free text

