

# Erasmus+ Traineeship



HØGSKULEN I VOLDA

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# Erasmus+ traineeship during studies

## Who can apply?

- Students who have a mandatory traineeship as part of their degree
- The traineeship must be approved by your course responsible
- You are responsible of finding your own traineeship location abroad

## Requirements for the traineeship

- A minimum of 2 months' stay abroad (60 days)
- Private or public organization, company or institution in a European country
- The traineeship may be held at a Norwegian organization located abroad



# Erasmus+ traineeship during studies

## Grant and financial support

- Erasmus+ grant comes in addition to support from Lånekassen
- The grant rate is set to €610-660 per month, depending on the country you will do your traineeship

## How to apply

- Contact the traineeship responsible for your study programme
- E-mail [international@hivolda.no](mailto:international@hivolda.no) in reasonable time before of your traineeship



# Erasmus+ traineeship after graduation

## Who can apply

- Anyone who wishes to do a traineeship after graduation
- The traineeship must be completed by 12 months after graduation

## Requirements for the traineeship

- A minimum of 2 months' stay abroad (60 days)
- Private or public organization, company or institution in a European country
- The traineeship may be held at a Norwegian organization located abroad



# Erasmus+ traineeship after graduation

## Grant and financial support

- The grant rate is set to €610-660 per month, depending on the country you will do your traineeship
- Notice: traineeships after graduation do not make you eligible for financial support from Lånekassen

## How to apply

- Du must apply while still being enrolled as a student at VUC (in your last semester)
- E-mail [international@hivolda.no](mailto:international@hivolda.no) in reasonable time before your last exam



# Erasmus+ post Brexit

- It is still possible to do Erasmus+ traineeship in the UK in 2021/22
- You are required to obtain a visa, both for paid and unpaid traineeships
- The European Health Insurance Card is no longer fully covered. You may be required to get an extra health insurance.



# Processes in Erasmus+ traineeship

1. E-mail us at [international@hivolda.no](mailto:international@hivolda.no)
2. Agree traineeship location and coordinate with the traineeship responsible for your study programme
3. Sign necessary Erasmus+ documents:
  - Sign Grant Agreement for Erasmus+ Traineeships
  - Sign Learning Agreement for Erasmus+ Traineeships
  - Do the OLS language test before and after your traineeship
  - Receive the Confirmation of Arrival form from your traineeship location
4. Complete the traineeship
  - Receive your Traineeship Certificate
  - Submit an online report to Erasmus+ after your traineeship





# Grant and financial support

## Grant rates

- Nordic and other high-cost countries: 660 Euro/month
- Rest of Europe: 610 Euro/month

## Lånekassen

- You may only receive support from Lånekassen for traineeships during studies

## Salary, payments and other benefits

- You are able to receive salary or other benefits in addition to your Erasmus+ grant
- This may be important to you for traineeships after graduation (without support from Lånekassen)



# Practical information

- You must find your traineeship location yourself – contact your respective faculty for any suggested agreements
- Check for potential locations her: <https://erasmusintern.org/traineeships>
- You must have sufficient health- , accident- and and liability insurance. VUC do not offer insurance for students
- It is only possible to get Erasmus+ grant for up to 12 month per study cycle. This includes student exchanges and traineeships.



# Q&A

## More information

- <https://www.hivolda.no/en/node/28502/internships-abroad>
- E-mail: [international@hivolda.no](mailto:international@hivolda.no)

