

International Internships



An international internship is a great way to experience life and work abroad without a lot of time and monetary investments. Volunteering, professional internships and student exchange programs are much less popular than higher education abroad. At the same time, the participants of such programs, even if the programs themselves did not last that long, gain valuable experience in intercultural communication, in-demand skills and the opportunity to earn money. Requirements for candidates are not always high — everyone can try themselves.



Advantages of international internships

- **Language.** Some internships take candidates with average or even minimal English or other foreign language proficiency. While working or studying abroad, it is often possible to closely communicate with the local population and foreign colleagues. There is nothing better for improving your language skills;



- **An activity for your CV.** Taking part in a professional or volunteer internship abroad will make your CV more competitive. Such experiences will show a person's ability to adapt to new conditions and his readiness for international cooperation. Participation in such programs is encouraged not only by employers of large companies, but also by prestigious universities in many countries of the world;





- **Helping those in need.** Volunteer internships provide an opportunity to make a small but important contribution to improving the situation in the world. Volunteers not only visit a new country, but also help solve problems in the field of education and environment in non-developed countries.

Types of internships abroad

Professional Internships



involve the signing of a contract between an employer and a young professional or student who wants to acquire useful skills and develop competencies in their field. You can find a vacant position through an agency (for example, [EF](#) or [AIESEC](#)) or contact the organization of interest yourself. Sometimes companies do not advertise internship positions, but willingly respond to emails from enterprising candidates.

Internships are now available in all possible specialties: IT, management, cinema, engineering, science, museums, architecture, marketing, etc. Most often, the duration of the contract is from 3 months to 1 year. If the cooperation turns out to be successful, the employer can extend the period up to 2-3 years.

Volunteer internships



Volunteer internships In most cases, are aimed at improving the social and environmental situation in the world. Volunteers are involved in various projects: teaching English to children in developing countries, cleaning beaches, caring for animals in reserves, etc. The choice depends on the interests and skills of the candidate. Participants of such programs rarely have high demands. The main criterion is that they are 18 years old, as a sincere interest in the project and proficiency in a foreign language at the Intermediate level, if the specifics of a particular program do not imply special selection conditions, are much more important.



Exchange Programs

Today students of many universities and colleges around the world have an opportunity to live and study abroad. Students of the 2nd year of bachelor's studies and older can participate, less often – university graduates within 2 years after completion of training are also eligible. Age and educational requirements depend on the specific program. There are 2 types of student exchange programs:



- **Academic exchange** involves mastering a part of the educational program at a foreign university. You can go to a partner university of your alma mater for 1-2 semesters, organize a trip yourself using scholarship programs such as Erasmus and DAAD, or contact the university of interest directly. If the curriculum while studying abroad does not differ much from your university, the student will not have to take an academic leave: the studied disciplines will be counted, and a mark on the foreign internship will appear in the diploma.



- **Cultural exchange** is designed to strengthen international contacts, to acquaint young people with the life of other countries, to establish personal and professional ties between the two nations. Basically, such projects are sponsored by state governments and are free of charge. The trips last 2 weeks on average. Participants spend most of their time on excursions, workshops and conferences dedicated to cooperation between the two countries and immersion in a new culture. The criteria for applying are individual for each program: often not only schoolchildren and students can participate, the desire and a good motivation letter are more important in the selection process.



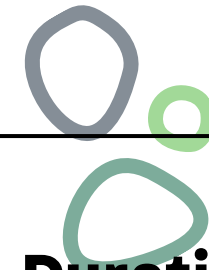


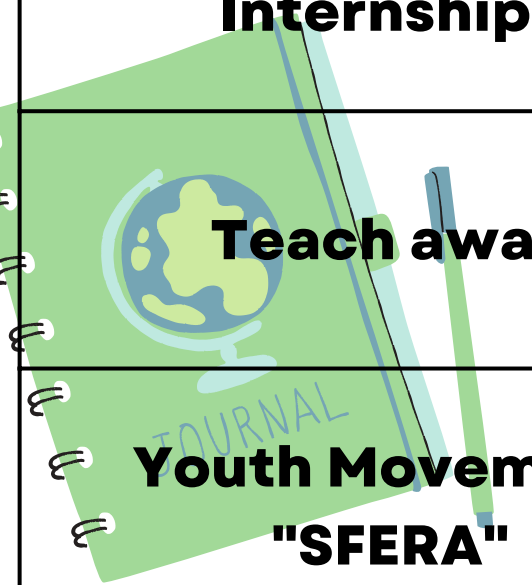
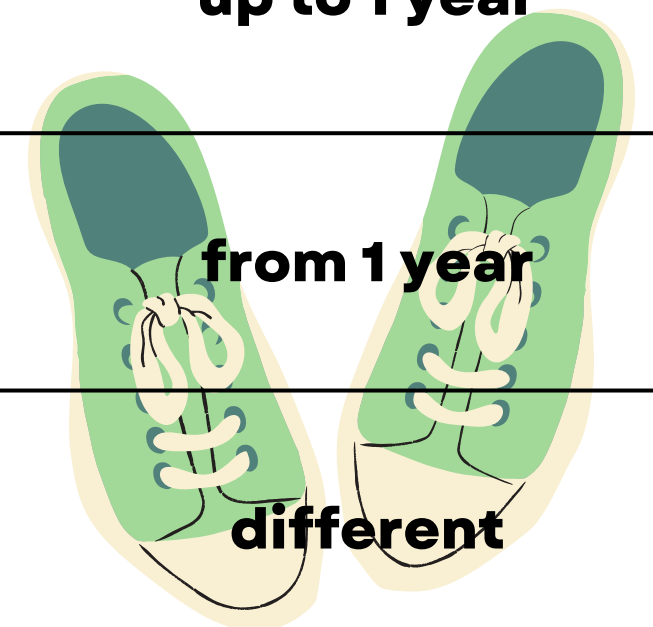
Au Pair

is a separate type of internship abroad that includes elements of work, language practice and volunteering. The standard program duration is 1 year. The participant lives abroad with a host family, takes care of the children and helps the parents with the housework. In exchange for this, the employee is provided with housing, food, the opportunity to attend language courses, and pocket money.

The requirements depend on the needs and preferences of a particular family, but each candidate 18-30 years old must have experience working with children, speak a foreign language at a conversational level and not have bad habits. As a rule, Au Pair participants work 30-40 hours a week, and can devote their free time to language courses or traveling around the country.

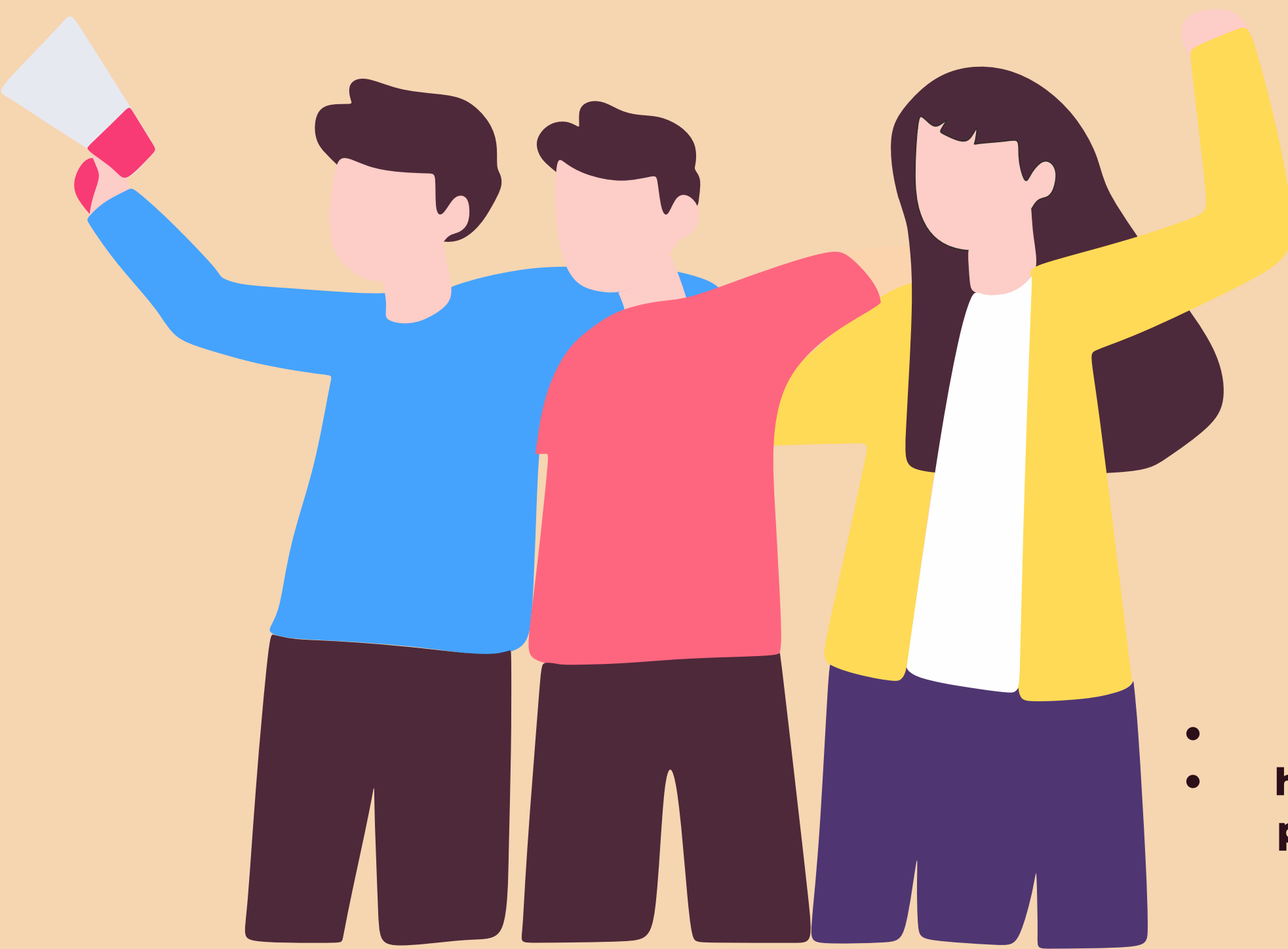
How do I find international internships?



Provider	Category	Services	Salary / Scholarship	Duration
Work & Travel	Exchange Programs	Paid	Yes	3 months – 1 year
English First	Professional	Paid	Yes	up to 1 year
AIIESEC – Global Intern	Professional, volunteer	Paid	Yes	2 months – 1.5 years
International Internships	Professional	Paid	No	up to 1 year
 Teach away	Professional	Paid	Yes	from 1 year
Youth Movement "SFERA"	Volunteer	Paid	Yes	different 

Provider	Category	Services	Salary / Scholarship	Duration
Work & Study	Professional	Paid	Yes	from 6 weeks
IAESTE	Professional	Free	No	1-2 years
Help Exchange	Volunteer	Free	No	up to 1 year
WWOOF	Volunteer	Free	No	from 1 week
Erasmus	Exchange programs	Free	Yes	6 months – 1 year
DAAD Exchange	Exchange programs	Free	Yes	from 1 month
Fulbright	Exchange programs	Free	Yes	1-2
Aupair	Au pair	Free	Yes	1 month – 3 years

Thanks for your attention!!!



- <https://www.unipage.net/ru/internships>
- <https://blog.fenix.help/postdiplomnoe-obrazovanie/kak-poyekhat-na-stazhirovku-za-granitsey-preimushchestva-nedostatki>