



AGRUPAMENTO DE ESCOLAS JÚLIO DINIS, GONDOMAR  
PROJETO ERASMUS+KA1 (2022 – 1 - PT01 - KA1 22 - SCH - 000072304)

## *A 2nd step forward*

### INDIVIDUAL MOBILITY PROPOSAL

#### 1. CANDIDATE IDENTIFICATION

Name:

Address:

Date of Birth:

Citizen card:

Validity:

Nationality:

NIF:

Phone number:

Email:

Disciplinary group:

Position(s) held in the group:

Professional situation:

#### 2. INTENDED ACTIVITY ( *job shadowing* )

#### 3. MOTIVATION

#### 4. OBJECTIVES FOR MOBILITY

(Indicate a maximum of 3 goals that reflect the motivation to attend the activity).

#### 5. MASTERY OF THE ENGLISH LANGUAGE

For each of the domains "UNDERSTAND", "READ", "TALK" AND "WRITE", the level must be specified: level A1/A2: basic user; level B1/B2: independent user; C1/C2 level: advanced user (Common European Framework of Reference for language).

#### 6. ACTIVITY PREPARATION PLAN

Indicate the type of preparation to be carried out, for example, language preparation, online courses, training actions, workshops, etc.

#### 7. PLAN FOR DISSEMINATION OF ACTIVITY

Indicate concrete actions you intend to carry out, methodology, recipients and timetable.

(The way in which the knowledge and skills acquired will be disseminated inside and outside the School).

#### 8. BENEFITS OF PARTICIPATION AT INDIVIDUAL AND INSTITUTIONAL LEVEL

Explain how you will integrate the lessons learned.