

Realisation of short-term incoming and outgoing mobilities of PhD candidates and students can last from 5 to 30 days and will include, among others, such activities as:

- a) active participation in a **conference** abroad (presentation, including participation in a poster session),
- b) **acquisition of materials** for a doctoral thesis, scientific article,
- c) participation in a **summer school or winter school**,
- d) **taking measurements** using unique equipment, testing research equipment, unique artistic instruments,
- e) participation in **short forms of education**, i.e. courses, including intensive ones included in the education process, workshops, professional or industrial internships, study visits, including those carried out at entrepreneurs,
- f) carrying out **archival or library searches**,
- g) conducting **didactic classes**,
- h) participation in the **preparation of an international grant application**.

These activities can be carried out in a physical, blended, online learning format, in a way that ensures the achievement of the expected results from mobility (e.g. experience and understanding of cultural differences, familiarisation with diversity, reconciling different systems of values and behaviours).