

E+ TRAINEESHIP GRANTS

FOR YOUNG GRADUATES

Afstudeerbeurs AUGent 2023



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INTRODUCTION

- Why?
- What ?
- For whom ?
- How & when to apply ?
- Administrative matters
- Traineeship hunting
- Wrap up

WHY AN INTERNATIONAL TRAINEESHIP?

- Helps to bridge the gap between study and work; CV boost
- Increases your professional competences
- Intercultural immersion / local working culture; flexibility, agility, problem solving skills, team skills etc.
- Boosts your foreign language skills
- Expand your international network
- ‘Try out’ of specific sector/ working environment



Excellent job hunting exercise

E+ TRAINEESHIP GRANTS

- Funding from Erasmus+ programme EU Commission
- For young graduates (prof.) BA, MA, Phd
- Open to all nationalities; graduating from a Flemish HEI
- Voluntary, non-credit traineeship within **12 months after graduation**
- Min 2 months, max 6 months (extension only with a 'zero-grant')
- Max length = 12 months minus number of E+ grant months

E+ GRANT AMOUNTS

- Depend on destination and duration
- **Higher grants (*) for students from underrepresented group**
- Top ups for green travel
- Top ups for disabled students
- **EU-country** + Iceland, Liechtenstein, North Macedonia, Norway, Serbia, Turkey, Switzerland
429 € / 479 € / 529 €
(*) 679 € - 729 € - 779 €
- **Non- EU countries** (limited number of grants)
700 € / (*) 900 € per month + travel allowance

COUNTRY OF DESTINATION

Europe or outside Europe?

- Regional health situation / political instability / natural disasters / terrorism
-> Consult travel advice before you decide
<https://diplomatie.belgium.be/nl/reisadviezen>
or via the authorities in your own country
- Administrative impact
Visa requirements ? (UK) / entry restrictions
- Impact on your budget
Living costs (also on city level !)
Other financial support?
- Your foreign language knowledge?
- Traineeship search -> open attitude ; choose for the most interesting traineeship !

TERMS & CONDITIONS

- 1st step of the application = registration
 - Should be done during last year of study before your graduate
 - = before you are officially informed by your HEI of your final results, regardless of already having a concrete traineeship plan or not
 - Traineeship in any public or private organisation active on the labor market, active in the field of education, training and youth work or experienced start-ups (no one-man business)
- **Non eligible:**
- traineeships in the graduation country / application country or country of your nationality
 - traineeship in EU-institutions and organisations incl. specialised or national agencies, see list: http://ec.europa.eu/institutions/index_en.htm

FLOW

- Erasmus exchange **during** study:
procedure via your HEI
- Erasmus traineeship exchange **after graduation**:
procedure via **Flanders Traineeship Platform**
= Flemish traineeship mobility consortium
Financial coordinator: VLUHR



PROCEDURE: REGISTRATION

Even though you haven't found a traineeship yet:
the **1st step => fill out application form** (get a login)

+ registration form

[via Flanders Traineeship Platform](#)

www.studentsonthemove.be/en

- A 'Registration form' will be automatically generated
- Print out the document, sign it and upload it in your file
 - Your HEI will receive an automatic email
 - Your HEI checks the number of E+ months during your last study



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cycle & your HEI uploads the completed & signed document in your
online file

TRAINEESHIP 'HUNTING'

- Good exercise in applying for a job!
- Your competences, strengths and career goals? Your profile?
- What do you want to learn? What can you offer?
Think **win-win!**
- Put time in a good CV + create a LinkedIn profile
- Use your network / alumni?
- Send unsolicited applications
- Check company websites and Traineeship Portals
e.g. www.erasmus.org
- On average: 2-3 month's search vs. how much effort you

YOU'VE GOT A BITE!

- **KEY = open communication & aligning mutual expectations**
- Make proper arrangements with the host company or organization

- Tasks & activities / your learning objectives / work schedule (FT)
- Monitoring and evaluation (by whom/ how / frequency?)
- Financial support? In some countries mandatory payment for trainees
- Insurance?
- Help in finding housing?

THE LEARNING AGREEMENT

Complete your online application: add the company information + what you agreed with the host company in your online file

- Learning agreement will be generated automatically
- Present it to your HEI contact at last 3 weeks before the start date for the **quality check**
- Signing by the 3 parties = green light for the grant
- Upload LA + diploma/certificate of graduation in your application file
- **'First come, first served'** , until the budget runs out
- Grant agreement will follow

KEEP IN MIND

You are no longer a student during the traineeship!

Impact on social status: check www.kamiel.info

- Insurance : comes with the E+ grant (free!) via Flanders Traineeship Platform ([Expat&co](#))

Health care (+ EHIC) / Civil liability / Occupational accidents

- Before departure

- Visa requirements?

- Consult travel advice before departure via

<https://diplomatie.belgium.be/nl/reisadviezen> or via the authorities in your own country

- Students with a Belgian National Number:

Register as a jobseeker with VDAB + request permission from RVA

WRAP UP

- E+ traineeship grant: easily accessible
- Easy online application procedure: step by step
- Register BEFORE you graduate !!
- First come, first served
- Start your traineeship search early

- Stepping stone in your career! Get the most out of it !

CONTACT

Contact person in your home institution

Students on the Move

<https://www.studentsonthemove.be/nl/>

FAQ's:

<https://www.studentsonthemove.be/nl/erasmusplus-stage-na-afstuderen-faq>

info@flanderstraineeshipplatform.be

Instagram: Trainees Worldwide @trainees_worldwide

Patricia Burssens

DIRECTIE ONDERWIJSAANGELEGENHEDEN

E BuitenlandNaStudies@UGent.be



Ghent University



@ugent



Ghent University

