



Self-assessment scan

What can I already do, what not so well yet?

Date _____

YES

NOT YET

When I listen to a conversation between others in English, I can follow it well.

☐☐

I rate myself (from 1 to 3) a _____

I can find my way to unfamiliar addresses in my new homeland.

☐☐

Alone

☐☐

With help from google maps or similar

☐☐

I arrange everything related to my housing myself (such as payments for gas, water and electricity, contact with landlord).

☐☐

I rate myself (from 1 to 3) a _____

I know what kind of (voluntary) work I want to do.

☐☐

I also know how to go about finding that work.

☐☐

I rate myself (from 1 to 3) a _____



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What can I already do, what not so well yet?

continuation

YES

NOT YET

I can spontaneously answer a question in English (without having to search for words).

☐☐

I rate myself (from 1 to 3) a

I send messages in English via email, text, Whatsapp and/or Signal, for example.

☐☐

I understand how to use emojis

☐☐

I use emojis in my messages

☐☐

If I don't know or can't do something, I ask for help.

☐☐

I rate myself (from 1 to 3) a

I know the emergency number by heart and know when to call it.

☐☐

I rate myself (from 1 to 3) a

I know how to compare insurance policies, such as health insurance, to choose the best one.

☐☐

I rate myself (from 1 to 3) a

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continuation

YES

NOT YET

I understand the UK legal system.

☐☐

I rate myself (from 1 to 3) a

I understand the English parliamentary system.

☐☐

I rate myself (from 1 to 3) a

I can sing an English birthday song.

☐☐

Today I give myself for integration a
(number between 5 and 10) . . .



Co-funded by the
Erasmus+ Programme
of the European Union