My Internship abroad

grenoble-iae.fr
My internship abroad

My internship search

You can find your internship on any job platform, but there is an organization for French people in Malta called Oh My Up. They offer internships and jobs for expats, as well as rental offers and all for free. In addition, on the website there are articles about things to do, places to visit etc. So I highly recommend looking at this site as well as their social media accounts. Don’t hesitate to contact them directly.

My missions

I input data in the accounting ledger, prepared audit files, assisted with corporate tax returns, reconciled bank statements, researched clients, assisted with financial projections etc.
As far as professional relations are concerned, it depends on the place of work. I was in a small company. There was only the boss who was my tutor, his wife who is a manager and their employee. We were each in separate offices, so we didn’t talk much, however they were very welcoming and kind. So relations were good. They always listened and my boss was really nice.

Leisure

Malta is known for its warm climate, its sunshine 300 days a year. From the beginning of April, it is 16°C minimum and 25°C maximum. It is also known for its heavenly beaches and breathtaking views, so you can go hiking, boating or just strolling along the beaches at sunset. If you’re going out, you’ll want to go to the Paceville area of St. Julians, where all the clubs and dance bars are located.

My advice-tips

Look for housing on Airbnb or Oh My Up. You’ll have to pay rent and your deposit all in cash. There aren’t many ATMs in Malta so make sure you have cash. The currency is euros.
Make sure you have a European Health Insurance card.
If you need a SIM card, go with Melita.
Shops are open from 6am – 10pm.
Travel by bus, which is cheap, or Bolt (Maltese Uber). The island is small so you can walk to a lot of places.
Drink bottled water as the drinking water is safe but full of chlorine and tastes horrible.
They drive on the left so be careful crossing the road!

My monthly budget

Housing : 550-700€ (700€ for city center)
Internet & telephone : 25€ monthly subscription
Food : Similar prices to a provincial French town
Transportation : Buses only. 1.50€/ticket in winter, 2€/ticket in summer
Leisure : Similar prices to Grenoble

+ information : https://www.dconsulta.eu/
My internship search

I did my internship at Dynamic Digital, a marketing and communication consulting company. I worked on an e-commerce website carrying out various marketing missions. I found this internship by posting a message on the “French in Warsaw” Facebook group because I wanted to come to Poland to do my internship where I knew some people. I spent three months in Warsaw.

My missions

Marketing activity for an online marketplace, processing online orders, user support, user engagement, product development.

Leisure

There are various museums to visit as well as the old town which was completely rebuilt after the war. There are also other cities like Krakow which is a few hours away by train. I really liked this city which is very young and dynamic. There are also many places to visit, the old town and the castle are beautiful. Eating out in Poland is cheap. The specialty is “pierogis” and it is easy to find restaurants with menus at around 10 euros.

My advice-tips

The currency is the zloty. Bring cash in euros to change into zlotys once you are here. Order your European Health Insurance card before you go. The weather could be 5° in April and 35° by the end of June so pack carefully! The Poles eat very early, around 6pm. The streets are quiet and safe. Use Uber as it is very cheap (2€ for a 20-minute ride).

My monthly budget

Housing: 450€ studio apartment city center
Internet & telephone: 10€ monthly subscription
Food: 30-50% cheaper than France
Transportation: 0.77c for 20 minutes travel, 1€ for 75 minutes travel (25€ monthly travel pass)
Leisure: Eating out is very cheap (10€ for a menu in a restaurant)

+ information: https://www.dynamicdigital.eu/
My internship abroad

My internship search

I found my internship by sending a message to my future boss on Linkedin directly and I was taken. As a French person, you will generally not be paid for an internship. I was lucky enough to get a scholarship from my company for my entire stay, but no salary. My internship was in the public sector, it may be different in the private sector.

My missions

Internship supporting innovative projects within the CHUM
Missions: Contribute to the implementation of a systemic innovation within the CHUM. Support innovative projects. Take part in concrete projects in support of health professionals, from the definition of a need or a problem to the development of a solution. Raise awareness of innovation within CHUM and support teams using creativity methods. Professionally, it was very rewarding. CHUM is one of the most innovative hospitals in the world with an established strategy and a great culture of innovation. The people I worked with were very inspiring. I worked in a very feminine and multicultural team that was eager to move forward and accelerate projects in order to better support patients and facilitate the work of healthcare teams. I really liked the vision of the hospital and the missions I was offered were very interesting.

Leisure

There are really beautiful places to visit in Quebec, especially nature, wide open spaces and lakes. Getting out of the frenzy of Montreal is sometimes good and when you have the opportunity to go hiking you should not hesitate. There are a lot of beautiful landscapes. You should know one thing too, Canada is much bigger than France, you should see it more like the whole of Europe. On a map, everything may look close but isn’t. It sometimes takes hours to get to your destination. It takes between 6 and 10 days to cross the country by car!!

My advice-tips

I recommend 2 sites for housing research, the two most used in Quebec, Kijiji (kijiji.ca) and the Facebook marketplace. You can find all kinds of ads (rentals, roommates, supplies, furniture etc.). Try and share a flat as rent is expensive in Montréal. I would recommend living east of Mount Royal, in the center of the island around the Plateau, Rosemont - La Petite Patrie, Le Village, Hochelaga (more affordable), Little Italy, Mile End. You may have problems with some stores that do not take European Mastercard debit cards.

For your mobile, take a French package that works in Canada.

My monthly budget

Housing: 352-710€ (Montréal)
Internet & telephone: 42€ monthly subscription
Food: similar prices to Paris
Transportation: 1 ticket = 2,08€
Leisure: Cheaper than

+ information: https://www.chumontreal.qc.ca/
Finding an internship in the UK in the midst of a pandemic and during Brexit can only happen with a miracle or through very good contacts. I used the second option.

My internship search

Supporting and guiding Project Managers. Assisting in the standardization project management. Auditing project control documents. Supporting the implementation of new computer systems to improve project reporting on and offsite. The English work atmosphere is healthier than in France, the English are benevolent with foreign students, and young people in general. They give more responsibilities and opportunities to learn. The only drawback is that the internship is not paid and this is not common here because the law does not require the payment of an internship, at least not for 4 months. The pace is rather fast, the English rarely take breaks, not even at lunch. They have a snack while they work.

Leisure

The city is very beautiful and perfect for walks and sport. There are many nice and unusual bars. As for cultural events, I unfortunately did not have the opportunity because of the health situation.

My advice-tips

I searched on the groups "Cambridge accommodation", as well as on the group "les français à Cambridge". Rent is very expensive so the best solution is to share a flat. Since Brexit, the European Health Insurance Card is technically no longer valid, so you need to organize insurance. For your mobile, remember to check if the European Union package includes the United Kingdom. As far as the climate is concerned, in the summer in England it can be extremely hot one hour and raining the next, so bring warm and cold clothes and waterproofs.

My monthly budget

Housing: 970€/outside city (1220€/in city)  
Internet & telephone: 36€/month  
Food: Similar price to France  
Transportation: 2,33€ bus ticket  
Leisure: More expensive than in France

+ information : https://www.sanofi.co.uk/
My internship abroad

My internship search

It was quite complicated to find an internship. I sent many unsolicited applications without any answer, or even negative ones. The health crisis did not make my search any easier.
I was then able, through a friend who had done an exchange semester in Valencia, to get the contact of Happy Erasmus. I sent them an email and they accepted to take me on an internship from May 10th to July 30th.

My missions

Marketing internship. Missions: to promote your products on social media, search and create new activities, check that everything is fine with web content. We work an average of 30 hours per week. The agency organizes activities and trips for Erasmus students in Valencia, and helps them with their integration in general. The hours are different from those in France, the agency opens later, at 10 or 11 am and closes at 8 or 6 pm. The hours change according to the activity, in summer there are less Erasmus students and therefore less work.

Leisure

The city is very pleasant to live in, there are many green spaces present. The gardens of the Turia, stretching for 9 kilometers, cross the city. The nightlife is very lively, there are many bars and restaurants in each neighborhood. There are regular concerts on the beach.
Valencia also has the largest aquarium in Europe, the Oceanographic and a large zoo, Bioparc. The people are mostly very sociable and smiling, many foreign students / Erasmus are present.

My advice-tips

I mainly did my research on Flats2enjoy, SpotaHome and Uniplaces. I finally found an accommodation thanks to Flats2Enjoy. They published, on the Facebook group "Erasmus en Valencia", an Excel table listing all the available rooms, their price, their location and pictures.
It is quite easy to find a student accommodation for a few months in Valencia. There are many offers and the process is very simple, just contact an agency on Whatsapp and the contract can be signed in less than 24 hours.
Order a European Health Insurance card before you go.
Taking public transportation often saves only a few minutes, so it is better to walk.
The water is not suitable for consumption as in France.

My monthly budget

Housing: 700€ city centre
Internet & telephone:34€/monthly subscription
Food: Food is cheaper but alcohol is more expensive
Transportation: 1,40€/bus ticket
Leisure: Cheaper than France in small restaurants/bars

+ information : https://www.erasmusvalencia.com/