

Traineeship Webinar Week



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TRAINEEESHIP WEBINAR WEEK



20-23 APRIL 2021



discover^{ed}



Erasmus+

TRAINEESHIP WEBINAR WEEK



HOW TO FIND TRAINEESHIP PLACE ABROAD?

April 20 6 pm-7:30 pm

TRAINEESHIP WEBINAR WEEK



TRAINEESHIP ABROAD. FIRST-HAND IMPRESSIONS

April 21 6 pm-7 pm

TRAINEESHIP WEBINAR WEEK



**NEW FORMS
OF TRAINEESHIP
ABROAD. PHYSICAL?
BLENDED? REMOTE?**

April 22

6 pm-7 pm

TRAINEESHIP WEBINAR WEEK



**TRAINEESHIP
ABROAD. ADOPTING
FOR A MULTICULTUR-
AL WORK ENVIRONN-
MENT**

April 23

6 pm-7 pm

WHY



?

- ☒ Practical skills
- ☒ International network
- ☒ Visiting new countries
- ☒ Recognition
- ☒ Language
- ☒ Money



Erasmus+

Online Linguistic Support

Erasmus+ is...

Studies + Traineeship = 12 months/study cycle

- **Min 2 months**



Selections

- December
- March
- June
- September

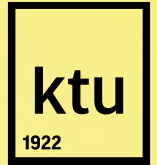
Traineeship types

- Students (voluntary, mandatory);
- Recent graduate (within 12 months after graduation);

Traineeship Types

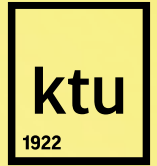
- ☒ **Physical Mobility** - all traineeship period will be spent in the traineeship country;
- ☒ **Blended Mobility** - at least 2 months physically will be spent in the traineeship country, but part of the traineeship will be completed remotely.
- ☒ **Remote/ Virtual Mobility** - all traineeship period will be spent working online in a non-traineeship country.

Funding



- ☒ **Physical Mobility** – a scholarship is granted for all traineeship period;
- ☒ **Blended Mobility** – a scholarship is granted only for the period, physically spent in the traineeship country;
- ☒ **Remote/ Virtual Mobility** – no scholarship.

Traineeship Offers



- International exchange programmes (e.g., AIESEC, IAESTE, Vulcanus in Japan, Work and travel..., DBU, BAFF...)
- Traineeship portals (*eurasmus, praxis, graduateland...*)
- LinkedIn
- Facebook
- Teachers/ Friends/ Family
- Google
- **KTU Office 365**
- KTU WANTED, etc.

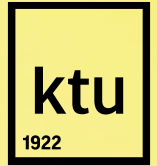
erasmus traineeship

summer internship abroad

practice abroad

#....

How to Choose a Traineeship Place?



- **Traineeship sector/ industry**
- **Traineeship level** (intermediate/ advanced)
- **Traineeship organisation profile** (size, values, environment)
- **Experience to gain/ skills to learn** (your responsibilities)
- **Country/ city** (living standards, accommodation, travelling, etc.)
- **Opportunity to network**
- **Reputation of traineeship organisation** (online ratings of the traineeship organisation, etc.)
- **Additional benefits** (accommodation, meal vouchers, travel tickets, pay, further employment, etc.)

Advantages of a Remote Traineeship:



- **Gain work experience.**
- **Unlimited global access** (ability to work wherever you and an internet connection exists. ...).
- **Flexible work schedule** (improved work/life balance).
- **Combination of employment/studies and traineeship.**
- **Combination of family life and traineeship.**
- **Gain new technology skills.**
- **Learn new ways to network.**
- **New resume skills** (gained remote work skills).
- **Global network.**
- **Save money and time.**
- **Environmentally friendly**
- **Support a Start-Up.**
- **Avoid office politics** (gossip and rivalries).

Disadvantages of a Remote Traineeship:



- **Not all industries are offering remote training.**
- **Access** (bad/lack of internet connection, work space, etc.).
- **Deadlines.**
- **Time zones.**
- **Lack of sense of community.**
- **Lack of self motivation.**
- **Self time-management** (work/life balance).
- **Finances** (paid traineeship).
- **Communication problems** (slower/ miscommunication, disorganization).
- **Not having enough work to complete.**
- **...?**

How to be successful in a Remote Traineeship?



- **Be proactive.**
- **Agree on regular meetings and times with your manager.**
- **Specify means of communication.**
- **Agree on the deadlines.**
- **Increase sense of community** (participate in/after the company meetings).
- **Prepare to work** (internet connection, work space, etc.).
- **Check time zones** (reminders).
- **Support self motivation.**
- **Self time-management** (work/life balance).
- **Avoid communication problems** (ask questions).
- ... ?

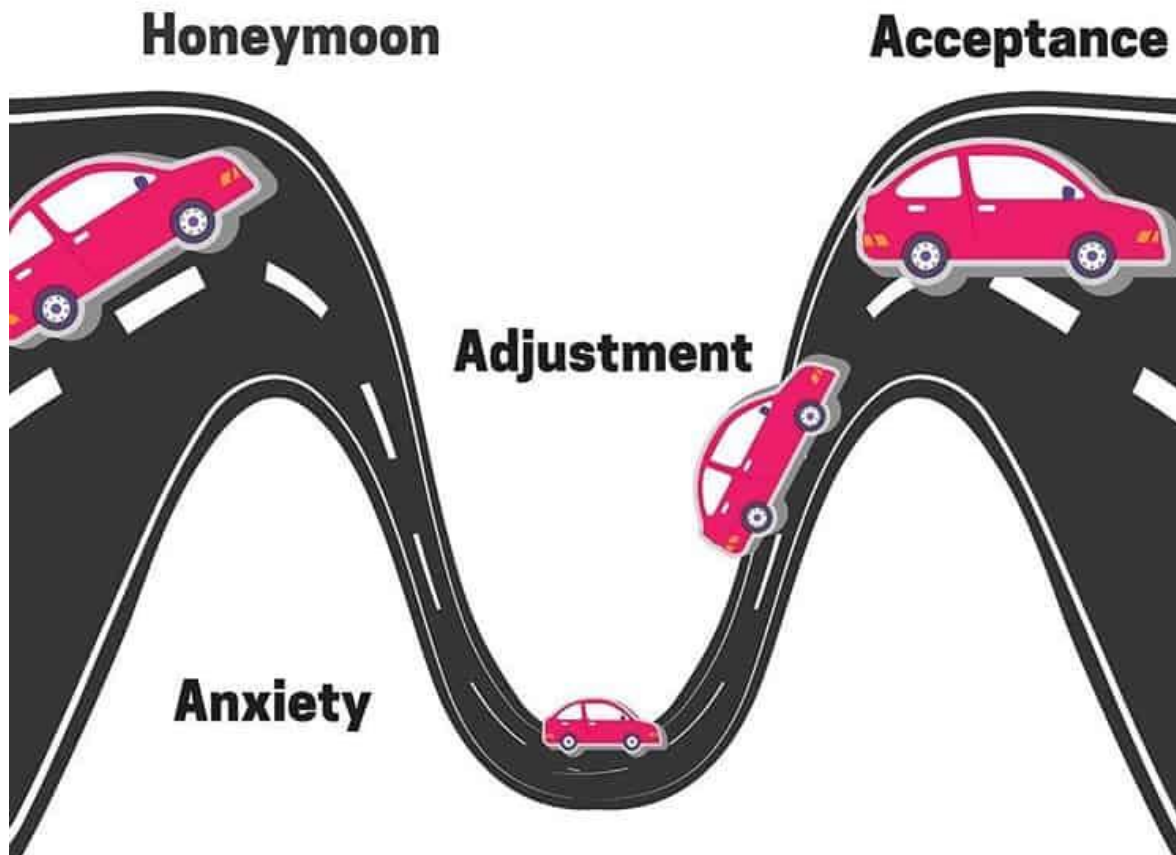
Cultural Features at Work Abroad



- **Communication** (how and when information is provided in an accurate and promptly manner; on direct or indirect ways).
- **Team-building** (some cultures are individualistic, others foster teamwork).
- **Time awareness** (the balance between work and family life, social behaviour, fixed or flexible deadlines).
- **Beliefs** (religious events and holidays affect people's schedules and calendars).
- **Worldview** (active or passive attitude).
- **Formality** (dress code, greetings, body language, respect).
- **Hierarchy** (horizontal or vertical; leadership style).

Adopting to a Different Culture

The Stages Of Culture Shock



<https://swedishforprofessionals.com/4-stages-of-culture-shock/>

How to Deal with a Toxic Supervisor



- Do not let the toxic behaviour last.
- Talk and explain.
- Follow your tasks.
- Be polite, honest, and clear
- Don't gossip.
- Keep detailed records.
- Inform you university supervisor about the problems.
- Make the decision to stay or go.
- Develop some coping mechanisms (keep a safe emotional distance).
- Remember, it's not forever.
- ...?

How to Be a Successful Trainee Abroad?



- **Learn about the culture of the country**
- **Be open-minded, flexible, take initiatives**
- **Go beyond stereotypes** (don't be arrogant about any culture)
- **Consider that culture is relative** (use your observation and listening skills)
- **Ask questions**
- **Be patient** (everybody makes mistakes)
- **Make a budget**
- **Manage time wisely**
- **Expand your network**
- **Ask for feedback from your supervisor and co-workers**
- ...?

TRAINEESHIP?

When?
Where?
How?

MAKE a
wish list

SEND CV
motivation letter

WAIT

BINGO!

ktu.edu/erasmus

Q&A

(Erasmus@ktu.lt)



Traineeships abroad

Ruta.Jankauskiene@ktu.lt

SPEAK connects newcomers & locals through language & culture exchange activities.



Participants	Nationalities	Language groups	Languages	Events
344	64	36	9	35

www.speak.social/en/kaunas/

IG: @speak.kaunas



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Online CAFÉ ERASMUS

April 28
(every last Wednesday)
4:00 PM
ZOOM Meeting

- Discussions
- Exchange myths
- Fears
- Sharing experiences

