

Motivation Letter**Name:** _____

An Erasmus+ internship abroad is a chance to discover something new – about other countries, about your profession, and about yourself. Before you start writing your motivation letter, take time to think about the following questions. Write down honest thoughts, personal examples, and experiences that only you can share.

1. What experiences have shaped who you are today – and how do they influence the way you learn or work?

Think about moments when you grew, took responsibility, or overcame difficulties. What did you learn about yourself in those situations?

2. Why do you want to go abroad now – and what do you hope to gain for your personal and professional future?

Is there something that has inspired or challenged you for a while? What kind of experiences do you hope to have that you might not find at home?

3. How do you deal with new, unfamiliar, or uncertain situations?

Describe a real situation where you had to adapt to a new environment, language, or task. What helped you find your place or stay confident?

4. When you look back after your stay abroad – what would you like to be able to say about yourself?

What kind of development do you wish for yourself? What lasting impact should this experience have on you – personally, professionally, or culturally?

 **Tip: These are not test questions but prompts for reflection. Use them to tell your own story – honestly, specifically, and with real examples that show who you are.**

max. 1 page!

Name: