

Erasmus+ traineeships in Europe

Turn knowledge into experience!

15 May 2024 | Susanne Friedemann & 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

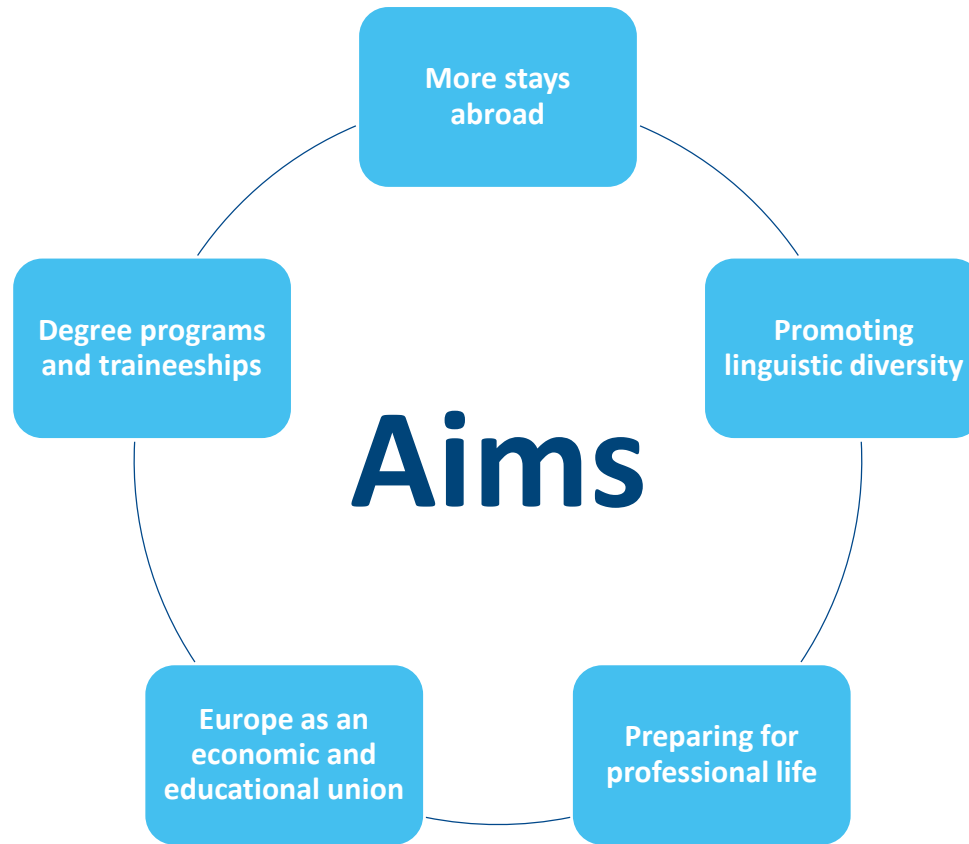


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Erasmus+

EU Program for Student Mobility



Erasmus+ traineeship experiences



„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.“

Teaching post
Helsinki, Finland



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

Micro- and Nanotechnologies
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.“

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.“

Urban planning
Rotterdam, Netherlands

Erasmus+ Traineeship

Support and funding for students at Thuringian universities

(International) students

Graduates

PhD students

Compulsory traineeship

Additional traineeship

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

Financial support

Erasmus+ Long Term Mobilities			
Group	Grant incl. Top-Up Placement (per month)*	Top-Up Fewer Opportunities (per month)	Green Travel
1	750 EUR		
2	690 EUR	250 EUR	+ up to 6 additional days of travel
3	640 EUR		

*Zero Grant after:

- 120 days of funding (program countries)
- 90 days of funding (partner countries)
- 30 days of funding if income from EUR 2,000 gross on (internship salary, scholarships)
- 0 days of funding from second traineeship on in the same study cycle



Traineeship remuneration by employer recommended

Additional application for BAföG for studies abroad possible (government education grant)

Financial Support

Additional Top-Ups

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](#)

Duration of Erasmus+ mobilities

Long Term

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

Blended Short Term

Presence 5 - 30 days
(+ virtual phase,
3 ECTS)

*Individual
reason*

**Up to 12 month
of Erasmus+ funding
in each study cycle**

Doctoral Short Term

PhD students' mobility < 30 days

Eligible participating organizations

Eligible

- 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

- EU bodies and institutions
- Institutions managing EU programs



Off to a traineeship abroad!

Yet how?



TO DO

Job search

- search for a trainee position
- look for assistance by university professors, fellow students, trade press, company contact fairs, EU-Praktikum THÜRINGEN

Application

- ↗ online form www.eu-praktikum.de
- prior the end of studies (last exam)!!!
- **deadline: 2 months prior to the start** (recommended 4 months)
- with CV, enrollment certificate, letter of recommendation

Organization

- e.g. accommodation, travel, insurances, personal preparation, ...
- your co-pay in funding(!)
- Online language service of EU Academy
- information about the situation in the host country before departure (pandemics, conflicts), arrangement with university

already possible
without **trainee**
position!

Procedure

Prior to the traineeship

- Learning & Grant Agreement
- access to language support by EU Academy

After the traineeship

- recognition of traineeship
- evaluation

→ Europass Mobility



Information regarding traineeships in UK

BREXIT

- certificate of sponsorship (COS) & TIER5-visa (temporary work visa) required
- further information on our ↗ [website](#)



Information for international students

- **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
- 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



Why an Erasmus+ traineeship?



flexible time frame



funding by grants – no loan



international practical experiences



academic recognition



travel broadens the mind!



Contact

www.eu-praktikum.de



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Online consultation ↗ Tuesdays 10:00 to 11:00 am

We will be pleased to support you.

Take your chance!

Susanne Friedemann & Katja Seltner | 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
- eu.daad.de
- <https://erasmus-plus.ec.europa.eu>