

Cosa mi offre il bando Erasmus for traineeships?

Un contributo economico per un tirocinio all'estero e il riconoscimento dell'attività svolta

A large, stylized graphic in the background of the slide. It features several blue human figures of various sizes and orientations, arranged in a circular pattern around a central point, suggesting a group or community. The figures are composed of simple shapes: a circle for the head and a thick line for the body with arms and legs.

UdA Erasmus

Perché partire

- Esperienza internazionale e crescita personale
- Opportunità concreta di inserimento nel mondo del lavoro
- Miglioramento delle competenze linguistiche
- Valore aggiunto reale nel CV
- Nuove relazioni e contatti professionali
- Contributo economico
- Nuove amicizie...
- Copertura assicurativa base dell'Ateneo

Al rientro

- Riconoscimento accademico
- Attestazione ufficiale dell'esperienza
- Inserimento nel Diploma Supplement
- Valorizzazione concreta nel CV



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Contributo economico

- Fino a 550 €/mese (Europa costo alto)
- Circa 500 €/mese (Europa costo medio)
- Fino a 700 €/mese (extra UE)
- Possibili integrazioni per ISEE basso
- Contributi aggiuntivi per bisogni speciali e viaggio



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Contributo integrativo MUR – Esempio ISEE \leq 13.000

- ISEE dello studente: 12.500 €
- Contributo integrativo MUR: 450 €/mese
- Borsa Erasmus (esempio): 700 €/mese
- Contributo per lo svantaggio 250€ mese
- Totale mensile: 1.400 €



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Dove puoi andare

- Aziende e imprese internazionali
- Centri di ricerca e università
- ONG e organizzazioni internazionali
- Camere di commercio e enti pubblici
- Destinazioni: quasi tutto il mondo



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Cosa serve per partire?

1. Acceptance Letter
2. Learning Agreement for traineeships



Acceptance letter and traineeship contents
a.a. 2023/2024



The company/public body _____

Address: _____ Town _____

Postal code: _____ Country code: _____

Email: _____ telephone: _____

Organisation type: _____

accepts the Student _____ within its organization for a traineeship under the "Erasmus programme".

Premises at which the traineeship will take place (building, headquarters, department, office)

Company Tutor _____ job title _____

Period of traineeship from (ddmmyyyy) ____/____/____ to (ddmmyyyy) ____/____/____

No. of hours _____

The training period will be of a minimum of 2 and maximum 6 months. The dates of starting and ending period will be agreed upon between our organization and the student. However, the training period will not start earlier than august 1st 2023, and will not end later than September 30th, 2024.

Main work language: _____

Detailed description of the objectives and content of the traineeship (e.g. technical and practical activities and professional skills expected to be developed).¹

The host organization Date: Signature:
(Company Tutor) _____

The Student Date: Signature: _____

¹ From the Erasmus+ guidelines: "Traineeship (workplacement). Spending a period of time in an enterprise or organisation in another country, with a view to acquire specific competences that are required by the labour market, carry out work experience and improve the understanding of the economic and social culture of that country."



Trainee	Last name(s)	First name(s)	Date of birth	Nationality ¹	Sex (M/F)	Study cycle ²	Field of education ³
Sending Institution	Name	Faculty/ Department	Erasmus code ⁴ (if applicable)	Address	Country	Contact person name ⁵ ; email; phone	
	Università degli Studi « G. d'Annunzio » Chieti Pescara		ICH1ET01	Via del Vestini 31, Chieti	Italy		
Receiving Organisation /Enterprise	Name	Department	Address; website	Country	Size	Contact person ⁶ name; position; e-mail; phone	Mentor ⁷ name; position; e-mail; phone
					<input type="checkbox"/> < 250 employees <input type="checkbox"/> > 250 employees		

Before the mobility

Table A - Traineeship Programme at the Receiving Organisation/Enterprise	
Planned period of the mobility: from [month/year] to [month/year]	
Traineeship title: ...	Number of working hours per week: ...
Detailed programme of the traineeship:	
Knowledge, skills and competences to be acquired by the end of the traineeship (expected Learning Outcomes):	
Monitoring plan:	
Evaluation plan:	
The level of language competence ⁸ in _____ [indicate here the main language of work] that the trainee already has or agrees to acquire by the start of the mobility period is: A1 <input type="checkbox"/> A2 <input type="checkbox"/> B1 <input type="checkbox"/> B2 <input type="checkbox"/> C1 <input type="checkbox"/> C2 <input type="checkbox"/> Native speaker <input type="checkbox"/>	

Table B - Sending Institution	
Please use only one of the following three boxes: ⁹	
1. The traineeship is embedded in the curriculum and upon satisfactory completion of the traineeship, the institution undertakes to:	
AwardECTS credits (or equivalent) ¹⁰	Give a grade based on: Traineeship certificate <input type="checkbox"/> Final report <input type="checkbox"/> Interview <input type="checkbox"/>
Record the traineeship in the trainee's Transcript of Records and Diploma Supplement (or equivalent).	
Record the traineeship in the trainee's Europass Mobility Document	
2. The traineeship is voluntary and, upon satisfactory completion of the traineeship, the institution undertakes to:	
Award ECTS credits (or equivalent): Yes <input type="checkbox"/> No <input type="checkbox"/>	If yes, please indicate the number of credits: ...
Give a grade: Yes <input type="checkbox"/> No <input type="checkbox"/>	If yes, please indicate if this will be based on: Traineeship certificate <input type="checkbox"/> Final report <input type="checkbox"/> Interview <input type="checkbox"/>
Record the traineeship in the trainee's Transcript of Records	
Record the traineeship in the trainee's Diploma Supplement (or equivalent).	
Record the traineeship in the trainee's Europass Mobility Document	
3. The traineeship is carried out by a recent graduate and, upon satisfactory completion of the traineeship, the institution undertakes to:	
Award ECTS credits (or equivalent): Yes <input type="checkbox"/> No <input type="checkbox"/>	If yes, please indicate the number of credits: ...
Record the traineeship in the trainee's Europass Mobility Document (highly recommended): Yes <input type="checkbox"/> No <input type="checkbox"/>	
Accident insurance for the trainee	
The Sending Institution will provide an accident insurance to the trainee (if not provided by the Receiving Organisation/Enterprise):	The accident insurance covers:

Yes <input type="checkbox"/> No <input type="checkbox"/>	- accidents during travels made for work purposes: Yes <input type="checkbox"/> No <input type="checkbox"/>				
	- accidents on the way to work and back from work: Yes <input type="checkbox"/> No <input type="checkbox"/>				
The Sending Institution will provide a liability insurance to the trainee (if not provided by the Receiving Organisation/Enterprise): Yes <input type="checkbox"/> No <input type="checkbox"/>					
Table C - Receiving Organisation/Enterprise					
The Receiving Organisation/Enterprise will provide financial support to the trainee for the traineeship: Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, amount (EUR/month):					
The Receiving Organisation/Enterprise will provide a contribution in kind to the trainee for the traineeship: Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please specify: ...					
The Receiving Organisation/Enterprise will provide an accident insurance to the trainee (if not provided by the Sending Institution): Yes <input type="checkbox"/> No <input type="checkbox"/>	The accident insurance covers: - accidents during travels made for work purposes: Yes <input type="checkbox"/> No <input type="checkbox"/> - accidents on the way to work and back from work: Yes <input type="checkbox"/> No <input type="checkbox"/>				
The Receiving Organisation/Enterprise will provide a liability insurance to the trainee (if not provided by the Sending Institution): Yes <input type="checkbox"/> No <input type="checkbox"/>					
The Receiving Organisation/Enterprise will provide appropriate support and equipment to the trainee.					
Upon completion of the traineeship, the Organisation/Enterprise undertakes to issue a Traineeship Certificate within 5 weeks after the end of the traineeship.					
By signing this document, the trainee, the Sending Institution and the Receiving Organisation/Enterprise confirm that they approve the Learning Agreement and that they will comply with all the arrangements agreed by all parties. The trainee and Receiving Organisation/Enterprise will communicate to the Sending Institution any problem or changes regarding the traineeship period. The Sending Institution and the trainee should also commit to what is set out in the Erasmus+ grant agreement. The institution undertakes to respect all the principles of the Erasmus Charter for Higher Education relating to traineeships (or the principles agreed in the partnership agreement for institutions located in Partner Countries).					
Commitment	Name	Email	Position	Date	Signature
Trainee			Trainee		
Responsible person ¹¹ at the Sending Institution			Erasmus Delegate		
Supervisor ¹² at the Receiving Organisation					

During the Mobility

Table A2 - Exceptional Changes to the Traineeship Programme of the Receiving Organisation/Enterprise	
(to be approved by e-mail or signature by the student, the responsible person in the Sending Institution and the responsible person in the Receiving Organisation/Enterprise)	
Planned period of the mobility: from [month/year] till [month/year]	
Traineeship title: ...	Number of working hours per week: ...
Detailed programme of the traineeship period:	
Knowledge, skills and competences to be acquired by the end of the traineeship (expected Learning Outcomes):	
Monitoring plan:	
Evaluation plan:	





Chi può fare
domanda?

Tutti gli studenti regolarmente iscritti

UdA Erasmus

Quando fare domanda?

Entro il 30 aprile



Quando posso partire?

Tra agosto 26 e settembre 27
Da un minimo di 2 a un massimo di 12
mesi

Posso partire anche dopo la Laurea?

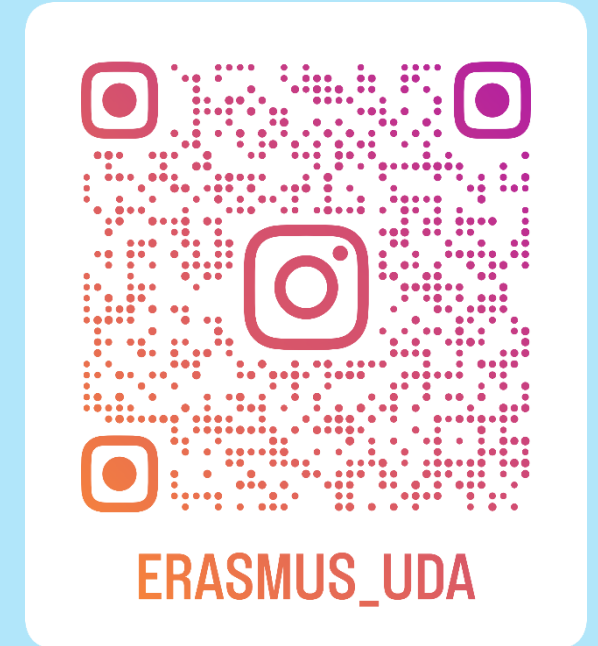
Sì

Mi occorre una certificazione
linguistica?

Solo se richiesta dall'ente
ospitante

Contatti

- Mail traineeship@unich.it
- Telefono 08713556054
- Canale Telegram
- Pagina Instagram



Come trovare un ente ospitante

- Rispondi ad annunci online e LinkedIn
- Contatta studenti già partiti in Erasmus
- Chiedi ai docenti contatti internazionali
- Invia candidature spontanee alle aziende
- Non arrenderti: invia più candidature

Il primo Erasmus non si scorda mai

Chi è stato in Erasmus per studio ha avuto a che fare con la realtà della città che lo ha ospitato, può con relativa facilità trovare un tirocinio presso un'azienda del posto o nella migliore delle ipotesi presso la stessa università che ha frequentato

Internet ha fatto anche cose buone

Rispondere a un annuncio è forse la via migliore per trovare un tirocinio, tra gli allegati del bando troverai una serie di link utili, comincia da lì!

Chiedi a chi ci è già stato

Ogni anno partono centinaia di studenti in Erasmus per traineeship, se ne conosci uno fatti aiutare a metterti in contatto con un potenziale ente ospitante, se non conosci nessuno consulta la tabella degli enti che hanno già ospitato i nostri studenti in passato, ti abbiamo inviato anche quella al tuo indirizzo nome.cognome@unich.it

Chiedi alla Prof

I professori potrebbero avere dei contatti all'estero, non succede, ma se succede...

Candidatura spontanea

Un tirocinante è una risorsa a basso costo, molte aziende saranno felici di ospitarne uno, trova un'azienda in cui ti piacerebbe lavorare e proponiti per un tirocinio, mal che vada non ti risponderanno.

Provare, provare, provare

Bisogna fare diversi tentativi prima di ottenere l'agognata lettera di accettazione, armati di curriculum e lettera motivazionale, e inviala a più potenziali enti ospitanti, così facendo con ogni probabilità ne troverai uno e se fosse più di uno ad accettarti avresti la facoltà di scegliere quello che ti offre le condizioni migliori, quello che ti paga di più (o quello che ti paga e basta)

Nel dubbio candidati

Nel malaugurato caso che tu non faccia in tempo ad ottenere la lettera di accettazione prima della scadenza del bando, se fai domanda avrai la possibilità di entrare negli scorrimenti, sono partiti anche degli studenti con zero punti in graduatoria!

La consulenza con l'esperto

Eh sì, abbiamo pure l'espertone!