



WHAT is it?

The E+ for Traineeship is an opportunity to carry out an **internship abroad** in an organisation/enterprise, while benefitting from a **scholarship**

WHO can participate?

STUDENTS

your traineeship must be **embedded** in the curriculum of the degree programme - in which you are enrolled - and must **award ECTS credits**

RECENT GRADUATES

your traineeship must occur within **one year** of your graduation and you must apply **while still being enrolled at luav**

WHERE should the traineeship take place?

The E+ supports internships abroad in **Programme Countries**:

- ✓ EU members
- ✓ Iceland
- ✓ Liechtenstein
- ✓ Norway
- ✓ UK (until September 30-th)

N.B. You cannot spend the mobility experience "at home". Therefore, if you are a citizen of one of the programme countries, you cannot carry out your internship there.



WHEN should the traineeship take place?

Your traineeship abroad can last from a **minimum of 2 months** to a **maximum of 6 months**.

Your traineeship abroad must **finish by September 30-th, 2020**.

N.B. You can benefit from an exchange abroad with Erasmus+ multiple times, either as a student or as a trainee, but your total time abroad (study abroad periods included) may not exceed 12 months within one cycle of study.

HOW can I apply?

After choosing the host organisation/enterprise, in order to apply for the E+ for traineeship programme, you should follow the procedure as described below:

Before the Mobility

- ✓ Letter of Intent
- ✓ Learning Agreement for Traineeship
- ✓ Grant Agreement

During the Mobility

Learning Agreement
Trainees for changes
(if necessary)

After the Mobility

- ✓ register attendance
- ✓ traineeship certificate

WHY?

By doing a traineeship abroad with Erasmus+, you can improve not only your **communication, language** and **inter-cultural skills**, but also **soft skills** highly valued by future employers, as well as become more **entrepreneurial**.

Contact us

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