**MOTIVATION FORM FOR EXCHANGE IN 2023-2024**

*Please refer to our score card on VU.nl to see how we score your application.*

1. **Personal details**

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| **First and last name** |  |
| **Student number** |  |
| **Study programme** |  |
| **E-mail address** |  |
| **Telephone number** |  |

1. **General motivation FOR Exchange (MAx. 2 POINTS)**

*Use a maximum of 150 words in total for this part. Write in English.*

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| **Why do you want to go on exchange? How would an exchange contribute to your development?** |

1. **Top 5 of universities (MAx. 2 POINTS)**

*Some important tips when creating your top 5 of universities:*

* *Read the information on the* [*Study abroad map*](https://studyabroad.vu.nl/) *for each university of your top 5 carefully.*
* *Important! Make sure there are sufficient courses available (in English or any other language you speak fluently) in your field of study. This is your own responsibility.*
* *You have to choose at least the majority of the courses* ***within*** *your own field of study.*
* *All courses that you take at universities within the EU (+ Norway, Iceland, Serbia and Turkey) must be part of your free choice component (vrije keuzeruimte) because of Erasmus+ programme regulations. An extracurricular exchange as part of the Erasmus+ programme is* ***not*** *an option.*
* *A top 5 is optional, but strongly advised. It is better to think seriously about an alternative destination now than at a later stage, as most universities will not be available anymore in the second round of applications.*

1. **First choice university: ................................**

*Please write in the* ***language of instruction*** *of the majority of the courses that you would like to take. Please note: you don’t have to ask for approval at the examination board at this stage. You will start the course approval process only after selection. The examination board will decide if you will receive credits for your courses.*

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| **Why do you want to go to this particular university? (max. 100 words)** |
| **Name at least 3 courses you would wish to take (please note that this is not your final list). Please add course codes and course web links (if possible) and check possible language requirements.**  **1.**  **2.**  **3.**  *I confirm that I have found enough courses for my field of study in a language that I speak fluently (e.g. English).* |

1. **Second choice university: ................................**

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| **Name at least 3 courses you would wish to take (please note that this is not your final list). Please add course codes and course web links (if possible) and check possible language requirements.**  **1.**  **2.**  **3.**  *I confirm that I have found enough courses for my field of study in a language that I speak fluently (e.g. English).* |

1. **Third choice university: ................................**

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| **Name at least 3 courses you would wish to take (please note that this is not your final list). Please add course codes and course web links (if possible) and check possible language requirements.**  **1.**  **2.**  **3.**  *I confirm that I have found enough courses for my field of study in a language that I speak fluently (e.g. English).* |

1. **Fourth choice university: ................................**

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| **Name at least 3 courses you would wish to take (please note that this is not your final list). Please add course codes and course web links (if possible) and check possible language requirements.**  **1.**  **2.**  **3.**  *I confirm that I have found enough courses for my field of study in a language that I speak fluently (e.g. English).* |

1. **FiFTH choice university: ................................**

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| **Name at least 3 courses you would wish to take (please note that this is not your final list). Please add course codes and course web links (if possible) and check possible language requirements.**  **1.**  **2.**  **3.**  *I confirm that I have found enough courses for my field of study in a language that I speak fluently (e.g. English).* |

1. **CV (MAX. 2 points)**

*Please note that you* ***do not*** *have to send us your CV.*

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| **Which skills have you learned through your current/most recent work experience, that could help you during your exchange? This could also be a parttime job or voluntary work. Please also include your position within the organization. (max. 100 words)** |
| **Do you have any other experience which reflects social engagement (e.g. voluntary work) on your CV? If so, please describe this experience and include what is the most valuable lesson you’ve learned from it. (max. 100 words)** |

1. **OPTIONAL: BUddy/mentor programme at VU (max. 1 point)**

*During your studies at VU you can participate in several programmes to help other students. Some examples:*

* *VU International Office/ESN: Buddy programme for incoming exchange students*
* *Mentor programme of your faculty, e.g. the SAM programme at the School of Business and Economics*

*If you participated in one of these programmes during your studies at VU, please mention this below.*

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| **Which programme?** |  |
| **When (e.g. 1 Sept – 1 Dec 2022)?** |  |
| **What did you do?** |  |
| **What did you learn?** |  |