

HOW TO ORGANISE THE ERASMUS+ TRAINEESHIP?



ESN-EYE.PL
ERASMUS STUDENT NETWORK
ŁÓDŹ UNIVERSITY OF TECHNOLOGY

Who can go abroad?

Students of TUL:

- I cycle (after second year)
- II cycle (after first semester)
- not on leave of any type

Doctoral candidates of TUL:

- III cycle (after first semester)
- not on leave of any type

Recent graduates of TUL:

- **recruitment necessary while being a student**
- the traineeship must be finished within 1 year from completion of the studies



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12 MONTHS

Each candidate has a „mobility capital”
of 360 days to use on Erasmus+ for
studies/traineeships on each study cycle



Where can I go?

- EU countries
- Norway, Iceland, Liechtenstein, Turkey, Macedonia, Serbia, United Kingdom



Spain

Italy

Belgium

Germany



... and
many
more!



The traineeship cannot be shorter than 60 days.

Funding is granted for a maximum of 150 days for each traineeship.



600 EUR

Ireland, Iceland, Denmark, Norway, Sweden, Finland, Luxembourg, Liechtenstein, United Kingdom
Higher grant to Iceland and Norway is available from EOG funds (>1000 EUR)



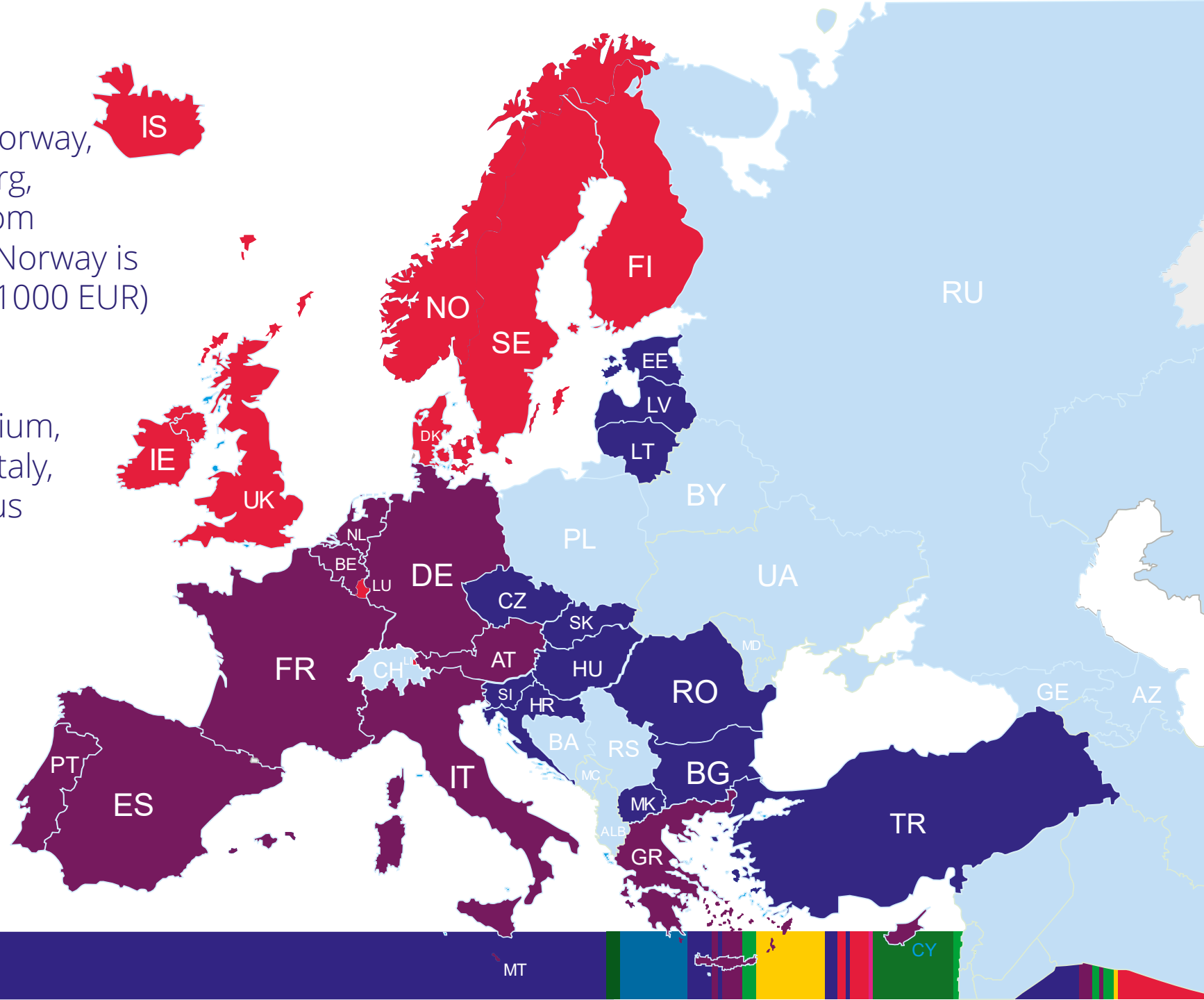
550 EUR

Portugal, Spain, France, Belgium, the Netherlands, Germany, Italy, Austria, Malta, Greece, Cyprus



500 EUR

Estonia, Latvia, Lithuania, Czech Republic, Slovakia, Hungary, Slovenia, Croatia, Romania, Bulgaria, Macedonia (FYROM), Turkey, Serbia



*Each candidate receives a one-off support payment of 250 euro from University.

Additional support for participants - PO WER

- **200 EUR** social allowance for students who receive social grant
- additional support for participants with special needs

* Once per academic year, not available for recent graduates.





What to do first?

Step by step

Find a traineeship

Send your cv with cover letter to the company, university etc.

Submit necessary documents

Check the recruitment schedule and submit the required application documents

Wait for the final decision

The qualification results will be sent to your University email address within given deadline

Sign the Agreement

After providing all necessary insurances the traineeship agreement will be prepared

Please check the recruitment schedule - <https://cwm.p.lodz.pl/en/student-mobility/traineeships/erasmus/schedule>

Where can I find a traineeship?



<https://erasmusintern.org/>
or other traineeship
provider platforms





Erasmus Politechnika
Łódzka on Facebook

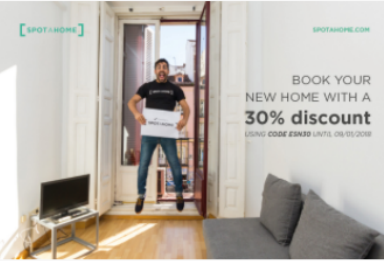


Via private contacts with
former Erasmus+ students,
teachers etc.



<http://erasmusintern.org/>

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Advanced Search

Remove from selections

✕ Bachelor

✕ Engineering and/or Technology

✕ 3 months

✕ Financial compensation

✕ Full-time

✕ English

Degree

☒ Bachelor

Digital Opportunities

☐ Yes

3

☐ No

1

Field of studies

Internships Search

What are you looking for

Where

Search

Your search returned 5 matching results.

IT Assistant



Communication and Information Sciences, Engineering and/or Technology, Mathematics and/or Informatics

Pappagallo Foreign Language School  Croatia, Split

We're looking for a student to aassist with

Duration: 3 months Post date: 28 Mar, 2018 Deadline: 1 May, 2018

[Read more](#)

Business Development Intern




Business Studies and/or Management Science, Communication and Information Sciences, Engineering and/or Technology

Bookingpetz.com  Netherlands, Amsterdam

[Read more](#)

Digital Opportunity

<https://www.trainingexperience.org/>



InternshipsErasmus InfoServices ▾About ▾Sign I

Internships offers

Field of study

Country

Start date





All ▾


All ▾


23 April 2018


Search

NL-8 - MARKETING & SALES INTERNSHIP IN AMSTERDAM NETHERLANDS







 Amsterdam (Netherlands)


 English (at least B2)


 Business, Media


More

ES-22 - EDUCATIONAL CONTENT MANAGEMENT ASSISTANT (MATHS) INTERNSHIP IN REQUENA SPAIN







 Requena (Spain)


 English (at least B2), Spanish (at least B2)


 Pedagogy, Maths & Natural Science


More

ES-225 - SOFTWARE DEVELOPER INTERNSHIP IN VALENCIA SPAIN




 Valencia (Spain)

 English (at least B2)

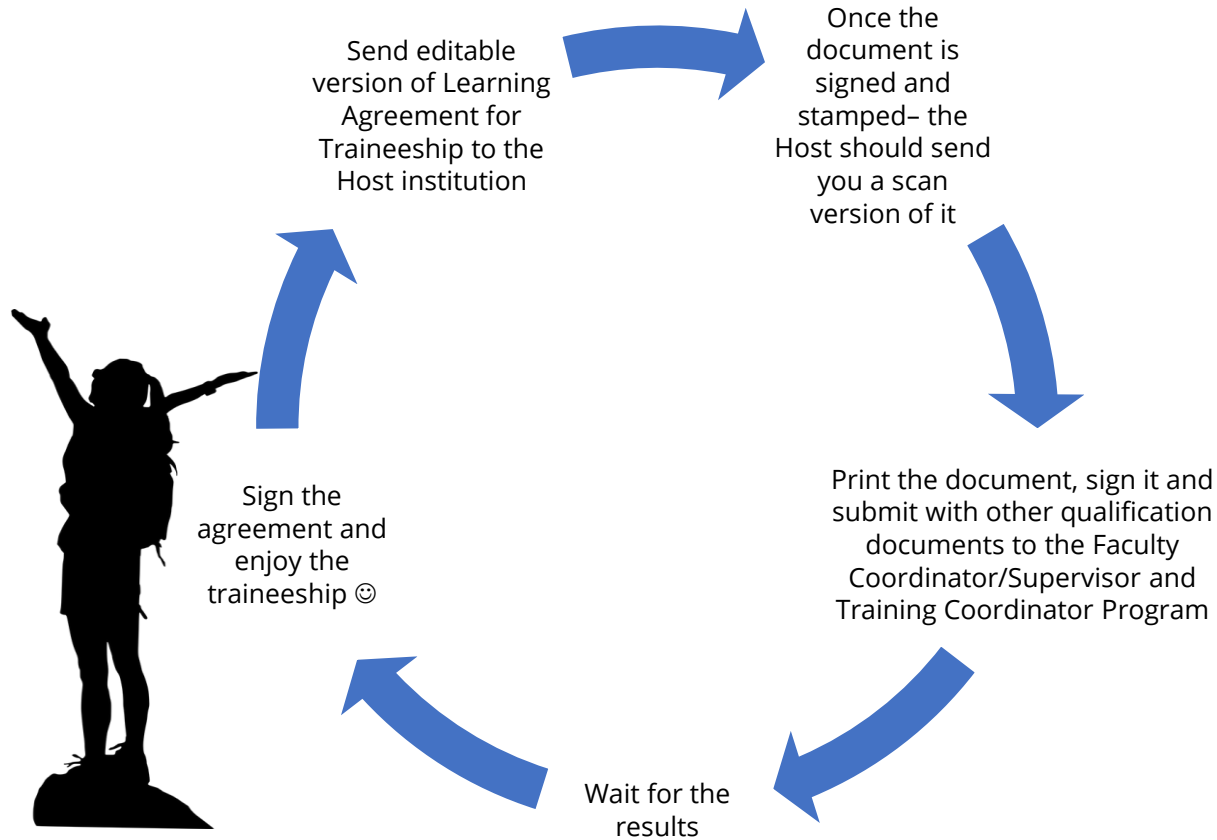
 Computer Studies

More



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What to do next after getting acceptance from the Host Institution?



Required qualification documents:

- Application of a student or doctoral candidate
- Application form
- Cv
- Cover letter
- Learning Agreement for the Traineeship
- Proof of the language competency



All documents are available on our website – <https://cwm.p.lodz.pl/en/student-mobility/traineeships/erasmus/traineeship>



Other important information

Did you:

- miss the deadline for the qualification procedure? Do not worry – contact the Student Mobility Section to find out what to do next
- get any stipends before going abroad? You are going to keep them while being abroad
- think of a traineeship for recent graduates? Make sure you apply while being a student!





**I'd rather regret the things I've
done than regret the things I
haven't done.**

Lucille Ball

Contact

Student Mobility Section

- International Cooperation Centre (building A16), room 120
- www.erasmus.p.lodz.pl

Any questions? Please contact Ewa Jarzębowska via email ewa.jarzebowska@p.lodz.pl or by phone 4842 638 38 68

