**FRAME DESCRITTIVO - INGLESE**

**TITLE**: Choose a title summarizing your experience.

**INTRODUCTION**:

* ***Location and Period***: Begin by stating which department you experienced your Erasmus program in and the time period.
* ***Motivations***: Briefly explain why you chose to participate in the Erasmus program and what you hoped to gain from this experience.

**DAILY LIFE**:

* ***Internship***: Describe your internship experience in the department.
* ***Social Life***: Share the friendships you formed with local and international students and the social activities you participated in.
* ***Culture and Cuisine***: Discuss your cultural experiences, such as local traditions, cuisine, and cultural events you attended.

**OVERCOMING CHALLENGES:**

* ***Language Barriers***: If you faced language difficulties, explain how you overcame them.
* ***Cultural Adaptation***: Describe how you adapted to a new culture, what differences you noticed, and what lessons you learned from this challenge.
* ***Difficult Moments***: Share any difficult moments or obstacles you encountered and how you overcame them.

**PERSONAL AND PROFESSIONAL GROWTH**:

* ***Skills Acquired***: Highlight the professional, linguistic, and interpersonal skills you developed during the Erasmus experience.
* ***Personal Growth***: Describe how this experience changed you as an individual.

**CONCLUSION**:

* ***Final Reflections***: Make final reflections on your Erasmus experience, emphasizing what you have learned and how it has influenced you.
* ***Advice***: Offer advice to future Erasmus students on how to navigate their own experiences.

**ACKNOWLEDGMENTS**:

* ***Acknowledgments***: Thank those who supported you during your Erasmus period (friends, family, teachers, and mentors).

This frame will help you present your Erasmus experience comprehensively and engagingly, allowing others to fully understand the value of this adventure in your life.