

Erasmus+ traineeships

■ What is Erasmus + ?

Erasmus+ is the European Union's programme which supports lifelong education, training, youth, and sport in Europe. The 2021-2027 programme also **focuses** on social inclusion, the green and digital transitions, and the promotion of young people's participation in democratic life.

Traineeships and internships abroad in one of the European countries taking part in the programme are among the actions promoted by Erasmus+. The traineeships are directed to university students of the so-called Programme Countries as well as to **Ph.D.** candidates and recent graduates, and last between two and twelve months.

Students and recent graduates can also do a **blended** mobility, which means combining a short stay abroad with a virtual period of remote work; trainees can also combine an Erasmus+ traineeship with a study period abroad.

■ Benefits of an Erasmus + traineeship

The most evident benefit of a traineeship abroad for the **trainee** is the possibility of improving foreign language skills, together with interpersonal and inter-cultural teamwork skills, while gaining a deeper understanding of another country and culture.

By doing a traineeship abroad, students and graduates have the possibility to improve the knowledge, skills and competences that employers usually require to hire staff; an Erasmus+ traineeship can also help develop the creative skills which are also necessary when starting a **business** on one's own. There are also benefits for the company hosting trainees from foreign European countries: a trainee can provide a new international perspective, innovative ideas and active support, fresh



enthusiasm, and innovation. Getting trainees into the company may help thinking about new markets and expand the business. Finally, interaction with different languages and up-to-date IT skills brought in the company by trainees can result in positive professional growth for the company employees.

■ How to apply for an Erasmus + traineeship

Students and recent graduates can apply for an Erasmus+ traineeship either as individuals, through the Erasmus+ office, or through an institution, for example the university they study at. Erasmus+ also offers online language support to learn or improve the language of the country trainees are going to.

blended: *misto*
business: *azienda*
to focus: *focalizzarsi*
Ph.D.: *dottorato di ricerca*
trainee: *tirocinante*

1 Write the words from the text which correspond to the definitions.

1. Lasting for all of a person's life.
2. The period between childhood and adult age.
3. Mixed or combined with something.
4. Out of one's own native country.
5. Away from a usual location.
6. An advantage gained from something.
7. Involving the use of the imagination or original ideas.
8. New or different.
9. Something that follows the latest developments and trends.
10. The process of increasing in size.

2 Match the beginnings and endings.

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|---|--------------------------|---|
| 1. Erasmus+ ... | <input type="checkbox"/> | a. are also offered to trainees. |
| 2. Erasmus+ traineeships... | <input type="checkbox"/> | b. combines a short stay with remote work. |
| 3. Erasmus+ trainees can improve... | <input type="checkbox"/> | c. helps candidates to apply for a traineeship. |
| 4. Other skills which trainees develop... | <input type="checkbox"/> | d. supports education and training in Europe. |
| 5. Companies... | <input type="checkbox"/> | e. benefit from trainees' enthusiasm. |
| 6. A blended mobility... | <input type="checkbox"/> | f. their foreign languages skills. |
| 7. An Erasmus+ office... | <input type="checkbox"/> | g. are interpersonal and intercultural ones. |
| 8. Online language courses... | <input type="checkbox"/> | h. last between two and twelve months. |

3 Translate the sentences above into Italian.