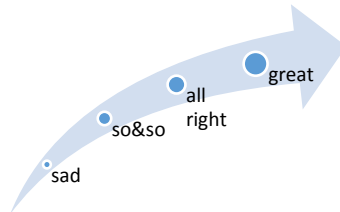


Example of follow-up emails

Tick your mood!



How have you been received within your structure?

Have you met your tutor?

If so, how was the meeting?

If not, when is it intended that you you encounter?

Have you participated in certain activities of the structure? Which?

Do you consider you received sufficient information to carry out your mission?



After a few days on the spot, how do you look back at the objectives you stated in your project form?

Do they look feasible and suitable? Why?

What are your first impressions of your home country?

Have you encountered any difficulties? Which?

If Yes to what solutions have you thought to overcome them?

Have you already encountered local people (apart from the staff of the hostingstructure)?

Describe your accommodation conditions. Is it what was planned in the tripartite agreement /Partnership agreement?



Do you live with other people? How does this go?

Have you received your allowance?

Do you think it is sufficient compared to the local standard of living?

How do you move in the city? Do you encounter difficulties at this stage?

Do you feel safe in your workplace? In your accommodation?

Have you received additional information on the part of your tutor on:

- The local context for health issues(doctors, hospitals)

- Customs and local standards?

Do you keep informed on local and national news of your host country?





Do you have problems or concerns whatsoever about your health?

Do you respect your safety guide instructions?

Do you have comments, a story to tell?

