International Relations Office (IRO)+85655619353
National University of Laos (NUOL)
P.O Box: 7322, Vientiane, Lao PDR

Registration Form for Student Mobility Program

Deadline of Form Submission: Wednesday, 9th July 2025 to: Meeting Room, President Office, NUOL

Scholarship & Program: International Credit Mobility Program
Study Areas: All areas are accepted.
Host University: Uppsala University, Sweden
Duration: January – June 2026

Name and Surname:	
Age:	
Date of Birth:	
Place of Birth:	VIENTIANE
Current Address:	Homtai Village
Passport/ID No.:	P 3161965
Year of Study:	Year 2
Major or Department:	Commerce
Faculty:	Faculty of Economics and Business Administration
GPA score	*2.62*
Student's ID:	155N0424/23
Mobile Number:	02056196741
Email address :	chanthakone2023@gmail.com
Family Background	
Father's Name	Chakkarin VANNAHACK
Occupation	Shopkeeper
Workplace	Homtai village
Phone Number	02059230856
Mother's Name	Kedmany VANNAHACK
Occupation	Shopkeeper
Workplace	Homtai village
Phone Number	0304848888

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Number of Family Members	4

Self-assessment for your English Proficiency (*tick (✓) box that suits your current level*)

€ [✓] Intermediate €Advanced € Post Advanced € TOEFL, score:_____ € IELTS, score: 5

Have you ever received any scholarship award to study/training abroad? (*tick (✓) box that suits you*)

€ [✓] YES € NO

If "YES", please write the name of the program and duration? Which country?

Write an one paragraph essay in a maximum of 1000 words

Points to be covered:

- **Self-Introduction**
- **What program or work that you have achieved during your study at NUOL**
- **Your interest in this International Mobility Program in Uppsala University, Sweden**
- **Key qualities or relevant factors that enhance your eligibility for this program**
- **Essay topic: Higher Education in the Digital Era: Opportunities and Challenges for Lao Students**

My name is chanthakone VANNAHCK, and I am a dedicated student at the National University of Laos (NUOL), in a second year commerce-investment major at National University of Laos. During my time at NUOL, I have actively engaged in programs, which have strengthened my academic and leadership skills. One of my most notable achievements was joining a training program "2025 Sookmyung UNESCO UNITWIN Women in digital & Entrepreneurship", and where I am learning Python programing and doing work on a team project. which deepened my understanding of digital and reinforced my commitment to academic excellence. My interest in the International Mobility Program at Uppsala University stems from my desire to experience a globally recognized education system, particularly in Sweden, which is renowned for its innovation in digital learning and sustainable development.

One of significant reason to support this argument is that I have never been in any exchange program before I arrive with raw curiosity a blank notebook waiting to be filled with Sweden's lessons. My inexperience is an asset: Adaptability Forged from Zero This program aligns perfectly with my academic goals, as it will expose me to cutting-edge research, cross-cultural collaboration, and advanced digital tools that are transforming higher education. My strong academic record, adaptability, and passion for leveraging technology in education make me an ideal candidate for this opportunity.

While exchange programs offer many advantages, they also come with certain difficulties. One of the most common challenges is adapting to a new culture. Cultural differences can lead to feelings

of isolation and homesickness, making it hard to adjust to a foreign environment. Additionally, language barriers may pose another obstacle, especially for students from Laos, where English is not widely spoken in daily life. However, by maintaining patience, staying open-minded, and gradually immersing myself in the new culture, I believe I can overcome these challenges. Over time, I will not only adapt but also grow to appreciate and embrace the unique traditions and lifestyle of the host country.

Overall, this opportunity is more than academic it's a chance to grow as a global citizen and bring transformative ideas to Laos. I am ready to face the challenges and turn them into stepping stones for my future.