

Student	Last name(s)	First name(s)	Date of birth	Nationality <sup>1</sup>	Gender: [Male/Female/ Undefined]	Study cycle <sup>2</sup>	Field of education <sup>3</sup>
	Anna	Kowalska	05.12.1994	polish	female	- EQF level 6 - licencjat - EQF level 7 - magisterskie	-Sport Sciences -1014 -Therapy and Rehabilitation - 0915 -Travel, Tourism and Leisure - 1015 -Dietetics - 726
Sending Institution	Name	Faculty/Department	Erasmus code <sup>4</sup> (if applicable)	Address	Country	Contact person name <sup>5</sup> ; email; phone	
	Poznań University of Physical Education	International Relations Office	PL POZNA08	ul. Krolowej Jadwigi 27/39 61-871 Poznan	Poland	Malgorzata Nawrocka, MSc <a href="mailto:nawrocka@awf.poznan.pl">nawrocka@awf.poznan.pl</a>	
Receiving Institution	Name	Faculty/ Department	Erasmus code (if applicable)	Address	Country	Contact person name; email; phone	
	Universidade de Lisboa	Faculdade de Motricidade Humana	P LISBOA109	Estrada da Costa 1495-688 CRUZ QUEBRADA	PORTUGAL	Isabel Morais <a href="mailto:imorais@fmh.ulisboa.pt">imorais@fmh.ulisboa.pt</a> +351 214 149 104	

### Before the mobility

<i>Study Programme at the Receiving Institution</i>				
Planned period of the mobility: from [month/year] 09.2021 to [month/year] 01.2022				
Table A Before the mobility	Component <sup>6</sup> code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue <sup>7</sup> )	Semester [e.g. autumn/spring; term]	Number of ECTS credits (or equivalent) <sup>8</sup> to be awarded by the Receiving Institution upon successful completion
	112606	Dance and Multimedia	autumn	4.0
	212603	Theatrical Dance Technique III	autumn	6.0
	312602	Aesthetics and Philosophy of Art	autumn	5.0
	312603	Project Management in Dance	autumn	5.0
	312605	Dance Laboratory I	autumn	5.0
	312607	Dance and Inclusion	autumn	5.0
				<b>Total: 30</b>
Web link to the course catalogue at the Receiving Institution describing the learning outcomes: <a href="http://www.fmh.utl.pt/en/undergraduate/dance/study-plan">http://www.fmh.utl.pt/en/undergraduate/dance/study-plan</a>				
The level of language competence <sup>9</sup> in _____ English _____ [indicate here the main language of instruction] that the student already has or agrees to acquire by the start of the study period is: <b>A1</b> <input type="checkbox"/> <b>A2</b> <input type="checkbox"/> <b>B1</b> <input checked="" type="checkbox"/> <b>B2</b> <input type="checkbox"/> <b>C1</b> <input type="checkbox"/> <b>C2</b> <input type="checkbox"/> Native speaker <input type="checkbox"/>				

<i>Recognition at the Sending Institution</i>				
Table B Before the mobility	Component code (if any)	Course at the Sending Institution	Semester [e.g. autumn/spring; term]	Number of ECTS credits (or equivalent) to be recognised by the Sending Institution
		Podstawy Treningu Motorycznego	autumn	1
		Taniec Współczesny	autumn	6.5
		Taniec ludowy, taniec historyczny, taniec źródłowy	autumn	1
		Etiuda	autumn	2,5
		Teatr Tańca	autumn	2,5
		Techniki streetowe	autumn	1

	Gimnastyka z elementami akrobatyki	autumn	1
	Taniec fizyczny	autumn	2
	Psychologia kliniczna i psychoterapia	autumn	2.5
	Choreoterapia	autumn	2
	Elementy arteterapii	autumn	1
	Blok II	autumn	1
	Seminarium dydaktyczne - dyplom część grupowa	autumn	1
	Seminarium dydaktyczne - dyplom część indywidualna	autumn	4
	Proseminarium	autumn	1
			<b>Total: 30</b>

[http://www.dos.awf.poznan.pl/files/Plany%20Studi%C3%B3w/Plany%20studi%C3%B3w%202018-2019/Taniec%20w%20KF/korekta%20z%20dnia%2012-03-2019/plan\\_TwKF\\_2018-19\\_ST- RW\\_12\\_03\\_2019\\_Tancerz\\_choreoterapeuta.pdf](http://www.dos.awf.poznan.pl/files/Plany%20Studi%C3%B3w/Plany%20studi%C3%B3w%202018-2019/Taniec%20w%20KF/korekta%20z%20dnia%2012-03-2019/plan_TwKF_2018-19_ST- RW_12_03_2019_Tancerz_choreoterapeuta.pdf)

Commitment	Name	Email	Position	Date	Signature/Stamp
Departmental Coordinator	Wojciech Jarosz, Ph.D	jarosz@awf.poznan.pl	Departmental Coordinator		

### Commitment

By signing this document, the student, the Sending Institution and the Receiving Institution confirm that they approve the Learning Agreement and that they will comply with all the arrangements agreed by all parties. Sending and Receiving Institutions undertake to apply all the principles of the Erasmus Charter for Higher Education relating to mobility for studies (or the principles agreed in the Inter-Institutional Agreement for institutions located in Partner Countries). The Beneficiary Institution and the student should also commit to what is set out in the Erasmus+ grant agreement. The Receiving Institution confirms that the educational components listed in Table A are in line with its course catalogue and should be available to the student. The Sending Institution commits to recognise all the credits or equivalent units gained at the Receiving Institution for the successfully completed educational components and to count them towards the student's degree as described in Table B. Any exceptions to this rule are documented in an annex of this Learning Agreement and agreed by all parties. The student and the Receiving Institution will communicate to the Sending Institution any problems or changes regarding the study programme, responsible persons and/or study period.

Commitment	Name	Email	Position	Date	Signature
Student	Anna Kowalska	annakowalskaz@gmail.com	Student	10.05.2021	Podpis studenta
Responsible person at the Sending Institution	Małgorzata Nawrocka, MSc	<a href="mailto:nawrocka@awf.poznan.pl">nawrocka@awf.poznan.pl</a>	Institutional Erasmus+ Coordinator		
Responsible person at the Receiving Institution	César Peixoto, Ph.D	erasmus@fmh.ulisboa.pt	Institutional Erasmus+ Coordinator		

## During the Mobility

<b>Exceptional changes to Table A</b>						
(to be approved by e-mail or signature by the student, the responsible person in the Sending Institution and the responsible person in the Receiving Institution)						
Table A2 During the mobility	Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Deleted component [tick if applicable]	Added component [tick if applicable]	Reason for change <sup>1</sup>	Number of ECTS credits (or equivalent)
	112606	Dance and Multimedia	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3. Timetable conflict	4
	312602	Aesthetics and Philosophy of Art	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3. Timetable conflict	5
	312603	Project Management in Dance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3. Timetable conflict	5
	312607	Dance and Inclusion	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3. Timetable conflict	5
	112603	Well-Being Body Techniques	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	3
	212602	Expression and Communication Practices I	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	5
	112103	Didactics of Physical Activities and Sports I: swimming	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	1,5
	112103	Didactics of Physical Activities and Sports I: gymnastic	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	1,5
	212103	Didactics of Physical Activities and Sports III: badminton	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	2
	212103	Didactics of Physical Activities and Sports III: gymnastic	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	2
		Curriculum Development in PE and School Sport	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Substituting a deleted component	5,5

<b>Exceptional changes to Table B (if applicable)</b>					
(to be approved by e-mail or signature by the student and the responsible person in the Sending Institution)					
Table B2 During the mobility	Component code (if any)	Component title at the Sending Institution (as indicated in the course catalogue)	Deleted component [tick if applicable]	Added component [tick if applicable]	Number of ECTS credits (or equivalent)
			<input type="checkbox"/>	<input type="checkbox"/>	
			<input type="checkbox"/>	<input type="checkbox"/>	
			<input type="checkbox"/>	<input type="checkbox"/>	
			<input type="checkbox"/>	<input type="checkbox"/>	
			<input type="checkbox"/>	<input type="checkbox"/>	

Commitment	Name	Email	Position	Date	Signature
Student	Anna Kowalska	annakowalskaz@gmail.com	<i>Student</i>	10.10.2022	
Responsible person at the Sending Institution	Wojciech Jarosz, Ph.D	jarosz@awf.poznan.pl	Departmental Coordinator		
Responsible person at the Receiving Institution	César Peixoto, Ph.D	erasmus@fmh.ulisboa.pt	Institutional Erasmus+ Coordinator		

### After the Mobility

<i>Transcript of Records at the Receiving Institution</i>						
Start and end dates of the study period: from [day/month/year] ..... to [day/month/year] .....						
Table C After the mobility	Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Was the component successfully completed by the student? [Yes/No]	Number of ECTS credits (or equivalent)	Grades received at the Receiving Institution	
	<b>Total: ...</b>					

<i>Transcript of Records and Recognition at the Sending Institution</i>					
Start and end dates of the study period: from [day/month/year] ..... to [day/month/year] .....					
Table D After the mobility	Component code (if any)	Title of recognised component at the Sending Institution (as indicated in the course catalogue)	Number of ECTS credits (or equivalent) recognised	Grades registered at the Sending Institution (if applicable)	
	<b>Total: ...</b>				

Commitment	Name	Email	Position	Date	Signature/Stamp
Student			<i>Student</i>		
Responsible person at the Receiving Institution <sup>10</sup>					

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- <sup>1</sup> **Nationality:** country to which the person belongs administratively and that issues the ID card and/or passport.
- <sup>2</sup> **Study cycle:** Short cycle (EQF level 5) / Bachelor or equivalent first cycle (EQF level 6) / Master or equivalent second cycle (EQF level 7) / Doctorate or equivalent third cycle (EQF level 8).
- <sup>3</sup> **Field of education:** The [ISCED-F 2013 search tool](http://ec.europa.eu/education/tools/isced-f_en.htm) available at [http://ec.europa.eu/education/tools/isced-f\\_en.htm](http://ec.europa.eu/education/tools/isced-f_en.htm) should be used to find the ISCED 2013 detailed field of education and training that is closest to the subject of the degree to be awarded to the student by the Sending Institution.
- <sup>4</sup> **Erasmus code:** a unique identifier that every higher education institution that has been awarded with the Erasmus Charter for Higher Education (ECHE) receives. It is only applicable to higher education institutions located in Programme Countries.
- <sup>5</sup> **Contact person:** person who provides a link for administrative information and who, depending on the structure of the higher education institution, may be the departmental coordinator or works at the international relations office or equivalent body within the institution.
- <sup>6</sup> An "**educational component**" is a self-contained and formal structured learning experience that features learning outcomes, credits and forms of assessment. Examples of educational components are: a course, module, seminar, laboratory work, practical work, preparation/research for a thesis, mobility window or free electives.
- <sup>7</sup> **Course catalogue:** detailed, user-friendly and up-to-date information on the institution's learning environment that should be available to students before the mobility period and throughout their studies to enable them to make the right choices and use their time most efficiently. The information concerns, for example, the qualifications offered, the learning, teaching and assessment procedures, the level of programmes, the individual educational components and the learning resources. The Course Catalogue should include the names of people to contact, with information about how, when and where to contact them.
- <sup>8</sup> **ECTS credits (or equivalent):** in countries where the "ECTS" system is not in place, in particular for institutions located in Partner Countries not participating in the Bologna process, "ECTS" needs to be replaced in the relevant tables by the name of the equivalent system that is used, and a web link to an explanation to the system should be added.
- <sup>9</sup> **Level of language competence:** a description of the European Language Levels (CEFR) is available at: <https://europass.cedefop.europa.eu/en/resources/european-language-levels-cefr>
- <sup>10</sup> **Responsible person at the Receiving Institution:** the name and email of the Responsible person must be filled in only in case it differs from that of the Contact person mentioned at the top of the document.