



COMPLETE YOUR PRACTICAL TRAINING ABROAD!



Going on a **TRAINEESHIP** within the Erasmus+ programme is a unique opportunity! But how does it work?

Each student can complete a traineeship within the Erasmus+ program during the university studies, including the summer holidays.

The graduate can enjoy a traineeship with an Erasmus+ scholarship as well. For graduates, the traineeship is available for up to 12 months from the date of finishing the university studies. Moreover, it is possible to complete a traineeship between the end of the bachelor studies and the beginning of the master studies. However, it is always necessary to apply before the state examination.

The first important step is to find a receiving organisation. You can do so via Internet portals such as erasmusintern.org, europplacement.com or praxisnetwork.eu.

If you decide to search individually, the procedure is very simple. Find the company, organisation, non-profit organisation, association, university, etc., where you would like to work and contact them preferably via e-mail. Don't forget to introduce yourself, explain that you are looking for a traineeship within the Erasmus+ programme and do not forget to attach your CV. In order to increase your chances, try to contact more potential employers!

Every trainee is entitled to a scholarship of 600 to 699 EUR/month - it depends on a destination. The minimum length of the traineeship is 2 months and you can complete it in one of the 32 European countries.

The selection procedure is continuous, i.e. at any time during the year.

WHAT IS A TRAINEESHIP?



- vocational training focused on **PRACTICAL KNOWLEDGE**
- **EXTENDS** theoretical teaching at university
- within the Erasmus+ programme, each trainee is entitled to a **SCHOLARSHIP**

BASIC INFORMATION



ORGANISATIONS, ASSOCIATIONS, UNIVERSITIES, COMPANIES, NONPROFIT ORGANISATION ETC.



32 EUROPEAN COUNTRIES



FROM **2** TO **12 MONTHS**



SCHOLARSHIP **600 - 699 EUR** \approx **15 700 - 18 300 CZK/MONTH**



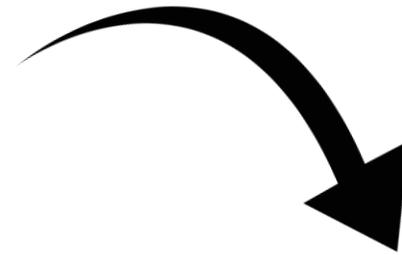
WORK IN **ENGLISH OR ANOTHER LANGUAGE** (GERMAN IN GERMANY ETC.)

HOW LONG CAN I STAY ABROAD?

12 MONTHS

WITH FINANCIAL SUPPORT

AT EACH STUDY LEVEL

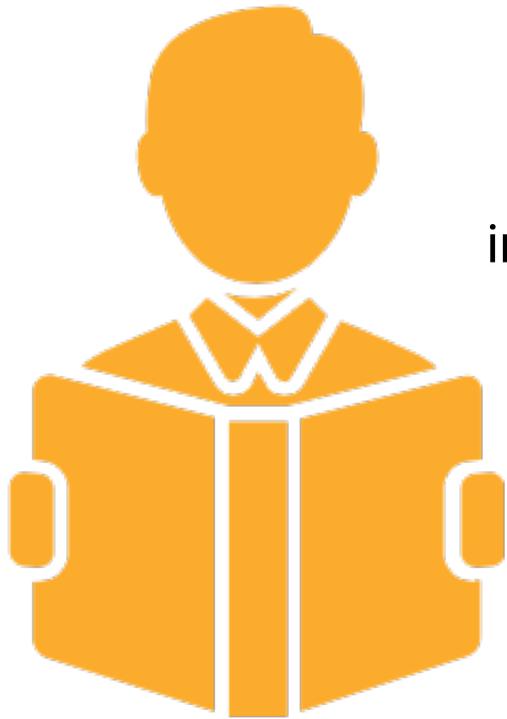


BACHELOR

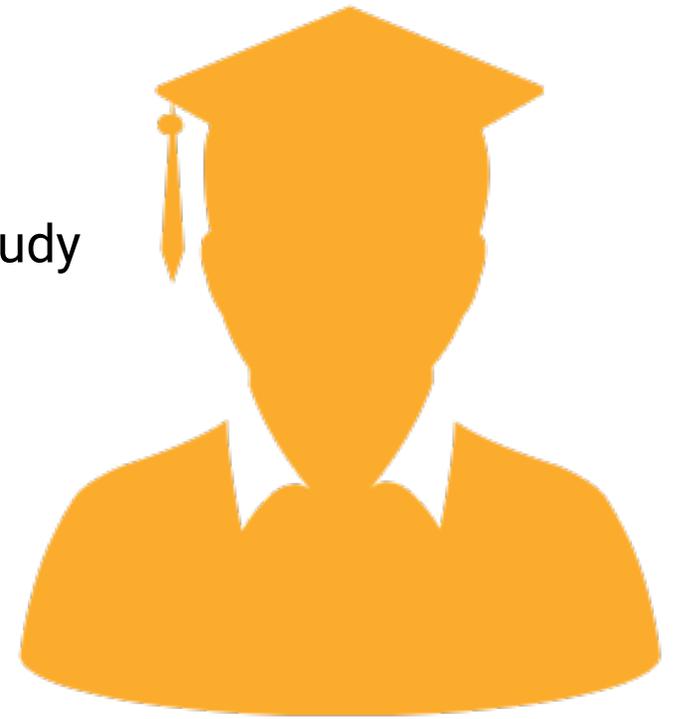
MASTER

DOCTORATE

WHO CAN GO ABROAD?



every **STUDENT** or **GRADUATE**
can go on a traineeship!
including students of the combined form of study



WHERE CAN I GO?

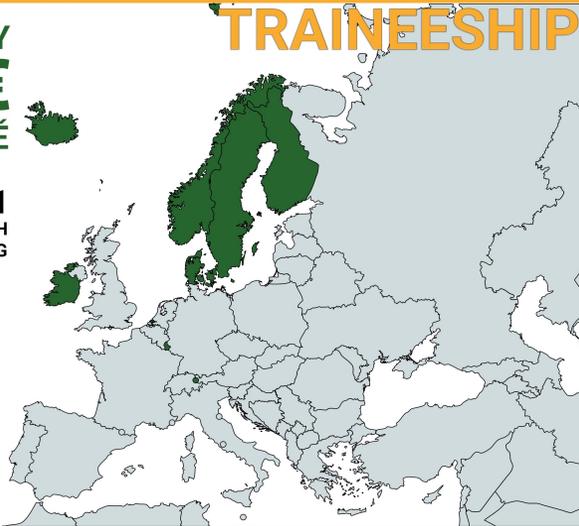
DÁNSKO · FINSKO · IRSKO · ISLAND · LICHTENŠTEJNSKO
LUCSEMBURSKO · NORSKO · ŠVÉDSKO



MONTHLY
699€
MĚSÍČNĚ

TRINEESHIP

GROUP 1
COUNTRIES WITH
HIGHER LIVING
COSTS



DENMARK · FINLAND · ICELAND · IRELAND · LIECHTENSTEIN
LUXEMBOURG · NORWAY · SWEDEN

BELGIE · FRANCIE · ITÁLIE · KYPR · MALTA · NĚMECKO
NIZOZEMSKO · PORTUGALSKO · RAKOUSKO · ŘECKO · ŠPANĚLSKO



MONTHLY
699€
MĚSÍČNĚ

TRINEESHIP

GROUP 2
COUNTRIES WITH
MEDIUM LIVING
COSTS



AUSTRIA · BELGIUM · CYPRUS · FRANCE · GERMANY · GREECE
ITALY · MALTA · NETHERLANDS · PORTUGAL · SPAIN

BULHARSKO · ESTONSKO · CHORVATSKO · LITVA · LOTYŠSKO
MAĎARSKO · POLSKO · RUMUNSKO · SEVERNÍ MAKEDONIE
SLOVENSKO · SLOVINSKO · SRBSKO · TURECKO



MONTHLY
600€
MĚSÍČNĚ

TRINEESHIP

GROUP 3
COUNTRIES WITH
LOWER LIVING
COSTS

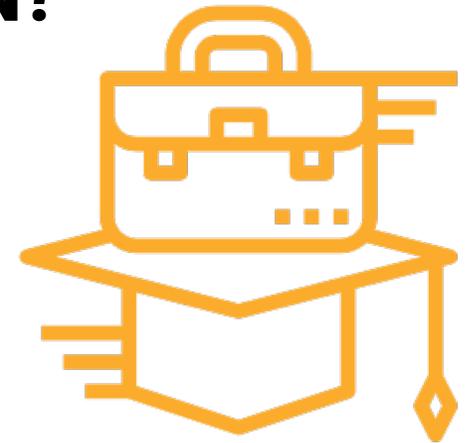


BULGARIA · CROATIA · ESTONIA · HUNGARY · LATVIA
LITHUANIA · POLAND · REPUBLIC OF NORTH MACEDONIA
ROMANIA · SERBIA · SLOVAKIA · SLOVENIA · TURKEY

HOW TO APPLY FOR THE INTERNSHIP?

WHEN IS IT POSSIBLE TO SUBMIT AN APPLICATION?

NO DEADLINES -> YOU CAN APPLY ANYTIME



If you want to go on traineeship as a **GRADUATE**,
you need to apply in the International Relations Office at your faculty
before finishing your studies!

TRAINEESHIP IN 6 STEPS



RECEIVING ORGANISATION

HOW TO FIND A RECEIVING ORGANISATION ABROAD?



SEARCH ON PORTALS

<https://erasmusintern.org>
<http://www.euoplacement.com>
<http://www.praxisnetwork.eu>

OR



CONTACT THE ORGANISATION
INDIVIDUALLY VIA E-MAIL

HOW TO CONTACT AN ORGANISATION?

**ARE YOU NOT SURE HOW TO WRITE AN E-MAIL
TO YOUR POTENTIAL RECEIVING ORGANISATION?**

DO YOU WANT TO GET INSPIRATION?



[Take a look at a few templates we've prepared for you!](#)



CURRICULUM VITAE: TIPS & TRICKS

HOW TO WRITE A GOOD AND INTERESTING CV?

WE RECOMMEND THE FOLLOWING LINKS



<https://europa.eu/europass/en>

<https://www.prospects.ac.uk/careers-advice/cvs-and-cover-letters/how-to-write-a-cv>

<https://www.topresume.com/career-advice/6-cheats-every-job-hunter-should-know>

<https://www.youtube.com/watch?v=CP-wWXjQ40o>



WHERE DID CZU STUDENTS WORK?

**CZU STUDENTS COMPLETED A TRAINEESHIP
IN THESE ORGANIZATIONS OVER THE LAST 2 YEARS:**

[LIST OF ORGANISATIONS!!!](#)



REASONS WHY TO GO ABROAD



INDEPENDENCE



IMPROVED ENGLISH SKILLS



INTERNATIONAL FRIENDS



ADVANCED CV



TRAVELLING



COMPETITIVE ADVANTAGE



EXPANDED HORIZON



LIFELONG MEMORIES



INTERCULTURAL COMPETENCE



BECOMING AN ADULT

EXPERIENCES OF OUR STUDENTS



KATEŘINA FROM PEF • VISION FACTORY BARCELONA



”

TO WALK THE DOG ON THE BEACH HAS ALWAYS BEEN MY DREAM. AND DURING MY TRAINEESHIP IN BARCELONA, IT FINALLY CAME TRUE.



ADAM FROM FŽP • INTERNATIONAL WILDLIFE CONSULTANTS LTD.



”

DON'T BE AFRAID OF FOREIGN LANGUAGES. THANKS TO COMMON INTERESTS, WE HAVE ALWAYS UNDERSTOOD EACH OTHER WELL ON PRACTICAL INTERNSHIPS.



EXPERIENCES OF OUR STUDENTS



KATEŘINA FROM IVP • HUMBOLDT-UNIVERSITÄT ZU BERLIN



”

INTERNATIONAL PROJECTS,
WANDERING IN A HALF-EMPTY
BERLIN... EVEN THE CURRENT
SITUATION **DOES NOT HAVE TO**
BE AN OBSTACLE.



HELENA FROM PEF • SOUTH TOURS MÁLAGA



”

MANY PEOPLE TOLD ME TO
CONSIDER MY STAY IN SPAIN
DURING THE PANDEMIC.
SO HERE I AM!



EXPERIENCES OF OUR STUDENTS



MARTINA FROM FTZ • VETERINAIRE KLINIEKEN WAYACA



”

ON THE ISLAND OF ARUBA, I COLLECT DATA FOR MY DIPLOMA THESIS. THE TRAINEESHIP TAKES PLACE PARTLY AT A VETERINARY CLINIC.



JAN FROM FŽP • GEORG-AUGUST-UNIVERSITÄT GÖTTINGEN



”

HEAD OUT INTO THE WORLD AND FIND REAL HAPPINESS!

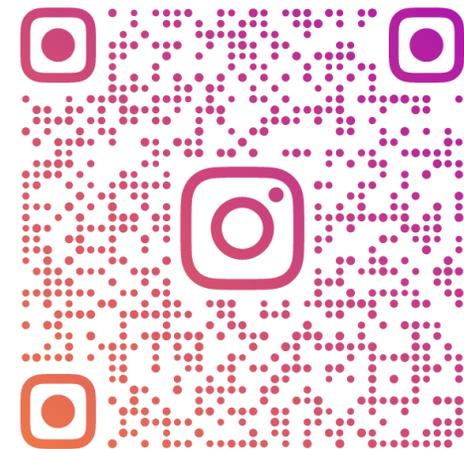
CONTACT

DO NOT HESITATE TO CONTACT US IF YOU HAVE ANY QUESTION!

YOU CAN WRITE US BY EMAIL OR VIA INSTAGRAM!



goabroad@rektorat.czu.cz





HOW TO GAIN WORK EXPERIENCE FROM ABROAD?



APPLY FOR **TRAINEESHIP!**

-  **FIND A RECEIVING ORGANISATION**
-  **NO APPLICATION DEADLINES**
-  **GO ABROAD AND BECOME AN EXPERT**

#czuabroad



TRAINEESHIP

DO YOU WANT TO GAIN
WORK EXPERIENCE?



DO YOU WANT TO BECOME
A PROFESSIONAL?



DO YOU WANT TO VISIT
ANOTHER COUNTRY?

THREE TIMES **YES?**
DON'T WASTE YOUR TIME!



TAKE YOUR CHANCE
MAKE THINGS HAPPEN

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