

Interns Wanted



LAPPEENRANTA UNIVERSITY OF TECHNOLOGY

What is it all about?



- International internship is a normal internship done in a foreign country
- A good way to develop your working skills
- The aim is to achieve work experience in general (Bachelor) or from your own field (Master)
- Usually includes a strong guidance from the employer



From LUT to abroad



- About 15 interns per year
- About half of them are international students
- Mainly during the Master's studies but possible also during the Bachelor's studies
- To Europe: Estonia, Denmark, Germany, Poland, UK, France, Spain, Greece, Malta
- Other countries: Mauritius, Peru



Reasons to consider



- An excellent experience and more possibilities to grow
- Learn another new culture and language
- International experience required in the working life
- An excellent qualification in your CV improving your employability
- A chance to further develop your international network

How to find a suitable position?



- Job hunting skills are an essential working skill to learn
 - No pre-negotiated positions
 - You are responsible for finding a suitable position
- Check positions at:
 - [UNI list of Internship Agencies](#)

LUT REKRYNET



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Are internships paid?



- Most organisations either pay salary or compensate costs
- LUT internship grants available (outside Finland)
- If you are eligible for KELA student allowance, you can use it for internship period, too.

Note! Consider also non-paid positions if they are professionally interesting 😊



Grants / Erasmus+



- EU countries
- Norway, Iceland, Lichtenstein, Turkey or Macedonia
- No grants for Switzerland
- 330 or 380 € / month
- For 2-6 months internships

- Not for final thesis or doctoral studies
- Not for EU organizations or the ones coordinating EU programs
- Within one grant period (1.6.-30.9.)
- Max. 12 months in the same degree and max. 2 internship grants / degree
- Obligatory OLS language test before and after the internship



Grants / Startuplifers



- Positions in startups
- San Francisco, Shanghai and Tokio
- For 3-18 months internships
- All positions are paid
- LUT grant (3 000 €) for VISA and travel costs

startuplifers

Grants / LUT Travel grant



- Scandinavia & Baltic states 150 €, Europe 250 € and other countries 500 €
- Lump sum
- Also for Master's thesis abroad

- Max. 2 times during your studies at LUT
- The journey must start from Finland
- Not for your home country
- Not for journeys already done
- Not if the employer pays the travel costs



Applying for the grants

- For all degree students regardless of the nationality
- Not for exchange students
- Apply at least two weeks before your internship / journey
- Instructions at [UNI-page](#)
 - LUT Grant Application
 - Updated personal study plan & current transcript of records
 - Email the application to internships@lut.fi

General terms for grants



- Internship will be included to the studies
- Graduation in 3,5 / 2,5 years
- Full-time internship
- Required insurances

Note! Degree programs might have their own restrictions.

Payments



- In one payment after all the agreements have been signed
- To a Finnish bank account
- The payment process might take max. one month
- The grants can be recollected if
 - The time or content of the internship changes
 - Final reporting is not done

Practical things



- VISA
 - Needs to be applied from the embassy of the destination country
 - The process might take as long as 2-4 months
- Obligatory insurances
 - Health insurance or the European Health Insurance Card
 - Accident insurance (also during the working hours)
 - Liability insurance (also during the working hours)

Crediting your internship



- Apply for credits from your own study program
 - Work internship report
 - Work internship application
- The amount of credits depend on the length and the content of the internship
- If you have received grants
 - Send the work internship report, work certificate and transcript of records to internships@lut.fi within 3 months
 - In addition, in Erasmus+ internships you need to fill an electric final report and OLS language test

Internship after graduation?



- An excellent way to enter the work market!
- Erasmus+ grant for recent graduates
 - Internship must be from your own field
 - All agreements need to be signed before your graduation
- Startupilfers provides positions also for recent graduates
- LUT Travel grant not available for graduated students

Experiences....



“Working in multicultural groups helped me understand the importance the diversity plays in generating new ideas as well as effective means of communication with each other in day to day activities.”

“I learned how to communicate with coworkers and partners in the real work environment and in a totally different culture circumstance, in order to boost the productivity of teamwork. And I improved my X language in a better level, because some of our partners could barely speak English.”

Experiences....



“I strongly encourage the new graduates or last year Master’s student to participate in this erasmus+ mobility program. These six months work experience will increase the employability. On the 4th month of my traineeship, I got the PhD position from University X. My work experience through this traineeship program helped a lot to get this position.”

FURTHER INFO!



At UNI:

[UNI / Studies / International Mobility / International Traineeships](#)

LUT Career services

- Reception hours on Wednesdays at 9-11 and 12-15
- On other days internships@lut.fi

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