

Informative Session: Erasmus+ Internships

International Relations and Alumni&Career Service

23th March 2022

Index

01

Welcome and introduction

02

Presentation Juliette Borvi

Only if I knew everything I would receive and learn, I would take this trip a 1000 times

03

Erasmus+ internships features

Alumni testimony: María José Mayorga
International Relations Service

04

Alumni&Career Service presentation

01

Welcome and introduction

PARTICIPANTS



**Undergraduate
students**
+
**official
Master's**
+
PhD



**International
Relations Service**
+
**Alumni & Careers
Service**
+
**Academic
Internship
Coordinators**



Juliette Borvi
Senior recruiter,
career coach
and speaker
+
**María José
Mayorga**
Alumni

Main objectives

- Promote **internships abroad**
- Raise awareness: **Erasmus funds** available for traineeships!
- **Develop your skills:** autonomy, proactivity, etc. for a:
- **Greater access to labour market**

02

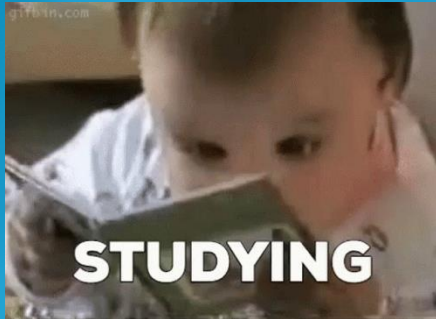
Juliette Borvi

“Only if I knew everything I would receive and learn, I would take this trip a 1000 times”

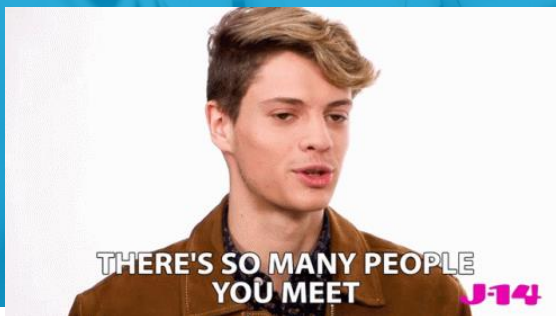
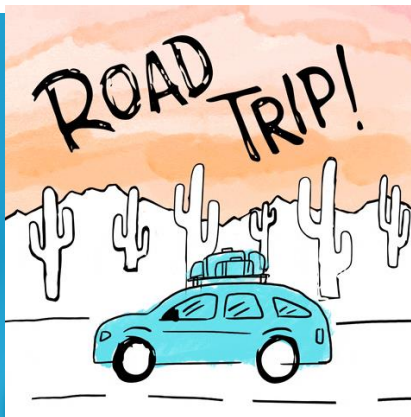
This was me some months ago opening LinkedIn...

Hey Juliette...can we talk?

I was so excited! So many memories came up that look a bit like this:



But also like this:



Jokes aside, when I look at my life and I know that I am:

Able to work with so many different nationalities

Speak almost 6 languages

Work for an international company that allows me to travel all around the world (all paid).

Have work and salary experiences I could never have otherwise

Loads of competitive work and growth

Many companies that have wanted to work with me due to my international experience

To work where I want and how I want it.

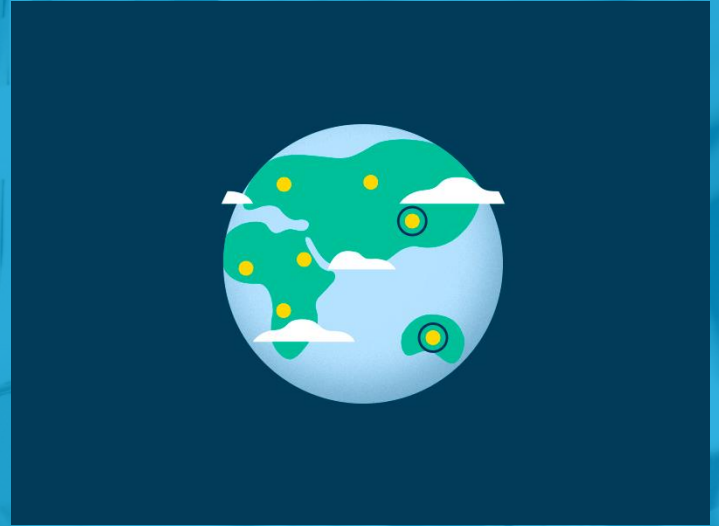
To have close friends from many countries

Coach People on their careers

Feel like a world citizen and comfortable when traveling

I only want to thank that 18 years old me that look at the world like this:

Where should I go first / next?



So when I was talking to Monica and Natalia I thought...

Why would someone not want to go and study or live abroad?

And then it hit me...

Don't be "pretentious" Juliette, this talk is not about you. It has never been...
beenbeen... been...

It has ALWAYS been about THEM. About YOU folks.

So that is why I want to ask you:

If we know the stats say this:



StudentUniverse also found that studying abroad isn't just about setting yourself up for a successful future. It's also about the connections you make and the lessons you learn that have a lasting impact on your personal life.



It is me not saying it, it is the Stats ;)

Positive impact of study abroad

Studying abroad
served as a catalyst
for increased
maturity

97%

98%

Better understanding
of their own cultural
values and biases

96%

Increased
self-confidence

Acquiring skill sets
that influenced their
career path

75%

86%

Studying abroad
influenced subsequent
educational experiences

Source: <http://www.iesabroad.orestudy-abroad/why/alumni-survey-results>

What is happening that you may not want to “try” it?

And I started thinking about 12 years ago on my first trip to Senegal

**I had 3 things clear.
And this is what I want to share with you today:**

MY 3 PIECES of ADVICE

what,

Get some piece of paper and pen (better than using the phone)

Know your:



Know your:

HOW

When you have these 3 clear, everything makes more sense!

But then something else can come up...

WHAT?

WE WILL CALL THEM “QUESTIONS”

I will share the ones I had with me back then

Yes, they sometimes come up still...

What if it doesn't work out?
What if I can't learn the new language?
What if the experience is actually not good for me?
I have heard they are not very nice... what if I don't enjoy my time there?
What about if I don't have enough money for all of this?
What if I "waste my time"?
What if the university is worse?
What if I take longer to finish my degree by going abroad?
I am interested in learning the english language (and they speak x language) I won't be learning English, it won't be worth it.
What if I feel lonely?

And a big ETC...

Write them all down.

Take 5' to write everything that comes up for you.

And feel free to unmute yourself to share them with me so we can see how we can turn them around :)



Besides this:

5 other “less popular” things that you will get living abroad

- 1) You get to know yourself more than ever (take a trip to yourself). And explore your own thoughts, talk to new people, be out of your comfort zone.



2) Change your perspective about your reality. Your world expands.

3) You will boost your CV (not just on language skills) but personal growth, problem solving, international perspective...

4) You will become more welcoming to different cultures and ethnicities. Diversity and inclusion will become even more important to you as a Global citizen.

5) Your neuroplasticity grows, you get more creative and a great problem solver! You get for sure more confident!

If you know your what, why and how

Anything else that comes up can be easily let go.

I was thinking about it because now when I look back every little step I did opened a door that would have not opened. I am mostly talking about job opportunities that I know many people don't have as well as big opportunities to travel, get a very good job that I love and in a more personal way have friends from all over the world.

Now, I just want to share with you that this talk comes from the heart, I am just a very normal person who has grown a lot due to her trips and her international experience with different cultures.

I would always say take the chance, do that trip, do that exchange. And also if you have doubts, questions, ask me! Also ask people who you trust not someone who is more scared than you.

But going to one of these trips can change your life forever.

**Thanks! Feel free to contact me
with questions, doubts :D
julietteborvi@gmail.com**

03

Erasmus+ internships features

Alumni Testimony: María José Mayorga



**María José Mayorga (UIC Alumni)
Faculty of Humanities, cohort 2020**

Traineeships:

- **curricular**
- **extracurricular**
- **recent graduate**

Erasmus+ Program

Aimed at: Students enrolled in an official UIC degree

How to find internships:

- Contact the companies you are interested in directly
- Internship coordinator (when applicable)
- List of internship centers (if the faculty has one)
- Health Sciences students: AEMICS (extracurriculars)
- Alumni & Careers Service
- Website: <https://www.uic.es/es/internacional/estudia-en-el-extranjero/programas-de-intercambio/webs-para-encontrar-practicas-en-el>

Internships:

- curricular
- extracurricular
- recent graduate

Erasmus+ Program

When?

- **Curricular:** within the academic year.
- **Extracurricular:** out of school period (summer).
- **Recent graduate:** from the closing of acts. The internship must be completed within 12 months of obtaining the degree

Funding application: The student will apply for an Erasmus+ grant through RRII, filling in the documentation before & after the mobility stay.

Duration: minimum of 2 months and maximum of 3.

Erasmus+ grant



Cofinanciado por
la Unión Europea

Grupo 1	Denmark, Finland, Ireland, Iceland, Liechtenstein, Luxembourg, Norway, Sweden	460€/month
Región 14	United Kingdom* <i>*until the 30th of April 2023</i>	400€/month
Grupo 2	Germany, Austria, Belgium, Cyprus, France, Greece, Italy, Malta, The Netherlands, Portugal	410€/month
Grupo 3	North Macedonia, Bulgaria, Croacia, Slovakia, Slovenia, Estonia, Hungary, Latvia, Lithuania, Poland, Czech Republic, Romania, Serbia, Turkey	360€/month

- Amount to be decided depending on the country, by the National Erasmus Agency (SEPIE).
- **Awarded automatically** to whoever is selected by the Faculties and submits all required documents - **Valid NIE**
- **Funding for a maximum of 3 months**
- Processed by UIC Barcelona.

+ 250€/month:

- students with a scholarship from the Ministry / the Basque Country
- refugee status
- disability of 33% or more



ERASMUS+ INTERNSHIPS

<https://www.uic.es/ca/internacional/estudialestranger/programes-dintercanvi/practiques-erasmus>



04

Alumni&Career Service Presentation

04

Alumni & Career Services Presentation



Frederic Van Dyck

Alumni & Careers Services Director



Natalia Carrer

Career Advisor

01

CAREER SESSIONS

- *Noviembre 11: Autoconocimiento*
- *Noviembre 24: CV en acción*
- *Enero 26: LinkedIn*
- *Febrero 23: Entrevistas*

02

PROFESSIONAL GUIDANCE | Appointments

- *Entrevista*
- *Orientación Profesional*
- *LinkedIn*
- *Revisión de CV*

03

JOB PORTAL | Career Center

04

LINKEDIN GROUP | Alumni & Careers UIC Barcelona



¿Qué buscas?

CONTRATO

FUNCIÓN

UBICACIÓN

1 x

Sectores

Tipo de empresa

Duración

Fecha de inicio

Experiencia

Idioma

Etiqueta

Teletrabajo



INSCRIBIRME EN LA ALERTA DE OFERTAS

GUARDAR MIS CRITERIOS

PUBLICAR UNA OFERTA



Oferta de la semana SDR - Sales Academy - UPTOO PARIS

UPTOO

Contrato de duración indefinida | Paris (France) | Publicado el hace 1 día



New Referent HR Social Media Redaktion/Employer Branding Teilzeit (w/m/d)

PricewaterhouseCoopers GmbH WPG

Contrato de duración indefinida | Düsseldorf (Germany) | Publicado el hace 3 minutos



New Trainee for our Corporate Accounting Department (m/f) - Job based in Luxembourg

Deloitte Luxembourg

Prácticas de 4 a 6 meses | Luxembourg | Publicado el hace 7 minutos



New Stage-Supply Chain Approvisionnement Matières Premières (H/F)

Unilever

Prácticas 6 meses | Saint-Dizier (France) | Publicado el hace 1 hora



🔒 La oferta solo es visible por los estudiantes y antiguos alumnos de Bolsa de Trabajo UIC Barcelona.



ENFERMERO/AS EN BARCELONA

Divico Consultores S.L. + Seguir

Contrato de duración indefinida | Barcelona (Spain) | Publicado el 17 Marzo 2022



Solicitar

Guardar

Urgente Enfermería

ENFERMERO/AS EN BARCELONA

Divico Consultores empresa de selección de personal con más de 30 años de experiencia en perfiles sanitarios tanto a nivel nacional como internacional precisa enfermeros/as para trabajar en diversas áreas (Hospitalización, Quirófano) en clínicas y hospitales de Barcelona.

Horario:

- o Jornada laboral completa en turnos de tarde o noche
- o Jornada laboral parcial turnos de mañana y tarde

Requisitos:

Graduado/a o DUI en Enfermería. Estudios de máster estarán muy bien considerados

No se requiere experiencia laboral

Responsabilidades de la posición: Desarrollo y supervisión de

Experiencia

0 a 3 años

Función

Enfermería

Sector

Medicina / Farmacéutica / Salud

Modalidad de

teletrabajo

No especificado

Etiqueta

Urgente, Enfermería

Tipo de empresa

CVLME

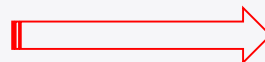
Sobre la empresa

Divico Consultores S.L.

Selección de personal

13
ofertas

Más información de la empresa



Solicitar la oferta

Las informaciones adjuntas serán visibles por los reclutadores



Natalia Carrer

Bolsa de Trabajo UIC Barcelona

No se ha indicado ningún currículum

MODIFICAR MI PERFIL

* Mi CV

- Utilizar el CV de mi perfil (Ver el CV)
- Utilizar otro CV

* Tu mensaje de candidatura (1000 caracteres máximos)

0/1000

Clinical and human resources psychologist, with a strong orientation towards people and their professional and personal growth. Very focused on people management and talent search. My main goal is to develop professionally and evolve in my sector. As an organized and highly motivated person, I am able to adapt to any circumstance and always give my best in any project, while I strive to work in a team.

Al solicitar esta oferta, aceptas compartir tus datos personales con Divico Consultores S.L. Estos incluyen tu nombre, CV u otros documentos, programa, idiomas, URL a LinkedIn y otros datos de perfil que hayas rellenado.

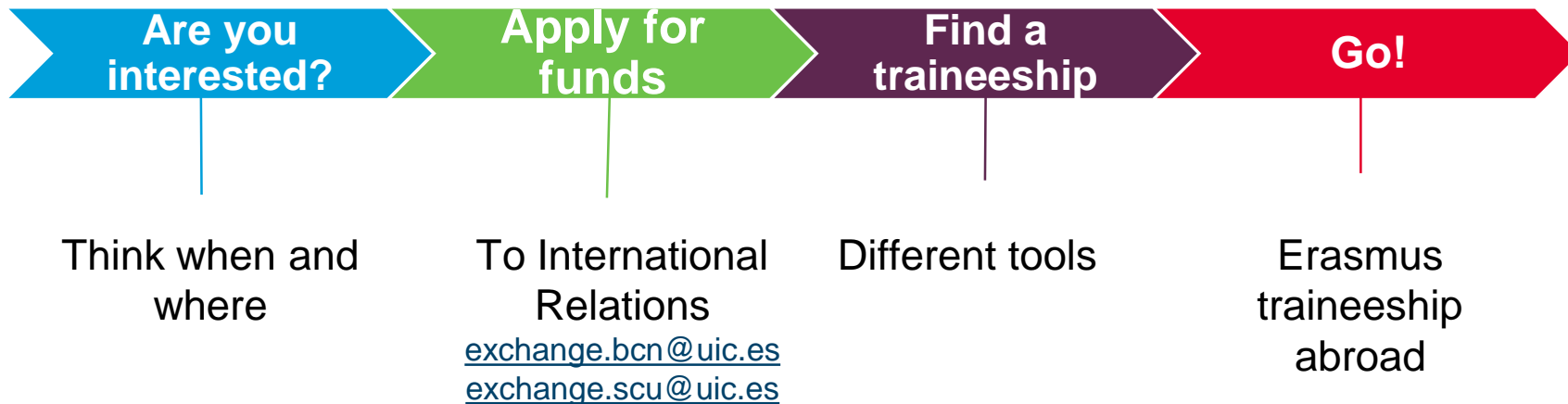


SOLICITAR EL PUESTO

How?

STUDENT

International Relations - Academic traineeship coordinators - Alumni & Careers



05

Q&A





DRIVING
VALUES
FORWARD.

uic.cat



[@uicbarcelona](https://www.instagram.com/uicbarcelona)



[@UICbarcelona](https://twitter.com/UICbarcelona)



[@UICbarcelona](https://www.facebook.com/UICbarcelona)



[UIC Barcelona](https://www.youtube.com/UICBarcelona)



[Universitat Internacional de Catalunya](https://www.linkedin.com/company/universitat-internacional-de-catalunya)