Research project or internship abroad

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Content

- Why go abroad?
- Options
- When to start preparing
- Financial matters
- Practical matters
- What to arrange before departure, upon arrival and after return
- Student experience
What is your goal for going abroad?

- Prestigious institute
- New university/institute
- Fieldwork
- Resumé
- Culture
- Learning a language
- Different style of teaching
- International experience
- Interesting research projects
- New people/network
- Nice climate!
- Partner or friends
- Research projects/internships abroad
Options to go abroad

- **Exchange programmes**
  - Within Europe: Erasmus+/SEMP
  - Outside Europe: Global (incl. UK)
  - Freemover / independent (arrange everything on your own, pay tuition fee)

- **Other international opportunities**
  - Summer programmes
  - Virtual/hybrid programmes

- **Research project or internship**
How/where to start?

- Use your (UvA) network
  - Ask professors/teachers/researchers about institutes abroad
  - Ask coordinators where former students have done their projects
  - Talk to students from previous years

- Check UvA research institute partners

- Check UvA exchange partners through uva.nl/worldmap

- Approach institutes abroad directly
  - A reference helps!
  - Short introduction email, with attachments
Finance: Make a budget

Costs
- Travel, visa, residence permit
- Health care and other insurances
- Accommodation, groceries & transport
- Loss of income in NL
- UvA tuition fee
- Registration abroad?

Funding
- OV vergoeding
  - €104,42 p/m
- Amsterdam University Fund
  - €450 - €900 once
- Erasmus+ traineeship grant (within Europe)
  - €360/€420/€480 p/m
- Private funds:
  - www.grantfinder.nl / www.beursopener.nl
- See www.studyabroad.uva.nl > Practical matters > Financial matters
## Finance: Application deadlines

<table>
<thead>
<tr>
<th>Program</th>
<th>Deadline Details</th>
<th>Start Internship</th>
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</thead>
<tbody>
<tr>
<td>AUF</td>
<td>4 deadlines per year, see website</td>
<td></td>
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<tr>
<td>OV vergoeding</td>
<td>2 months before start</td>
<td></td>
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<tr>
<td>Erasmus+ traineeship</td>
<td>6 weeks before start</td>
<td></td>
</tr>
<tr>
<td>Private grants</td>
<td>Usually 6 months before start</td>
<td></td>
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</tbody>
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For more information:
- [www.buitenland.uva.nl](http://www.buitenland.uva.nl) > Praktische zaken > Financiën
- [www.studyabroad.uva.nl](http://www.studyabroad.uva.nl) > Practical matters > Financial matters
To do: before departure

- Learning objectives
- UvA approval
- Internship agreement (not always required)

- Positive travel advice?
- Housing
- Visa/ Work or residence permit (if applicable)
- Insurance
- Language (within research institutes mostly in English)
- (Vaccinations)
To do: after return

- Assessment and registration of grade/EC
- Report(s) for scholarships
- Share your experiences with other students (and us)!
Almost finished with your studies?

Apply for the Erasmus+ internship grant after studies.

Conditions:

- Internship in Europe
- Apply before the end of your studies through the link above
- Start before or after your graduation
- Must be finalized in the first year after your graduation
Contact a student with firsthand experience!

UvA Exchange Ambassadors

Instagram
instagram.com/uvaexchange

Facebook
facebook.com/uvaexchange
Contact

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