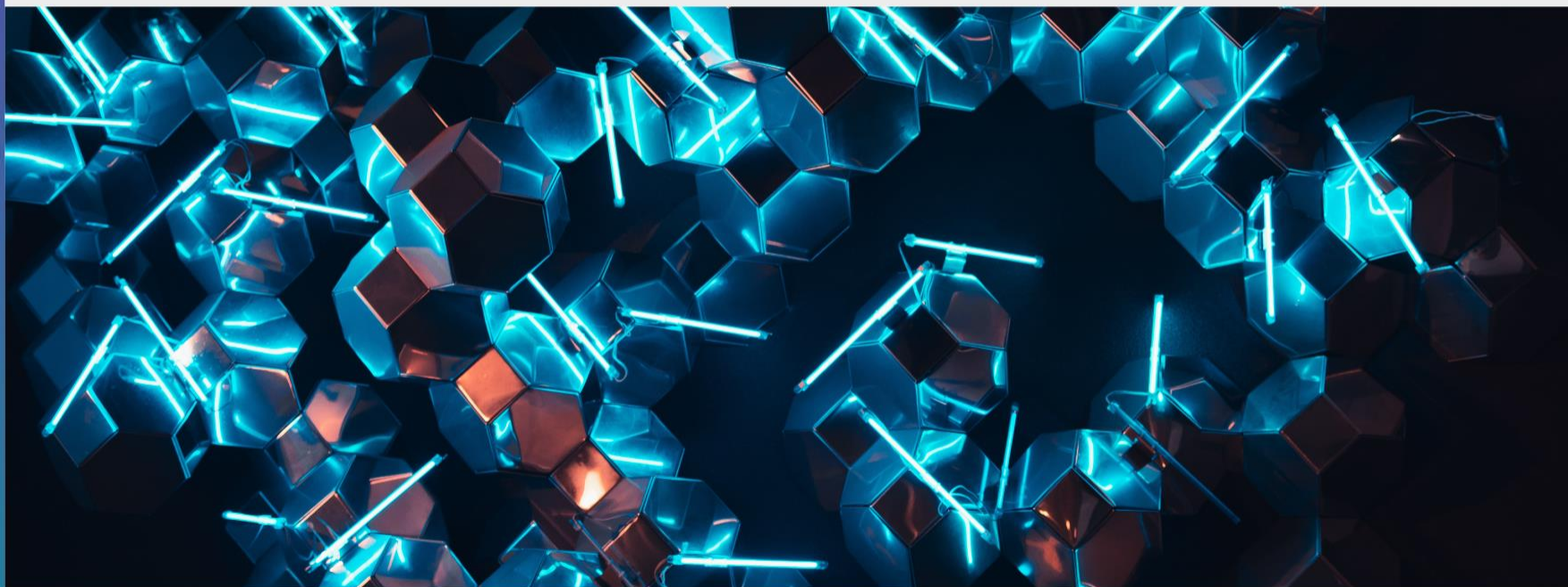




A-Z TRAINEESHIP INFORMATION



21 March – 28 April 2023



TRAINEESHIP ABROAD. HOW TO ADAPT TO A MULTICULTURAL ENVIRONMENT

18 April | 12:30–13:30 | KTU Library (M7 Elements box)



Erasmus+



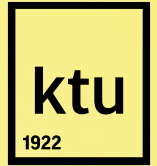
- ☒ Practical skills
- ☒ International Network
- ☒ Visit many countries
- ☒ Recognition
- ☒ Language
- ☒ Money



Erasmus+

Online Linguistic Support

Erasmus+ is...



Studies + Traineeship = 12 months/study cycle

4 Selections for Erasmus+ traineeship:

- December
- March
- **June**
- September

Students have to find a traineeship place by themselves!

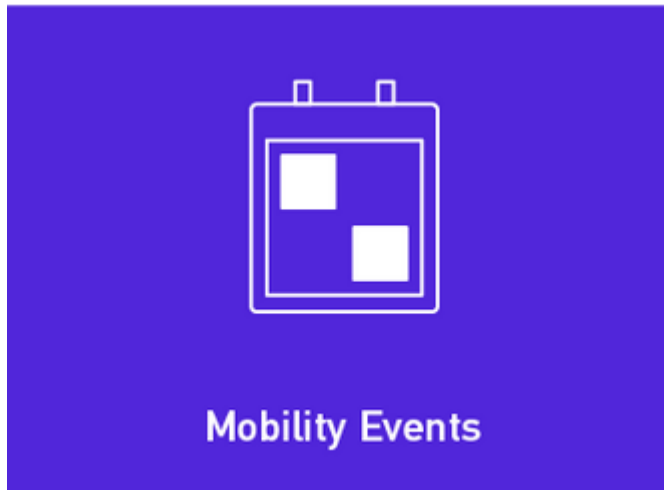
HOW TO FIND TRAINEESHIP PLACE?

<https://en.ktu.edu>




Ka
**KTU ADM
OPEN – S
IN SEPT**

- Quality Management
- Sustainability
- International Relations**
- ECIU University
- Artificial Intelligence Centre
- University Projects
- Work at KTU



<https://en.ktu.edu/erasmus/events/>



home lt Q

university - research -

MOBILITY EVENTS

Here you can find projects and events which a

- ### Upcoming events
- March 21st
 - March 31st
 - April 5th
 - April 18th
 - April 28th

ktu discover^{ed} Erasmus+

A-Z TRAINEESHIP INFORMATION

TRAINEESHIP?

When?
Where?
How?

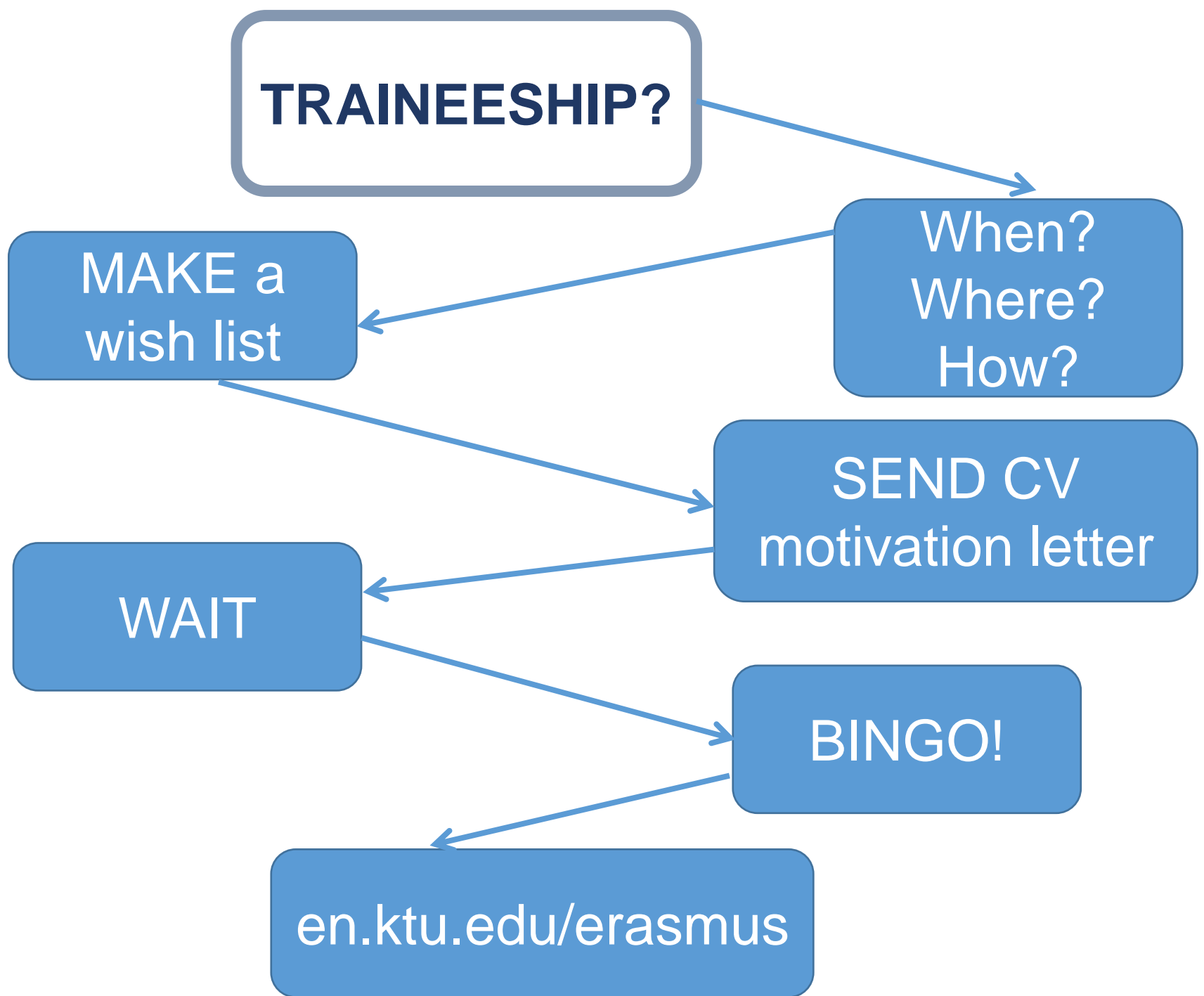
MAKE a
wish list

SEND CV
motivation letter

WAIT

BINGO!

en.ktu.edu/erasmus



SUMMER TRAINEESHIP WITH ERASMUS+



Apply before June 1st

en.ktu.edu/erasmus



Cultural Differences at Work

- **Communication:**

HOW and WHEN information is provided?

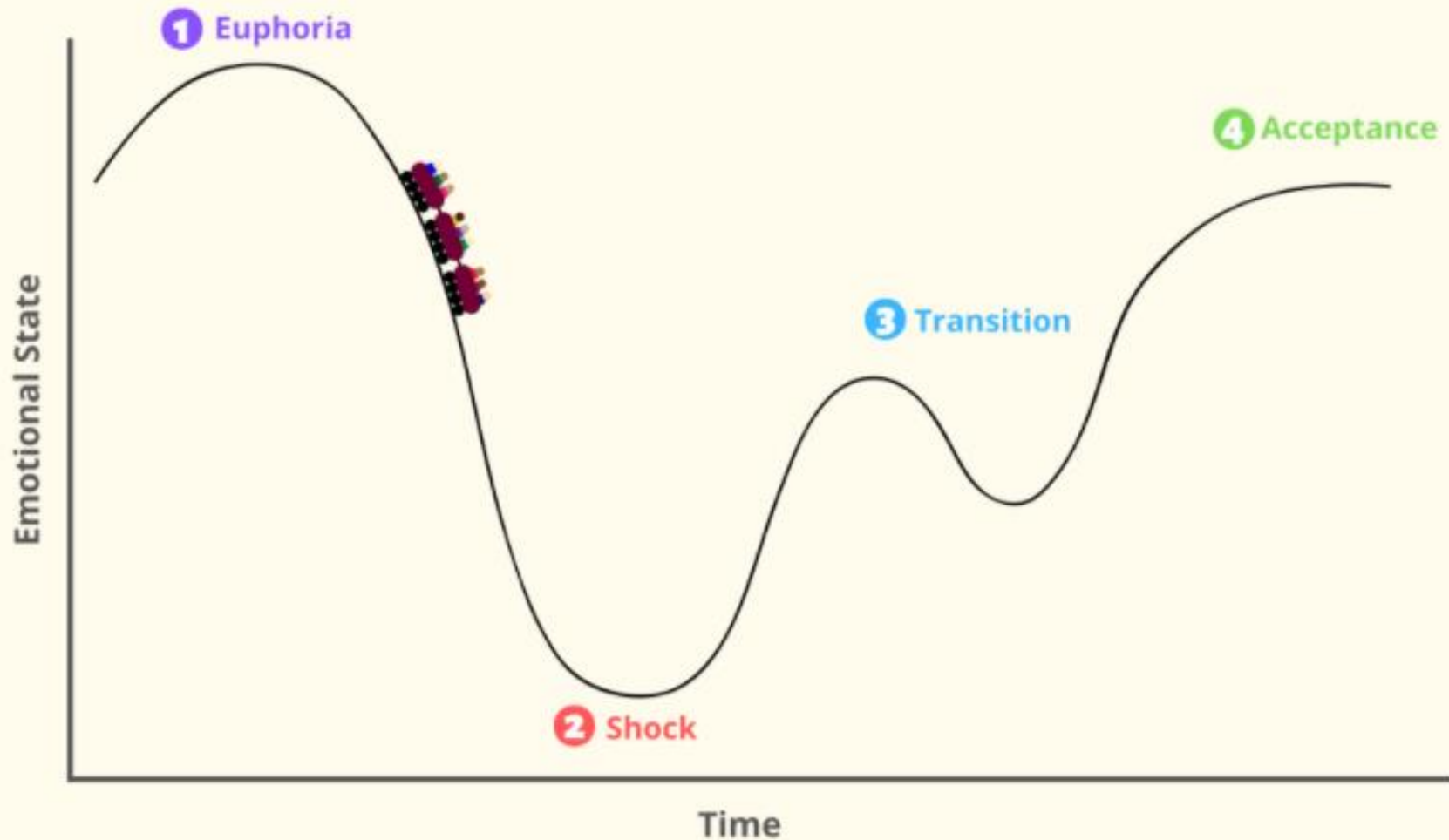
Accurate and promptly MANNER?

DIRECT or INDIRECT ways?

- **Way of work** (individualistic/ teamwork culture?)
- **Time awareness** (balance between work and family life? Fixed or flexible deadlines?)
- **Beliefs** (religious events? Holidays affect schedules and calendars)
- **Worldview** (active or passive attitude?)
- **Formality** (dress code, greetings, body language, respect?)
- **Hierarchy** (horizontal or vertical? Leadership style?)

Adapting to a different culture

Stages 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**
- **Develop some coping mechanisms** (keep a safe emotional distance)
- **Remember why have you chose to go on traineeship**
- **Remember, the traineeship will not last forever**
- **Make the decision to stay or go**

How to Be a Successful Trainee Abroad?

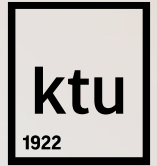


- **Learn about the culture of the country**
- **Be open-minded, flexible, take initiatives**
- **Go beyond stereotypes** (don't be arrogant about any culture)
- **Consider that culture is relative** (use your observation and listening skills)
- **Ask questions**
- **Be patient** (everybody makes mistakes)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

HOW COULD KTU PREPARE STUDENTS FOR A BETTER? ADAPTATION



Intercultural Learning Course*



- Only for Exchange Programme Participants
- Only one group per semester (spring/autumn)
- Only in English
- Only mixed groups from different faculties/different study cycles
- **Not evaluated by the mark** („completed " (IT) or „not completed " (NT))

*Module codes: DS00B107 (for Bachelor students) / DS00M109 (for Master students)

I. Preparation (Pre-departure. Face-to-Face Training): introduction to academic exchange, first intercultural learning session in a mixed group of outgoing exchange students and trainees.

II. Support (online activities in Moodle): during your stay abroad, online lectures on intercultural topics in combination with exercises that allow for interaction and self-assessment.

III. Online stories: reporting on your experiences gained abroad and exchanging practical information.

IV. Reflection (Re-entry. Face-to-Face Training): evaluation of and reflection on your intercultural experiences, integration of acquired intercultural skills into your CV, internet profile, job interviews.



**KEEP
CALM
AND
GO ON
ERASMUS+**

KeepCalmAndPosters.com

NEED MORE HELP?
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