

Toronto, Canada

STAND OUT  
FROM THE CROWD,  
GO ABROAD



University of  
**Salford**  
MANCHESTER

## ERASMUS+ funding for traineeships and graduate traineeships

### HOW CAN I FIND A TRAINEESHIP/ PLACEMENT/WORK OPPORTUNITY ABROAD?

#### Why take a work experience abroad?

A work experience abroad will improve your employability and will make you stand out from the crowd. It can also serve as an opportunity to immerse yourself in a new environment and culture, growing both professionally and personally, while learning/practising a foreign language.

#### Who can apply?

Open to all levels of students, including recent graduates (up to 1 year after graduation).

#### How long for?

Minimum of 2 months, maximum of 12 per study cycle.

#### Who can help?

- / Your tutors - start with the people you see the most in your academic life. Given their experience in the industry and their contacts, they represent the perfect starting point for your research;
- / Family and friends - spreading the word around can prove useful as they might be able to help as well, by sharing knowledge and contacts;
- / The Exchange Coordinators in your School - please get in touch with us to find out who they are;
- / The International Opportunities Team - you can contact us at [Salford-IOT@salford.ac.uk](mailto:Salford-IOT@salford.ac.uk);
- / The Internet and social media - this might sound obvious, but there are countless blogs, websites and social media pages out there of people who have done or planning on doing the same thing and are happy to share their experience and advice. Make the most of them!

### HOW TO GET STARTED?

Finding a traineeship/work experience outside of your home country can be quite a long process and might take a while for you to organise, so make sure you start planning in advance. Keep in mind and do a bit of more research on the following:

- / Your chosen destination;
- / Cultural differences (including the language);
- / Cost of living and finances (budgeting);
- / Accommodation.



## In terms of finding the perfect work experience, you could start with the following:

1. If you have a specific organisation/employer in mind, make sure you check their website and follow them on social media, read through related articles and, of course, check their vacancies and what kind of skills you could gain by joining their team; you can also contact them directly and explain that you are looking for a short-term work experience and you will receive Erasmus+ funding from your home University. If you want to do this, make sure you have a CV and cover letter ready. It goes without saying that these need to be relevant to the opportunity you are seeking;
2. Check the University of Salford My Advantage Vacancies section: <https://myadvantage.salford.ac.uk/students/jobs>;
3. Visit: <https://www.salford.ac.uk/askus/work-and-careers>;
4. If you are interested in an English Language Assistant position, keep an eye on the opportunities offered by the British Council <https://www.britishcouncil.org/study-work-abroad/outside-uk/english-language-assistants>;
5. Check the below portals for vacancies in all the EU countries:
  - / EURES - European Job Mobility Portal: <https://ec.europa.eu/eures/public/en/jobseekers-dashboard>
  - / Erasmus + Intern Website: <https://erasmusintern.org/>
  - / European Personnel Selection Office: [https://epso.europa.eu/job-opportunities\\_en](https://epso.europa.eu/job-opportunities_en)

## REMEMBER

1. Learn lessons from your job hunt in the UK. There are more similarities than differences when applying for jobs abroad!
2. Networking: Not all jobs are advertised, and if you're in a different country it can be difficult to know where to begin. Building your professional network through meetings, connecting on LinkedIn and attending events is a good first step.
3. You don't need to be bilingual (even though for some jobs this might help). Also, if you're a native English speaker, then look out for opportunities which require fluency in English, as you'll automatically be nearer the top of the pile.
4. Make the most of the services offered by the University of Salford's Employability Team and seek help to get your CV and cover letter to a great standard. Find out more about the AskUs Career Services here: <https://www.salford.ac.uk/askus/work-and-careers>.
5. Universities are often a great employer. They have several departments, laboratories, medical facilities, and they are very welcoming towards international students. Why not try finding a work experience within one?
6. There are hundreds of companies that help in finding placements abroad. However, most of them are commercial companies and may charge for their services, so undertake some research before making any decisions.
7. As you are required institutional approval, you MUST let us know about your secured placement no later than 2 months before your traineeship is due to start.

## For country-specific information and recommendations, please visit:

<https://www.prospectus.ac.uk/jobs-and-work-experience/working-abroad>.



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# CHECK THE LINKS BELOW FOR VACANCIES IN THE FOLLOWING SPECIFIC EU COUNTRIES PLUS ICELAND AND NORWAY.



## **AUSTRIA**

The official portal of the Austrian employment service:

<https://jobroom.ams.or.at/jobsuche/FreieSuche.jsp?type=navigate&nav=1>

One of the most visited job-sites in Austria: <https://www.justlanded.com/>

The job-site of the newspaper Der Standard: <https://derstandard.at/karriere/jobsuche>

## **BELGIUM**

The job-site of the newspaper Der Standard: <https://derstandard.at/karriere/jobsuche>

<https://www.jobat.be/en/>

<https://references.lesoir.be/en-gb/browse-jobs/>

<https://graduateland.com/s/internships/belgium>

<http://jobs.euractiv.com/>

<https://www.eurobrussels.com/>

## **BULGARIA**

<https://graduateland.com/jobs/internships/bulgaria>

<https://www.jobs.bg>

<http://www.jobtiger.bg>

## **CROATIA**

<https://www.moj-posao.net/EN/>

<https://www.posao.hr>

<https://www.learn4good.com/jobs/language/english/list/country/croatia/>

## **CYPRUS**

<https://www.goabroad.com/intern-abroad/search/cyprus/internships-abroad-1>

<https://www.cyprusjobs.com/>

<http://www.cyprusrecruiter.com/>

## **CZECH REPUBLIC**

<https://www.gooverseas.com/internships-abroad/czech-republic>

<https://www.goabroad.com/intern-abroad/search/czech-republic/internships-abroad-1>

## **DENMARK**

<https://graduateland.com/jobs/internships/denmark>

[https://www.glassdoor.co.uk/Job/denmark-internship-jobs-SRCH\\_IL.0,7\\_IN63\\_KO8,18.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/denmark-internship-jobs-SRCH_IL.0,7_IN63_KO8,18.htm?countryRedirect=true)

<https://www.iagora.com/work/en/jobs-and-internships/denmark>

## **ESTONIA**

<https://www.gooverseas.com/internships-abroad/estonia>

<https://graduateland.com/jobs/internships/estonia>

<https://www.indeed.co.uk/Estonia-jobs>

## **FINLAND**

<https://graduateland.com/jobs/internships/finland>

[https://www.glassdoor.co.uk/Job/finland-internships-jobs-SRCH\\_IL.0,7\\_IN79\\_KO8,19.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/finland-internships-jobs-SRCH_IL.0,7_IN79_KO8,19.htm?countryRedirect=true)

## **FRANCE**

<https://www.goabroad.com/intern-abroad/search/france/internships-abroad-1>

<https://www.studyabroadineurope.com/pages.aspx?id=22&t=Internship>

<https://www.indeed.fr/?sq=1>

[https://www.glassdoor.co.uk/Job/france-summer-internship-jobs-SRCH\\_IL.0,6\\_IN86\\_KO7,24.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/france-summer-internship-jobs-SRCH_IL.0,6_IN86_KO7,24.htm?countryRedirect=true)



## GERMANY

Germany's largest job portal: [https://jobboerse.arbeitsagentur.de/vamJB/startseite.html;jsessionid=SyYzQsP2Fuiv73b sO6rIQLm-cskGTj9Oqrhml-0Vkt-fwLVc\\_J\\_!1914867757?aa=1&m=1&kgr=as&vorschlagsfunktionaktiv=true](https://jobboerse.arbeitsagentur.de/vamJB/startseite.html;jsessionid=SyYzQsP2Fuiv73b sO6rIQLm-cskGTj9Oqrhml-0Vkt-fwLVc_J_!1914867757?aa=1&m=1&kgr=as&vorschlagsfunktionaktiv=true)

<https://www.goabroad.com/intern-abroad/search/germany/internships-abroad-1>

<https://graduateland.com/jobs/internships/germany>

<https://www.gooverseas.com/internships-abroad/germany>

<https://www.iagora.com/work/en/internships/for-english-speakers/germany>

[https://de.indeed.com/Jobs?q=internship&l=germany&matchtype=b&network=g&device=c&devicemodel=&creative=154846858208&keyword=%2Bgermany%20%2Binternship%20jobs&placement=&param1=&param2=&random=4054177790525127558&aceid=&adposition=1o1&gclid=Cj0KcQiA1NbhBRCBARIsAKOTmUvmOVMuOdM0r54TnXxTQ1Vn17wllPhkNTh5Gw2xkJjUWUyQGr3BvXkaAg3zEALw\\_wcB](https://de.indeed.com/Jobs?q=internship&l=germany&matchtype=b&network=g&device=c&devicemodel=&creative=154846858208&keyword=%2Bgermany%20%2Binternship%20jobs&placement=&param1=&param2=&random=4054177790525127558&aceid=&adposition=1o1&gclid=Cj0KcQiA1NbhBRCBARIsAKOTmUvmOVMuOdM0r54TnXxTQ1Vn17wllPhkNTh5Gw2xkJjUWUyQGr3BvXkaAg3zEALw_wcB)

## GREECE

<https://www.goabroad.com/intern-abroad/search/greece/internships-abroad-1>

[https://www.glassdoor.co.uk/Job/greece-internship-jobs-SRCH\\_IL.0,6\\_IN100\\_KO7,17.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/greece-internship-jobs-SRCH_IL.0,6_IN100_KO7,17.htm?countryRedirect=true)

## HUNGARY

<https://graduateland.com/jobs/internships/hungary>

<https://www.goabroad.com/intern-abroad/search/hungary/internships-abroad-1>

<https://www.iagora.com/work/en/internships/for-english-speakers/hungary>

[http://www.budapestjobs.net/?s=&ptype=job\\_listing&latitude=&longitude=&full\\_address=&north\\_east\\_lng=&south\\_west\\_lng=&north\\_east\\_lat=&south\\_west\\_lat=](http://www.budapestjobs.net/?s=&ptype=job_listing&latitude=&longitude=&full_address=&north_east_lng=&south_west_lng=&north_east_lat=&south_west_lat=)

## ICELAND

<https://reykjavik.is/laus-storf#job>

## IRELAND

<https://www.jobsireland.ie>

<https://www.irishjobs.ie/Student-Placement-Jobs>

<https://www.goabroad.com/intern-abroad/search/ireland/internships-abroad-1>

## ITALY

<https://www.internships-italy.com/en/vacancies>

<https://www.gooverseas.com/internships-abroad/italy>

<https://graduateland.com/jobs/internships/italy>

## LATVIA

<https://www.gooverseas.com/internships-abroad/latvia>

<https://graduateland.com/jobs/internships/latvia>

## LITHUANIA

<https://graduateland.com/jobs/internships/lithuania>

[https://www.glassdoor.co.uk/Job/lithuania-internship-jobs-SRCH\\_IL.0,9\\_IN142\\_KO10,20.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/lithuania-internship-jobs-SRCH_IL.0,9_IN142_KO10,20.htm?countryRedirect=true)

<https://www.iagora.com/work/en/jobs-and-internships/lithuania>

## LUXEMBOURG

<https://en.jobs.lu/Jobs.aspx?Regions=2&Keywords=Gestionnaire+De+Placements>

<https://graduateland.com/jobs/internships/luxembourg>

<https://jobs.youth.lu/>

<https://www.indeed.lu/Internship-jobs>

## MALTA

<https://www.gooverseas.com/internships-abroad/malta>

<https://www.goabroad.com/intern-abroad/search/malta/internships-abroad-1>

## NETHERLANDS

<https://graduateland.com/jobs/internships/netherlands>

[https://www.glassdoor.co.uk/Job/netherlands-paid-internship-jobs-SRCH\\_IL.0,11\\_IN178\\_KO12,27.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/netherlands-paid-internship-jobs-SRCH_IL.0,11_IN178_KO12,27.htm?countryRedirect=true)

<https://www.gooverseas.com/internships-abroad/netherlands>



<https://www.togetherabroad.nl/internships.html>  
<https://www.iagora.com/work/en/internships/netherlands>

### **NORWAY**

<https://graduateland.com/jobs/internships/norway>  
[https://www.glassdoor.co.uk/Job/norway-summer-internship-jobs-SRCH\\_IL.0,6\\_IN180\\_KO7,24.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/norway-summer-internship-jobs-SRCH_IL.0,6_IN180_KO7,24.htm?countryRedirect=true)  
<https://www.gooverseas.com/internships-abroad/norway#section-programs>  
<https://karrierestart.no/internships>

### **POLAND**

[https://www.glassdoor.co.uk/Job/poland-internship-jobs-SRCH\\_IL.0,6\\_IN193\\_KO7,17.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/poland-internship-jobs-SRCH_IL.0,6_IN193_KO7,17.htm?countryRedirect=true)  
<https://graduateland.com/jobs/internships/poland>  
<https://www.gooverseas.com/internships-abroad/poland>  
<https://www.goabroad.com/intern-abroad/search/poland/internships-abroad-1>

### **PORTUGAL**

<https://www.gooverseas.com/internships-abroad/portugal#section-programs>  
<https://www.goabroad.com/intern-abroad/search/portugal/internships-abroad-1>  
[https://www.glassdoor.co.uk/Job/portugal-internships-jobs-SRCH\\_IL.0,8\\_IN195\\_KO9,20.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/portugal-internships-jobs-SRCH_IL.0,8_IN195_KO9,20.htm?countryRedirect=true)  
<https://graduateland.com/jobs/internships/portugal>

### **ROMANIA**

[https://www.glassdoor.co.uk/Job/romania-internship-jobs-SRCH\\_IL.0,7\\_IN203\\_KO8,18.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/romania-internship-jobs-SRCH_IL.0,7_IN203_KO8,18.htm?countryRedirect=true)  
<https://www.gooverseas.com/internships-abroad/romania>  
<https://graduateland.com/jobs/internships/romania>  
<https://www.bestjobs.eu/en/jobs/internship>  
<https://www.goabroad.com/intern-abroad/search/romania/internships-abroad-1>

### **SLOVAKIA**

[https://www.glassdoor.co.uk/Job/bratislava-internship-jobs-SRCH\\_IL.0,10\\_IC2907054\\_KO11,21.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/bratislava-internship-jobs-SRCH_IL.0,10_IC2907054_KO11,21.htm?countryRedirect=true)  
<https://www.iagora.com/work/en/jobs-and-internships/slovakia>

### **SLOVENIA**

<https://www.startus.cc/jobs/slovenia/full-time/internship-thesis?page=1>  
<https://www.goabroad.com/intern-abroad/search/slovenia/internships-abroad-1>  
[https://www.glassdoor.co.uk/Job/slovenia-engineering-internship-jobs-SRCH\\_IL.0,8\\_IN214\\_KO9,31.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/slovenia-engineering-internship-jobs-SRCH_IL.0,8_IN214_KO9,31.htm?countryRedirect=true)

### **SPAIN**

<https://www.gooverseas.com/internships-abroad/spain#section-programs>  
<https://www.goabroad.com/intern-abroad/search/spain/internships-abroad-1>  
<https://graduateland.com/jobs/internships/spain>

### **SWEDEN**

[https://www.glassdoor.co.uk/Job/sweden-internship-jobs-SRCH\\_IL.0,6\\_IN223\\_KO7,17.htm?countryRedirect=true](https://www.glassdoor.co.uk/Job/sweden-internship-jobs-SRCH_IL.0,6_IN223_KO7,17.htm?countryRedirect=true)  
<https://graduateland.com/jobs/internships/sweden>  
<https://www.iagora.com/work/en/jobs-and-internships/sweden>

## **For the most up-to-date information about how Brexit could affect the Erasmus+ programme, please see the following:**

- / Advice for students: <https://www.salford.ac.uk/askus/work-and-careers/career-advice/work-and-international-students/eu-referendum>;
- / Travel information: <https://www.salford.ac.uk/students/news/information-about-brexit>.

**GOOD LUCK!**