

# STUDIEREN INTERNATIONAL

Turn knowledge into experience! Your options for internships abroad

## Erasmus+ traineeships in Europe

10 January 2024 | Katja Seltner | EU-Praktikum THÜRINGEN



# EU-Praktikum THÜRINGEN

## Who we are and what we do

- **Head Office of the Consortium of Thuringian universities**
  - in charge of coordinating Erasmus+ traineeships in Europe on behalf of the universities in Thuringia
  - located at the International Office of the TU Ilmenau
- **Support in the entire funding process**
  - Counselling
  - Preparing the Learning Agreement and Grant Agreement
  - Financial support



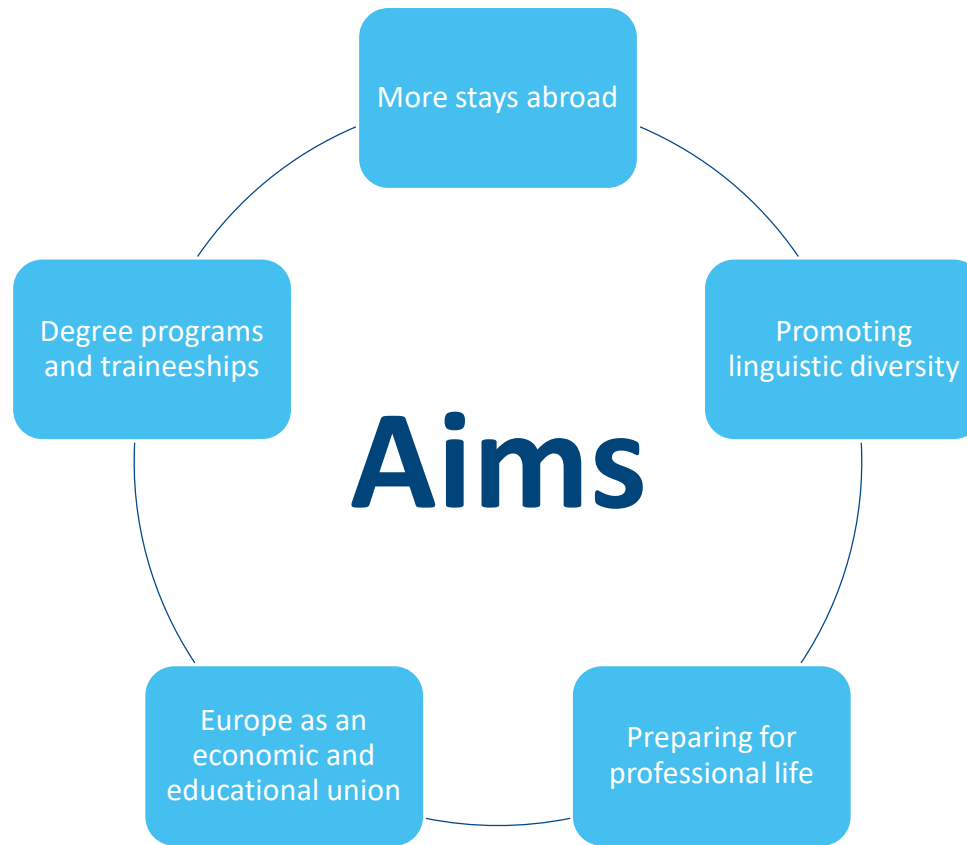
[www.eu-praktikum.de](http://www.eu-praktikum.de)



[eu-praktikum@tu-ilmenau.de](mailto:eu-praktikum@tu-ilmenau.de)

# Erasmus+

## EU Program for Student Mobility



# Erasmus+ Traineeship

Support and funding for students at Thuringian universities

**Students**      International students

**Graduates**

PhD students

**Compulsory traineeship**  
**Additional traineeship**

# Type of traineeship

## Long Term

Presence > 60 days  
(students, graduates, PhD students  
optional: virtual phase)

## Short Term

Blended Mobility  
(presence 5 - 30 days  
+ virtual phase,  
3 ECTS)

*Individual main  
reason*

## Short Term

PhD students' mobility < 30 days

# Maximum funding period for Erasmus stays

## Students: During studies up to 12 months / 24 months \*

- per program of higher education, e.g.
  - Bachelor **12** e.g. 6 months of studies | 6-month traineeship
  - Master **12** e.g. 6 months of studies | 3-month traineeship | 3-month traineeship
  - PhD **12** e.g. 12-month traineeship
  - \*single subject program **24** e.g. 12 months of studies | 12-month traineeship  
(State exam | Diploma)

## Graduates: After graduation up to 12\* months

- After graduation **12** e.g. 6-month traineeship within the degree program | 6-month traineeship after graduation

! Application and selection required prior to graduation

! Traineeship within 12 months after graduation

! **Note Zero-Grant regulation for financial support.**

# Destination countries

-  Erasmus+ Program Countries
-  Erasmus+ Partner Countries
-  *United Kingdom of Great Britain and Northern Ireland*  
*[Changed terms after BREXIT]*



- Group 1** Denmark, Finland, Iceland, Ireland, Liechtenstein, Luxembourg, Norway, Sweden  
+ **partner countries:** Faroe Islands, Switzerland, [United Kingdom of Great Britain and Northern Ireland]
- Group 2** Austria, Belgium, Cyprus, France, Greece, Italy, Malta, the Netherlands, Portugal, Spain  
+ **partner countries:** Andorra, Monaco, San Marina, Vatican City State
- Group 3** Bulgaria, Croatia, the Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Serbia, Slovakia, Slovenia, North Macedonia, Turkey

# Eligible participating organizations

**In the mentioned destination countries possible in:**

- Companies
- Schools, universities, foundations, research institutes
- Local/regional/national public authorities
- Non-profit organizations, e.g. NGOs
- Social partners or other representatives of the labour market, e.g. chambers of commerce
- Career counselling and information centers
- Embassies or consulates of the Erasmus program countries



**Not eligible for funding are traineeships in**

- EU bodies and institutions
- Institutions managing EU programs



# Financial Support

## **Subsidy**

for additional expenses during during  
stay abroad  
– no loan

Funding according to country  
groups

**640 to 750 euros**

per month\*

(note Zero-Grant regulation)

Additional application for **BAföG\***  
**grant for studies**  
**abroad** possible

\*government education grant

**Payment provided by the  
institution supervising  
the traineeship**

(note Zero-Grant regulation)

# Financial Support

## Zero-Grant



- Financial support is temporary
- Periods beyond are not financially supported  
(= **Zero Grant**)

Program countries

up to 120 days

Partner countries

up to 90 days

Income (internship salary, scholarships)

> 2.000 EUR gross

up to 30 days

# Financial Support

## Additional funding

Trainees  
with child(ren)  
abroad

Trainees  
with disabilities

Trainees  
with chronic  
disease

First-  
generation academics

Employed trainees

Green Travel  
by bus, train etc.

↗ Erasmus+ Funding

# Off to a traineeship abroad!

# Yet how?



# TO DO

## Job search

- Search for a trainee position
- Assistance by university professors, fellow students, trade press, company contact fairs, EU-Praktikum THÜRINGEN, when required

## Application

- ↗ Online form [www.eu-praktikum.de](http://www.eu-praktikum.de)
- Recommended 4 months before planned start
- **Deadline: 2 months prior to the start**
- With CV, enrollment certificate, letter of recommendation

## Organization

- e.g. accommodation, travel, insurance, personal preparation, ...
- Your copay in funding(!)
- Online language service of EU Academy
- Information about the situation in the host country before departure (pandemics, conflicts), arrangement with university

Also possible  
without **trainee**  
position!

# Procedure

## Prior to the traineeship

- Learning Agreement
- Grant Agreement with insurance declaration
- Access to EU Academy

## During the traineeship

- Amendment of the Learning Agreements
- Contact person in the traineeship

## After the traineeship

- Learning Agreement:  
Confirmation and recognition of traineeship
- Evaluation
- Europass Mobility



# Information for international students

- Check/Approval with the Alians Office about **residence permit** in Germany
  - Residence permit expires after 6-month stay abroad
  - Up to 120 working days per year possible (compulsory traineeships are additional)
  - For graduates
    - Up to 18 month job search
    - Aim is employment as a specialist in Germany
    - Approval of the Federal Employment Agency for internships abroad
- **REST Directive (EU) 2016/801**
  - Traineeships as a part of a degree programme at a German university in Schengen countries possible without visa
  - Comply with the host country's reporting obligations

# Erfahrungen von Erasmus+ Praktikant\*innen



„During the COVID-19 pandemic, the traineeship was very instructive, especially in terms of online teaching and dealing with digital media. The Finnish school system is **very exciting** and, **compared** to the German system, you can also benefit a lot from the variety of methods and the freedom to learn in everyday school life.“

**Traineeship teaching post**  
**Helsinki, Finland**



„Spending these five month in the Netherlands was a wonderful experience. The country, people, culture, food, and not to mention the canals were a **mixed bag of experiences**.“

**Praktikum Mikro- und Nanotechnologien**  
**Delft, Niederlande**



“Furthermore, I am sure that the traineeship experience will make it **easier** for me to **start my career**. Because the internship inspires a desire for the working world and how things proceed in everyday working life cannot be studied, it can only be experienced.“

**Traineeship media sciences**  
**Strasbourg, France**



“This stay abroad was one of the **most impactful experiences** I’ve ever gained [...]. Beyond the **extensive knowledge** acquired in the office in my field of study, the **interpersonal relations** were as important as the soft skills and personal insights during the process.“

**Traineeship urbanistics**  
**Rotterdam, Netherlands**



# Why an Erasmus+ traineeship?



Flexible time frame



Funding by subsidies/grants – no loan



International practical experiences



Academic recognition



Travel broadens the mind.



# Contact

[www.eu-praktikum.de](http://www.eu-praktikum.de)



## EU-Praktikum THÜRINGEN

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Online office hours ↗ Tuesdays 10:00 to 11:00 am

# We will be pleased to support you.

# Thank you for your attention & good luck!

Katja Seltner | [www.eu-praktikum.de](http://www.eu-praktikum.de)

Bildnachweise: TU Ilmenau | Michael Reichel



## Further details

- Field reports on the website
- YouTube videos about Erasmus+
  - Traineeship abroad with Erasmus+ #briefly explained
  - Studying abroad or rather traineeship with Erasmus+? #briefly explained
- Instagram @trainees\_worldwide (Takeovers)
- [www.erasmusplus.de](http://www.erasmusplus.de)
- [eu.daad.de](http://eu.daad.de)
- <https://erasmus-plus.ec.europa.eu>