

Internship info for international students

Career Services at UTU

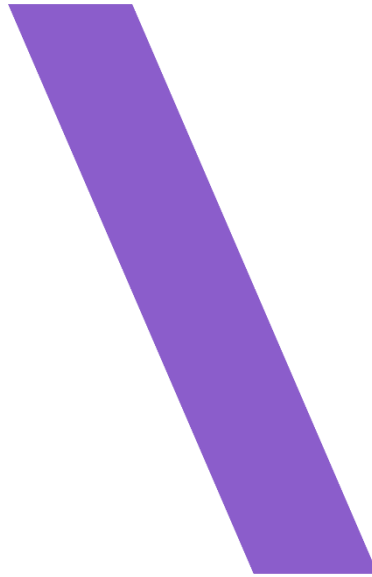
Nov 9



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Content



- **Career services for students**
- **Internships in Finland and abroad**
- **How to look for internships**
- **Employer's point of view**
- **University's internship subsidy**



**TURUN
YLIOPISTO**

Rekry
Turun yliopiston työelämäpalvelut



Students' path to working life with Career Services



START OF YOUR STUDIES

END OF YOUR STUDIES



Career Q&A Sessions



Job seeking in Finland (course)



Internship infos



Personal career guidance



Mock interview



Mentoring programme

GRADUATE / ALUMNI



Personal career guidance



Mock interview

IF NEEDED

5 years after graduation



Participate in the Career Monitoring Survey



CV-clinics



Webinars and events



Open vacancies (JobTeaser)

Internships in Finland and abroad



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Internships in Finland

- Recruiting process looks a lot like a regular recruiting process
- Students are in charge of finding their own internship positions
- Students can also join a trainee program in a company (mainly bigger international companies)

- Duration: internships typically last 3 to 6 months
- Salary: a paid internship is the norm, the average salary is 1500 euros/month



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Internships abroad



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Preparations before going abroad

- Students have to find their internship places themselves (published or self-discovered).
- Finding a place independently:
 - Think about what kind of internship you want to do and what you want to achieve during the internship.
 - Take the time to search for a place and prepare your applications carefully.
 - Find an employer, send an open application or otherwise contact them (you can use the list of previous internships as help).
- Students are also responsible for all practicalities including making travel arrangements, obtaining a passport, visa and work permit, and arranging accommodation (and insurance).

Services / Internship Abroad / How to Find Internships Abroad? /

▼ Internship Abroad
How to Find Internships Abroad?
Erasmus+ Internships in Europe
General Grant for Internships Abroad
Preparing for Internship Abroad

How to Find Internships Abroad?

Placement sites

- Job offers published in Career Services' pages
- Links for finding an internship abroad (in Finnish)
- See also the GoInGlobal site, which is a service for our students provided by the university.

Previous internship places

- A list about previous internship places (in Finnish). Just click on the links of different faculties.

Other good sources of information

- Finnish National Agency for Education
- EURES (European Commission)
- EPSO (European Personnel Selection Office)

Student organisations that arrange internships abroad

- AIESEC Finland: Originally a business student organisation, but nowadays also arranges places for education, social science, language and marketing students.
- ELSA (The European Law Students' Association): The world's largest law student organisation operating in 39 countries. Annually ELSA offers 450 internship places around Europe.
- IAESTE (The International Association for the Exchange of Students for Technical Experience): international intern exchange programme coordinated by CIMO, primarily meant for technical students. More information on the CIMO website.
- FIMSIC (Finnish Medical Students' International Committee): the main purpose of FIMSIC is to organise international internships for Finnish medical students.



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Erasmus + grant



- An internship must take place in an EU country or in Norway, Iceland or Liechtenstein (not the UK or Switzerland). The internship can last **2–12 months**.
- Erasmus+ internship places can be companies or public organisations, but **not EU institutions and organisations administrating EU programmes**.
- The internship must be **included in your degree**. Agree on the ECTS with the person responsible for credits at your study-subject.
- The Erasmus+ internship **can also be short-term** including a physical period of 5–30 days + a mandatory virtual section. At least 3 credits must be obtained from the short-term internship.
- It's not possible to graduate during the internship. However, a recent graduate can do an Erasmus+ internship within a year of graduation if the grant has been applied for and the internship contract signed before graduation. The grant is for a maximum of 3 months.
- **The grant must be applied before the internship begins**. Required application forms with instructions, can be found on the intranet. Grant decisions are made monthly.



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Erasmus + grant



Erasmus+ grant amounts during the academic year 2023–2024:

Countries	Grant / month
Denmark, Iceland, Ireland, Liechtenstein, Luxemburg, Norway, Sweden	690 € / month
Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Estonia, France, Germany, Greece, Hungary, Italy, Latvia, Lithuania, Malta, Netherlands, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, North Macedonia, Turkey	640 € / month

Short-term internship:

- The grant is calculated based on the days of the physical period: 79 €/day for the first 14 days and 56 €/day for days 15–30.
- No grant is paid for the virtual period.

Top-up grants:

- Green travel: You can apply for a green travel top-up grant if you travel more than 50% of the round trip by train, bus or by carpooling.
- Fewer opportunities: Fixed fewer opportunities top-ups and Inclusion support based on expenses for people with fewer opportunities.



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

The university's general grant for internship abroad

- For internship abroad if Erasmus+ is not possible.
- Grant decisions are made monthly.
- The general grant is a travel grant, the amount of which is decided on a case-by-case basis (slightly smaller than the Erasmus+ grant).
- A possible salary does not necessarily eliminate the right to receive a grant.
- The grant must be applied before the internship begins. Required application forms with instructions, can be found on the intranet. Grant decisions are made monthly.
- Please note:
 - The grant is not available for post-graduate students.
 - The grant cannot be applied if the student has been awarded some other scholarship or grant for the same internship.



How to look for internships



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Before finding an internship

- What do you expect from the internship?
- What kind of organisations interest you?
- What would you like to learn?
- Within what area/field would you like to develop your skills?
- Are you looking for a position in Turku or somewhere else?



(Sampson et al., 2004)



**TURUN
YLIOPISTO**

Rekry
Turun yliopiston työelämäpalvelut

How to find an internship

- JobTeaser (moderated by the uni)
[Open vacancies | Career Services \(utu.fi\)](#)
- Business Turku
[Job openings - Career in Southwest Finland](#)
- University/faculty/master's programme mailing lists
- Employers' websites



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Hidden internships

- It has been estimated that even **60–80 percent** of open positions in Finland are **hidden jobs**, i.e. they are never advertised. In these situations, the employer is seeking a new employee through their contact network.
- Contacting an interesting employer is a sign of motivation and could improve your chances of employment when a suitable position opens up.
 - **Tell your friends, acquaintances** about your job search and what kind of position you are looking for
 - **Use social media** to pass the word (LinkedIn)
 - **Contact the companies and organizations** you are interested in. You can contact the human resources or the head of the unit you are interested in.



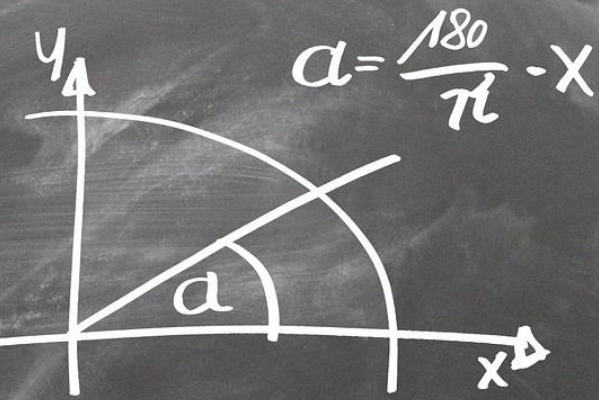
Ways to find interesting positions/organisations/people

- Get to know organisations in your field as early as possible
- Ask questions – get to know people & what they do
- Participate in a mentoring programme
- Information interview with a person working in an interesting position
- LinkedIn:
University of Turku > Alumni > Sort according to your subject



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut



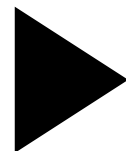
$x_{1/2} = -\frac{p}{2} + \sqrt{\left(\frac{p}{2}\right)^2 - q}$

$\sin(x) = \sin x$

Weak ties

Sociology prof. M. Granovetter (1973):

- We all have strong (friends, quality) and weak (acquaintances, quantity) ties
- Information about jobs that led to employment is more likely to come from weak ties, i.e. acquaintances, than from close friends
- People who spend a lot of time with each other often know the same things. The circle of friends depends on outsiders to get new information from outside the immediate circle
- The more weak ties a person has, the more connected they are to the rest of the world and the more likely they are to receive new information about ideas, threats and opportunities, as well as the opportunity to respond to these in time



Networking



**TURUN
YLIOPISTO**

Rekry
Turun yliopiston työelämäpalvelut

Employers' point of view



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

What employers appreciate in interns

Self-directing	Interest and ability to learn something new	Being active	Positivity and enthusiasm
Ability to comprehend things on bigger scale	Kindness	Self-initiative	Critical attitude
Flexibility	Courage to ask and take responsibility	Interaction skills	Competence of studied topics
Activity and diligence	Attitude	Conscientiousness and diligence	Writing skills

- The intern's initiative, learning ability and diligence were clearly emphasized in the employer's responses
- Reliability and adaptability to the work community are also valued qualities
- Other important factors were e.g. attitude, industry knowledge and courage

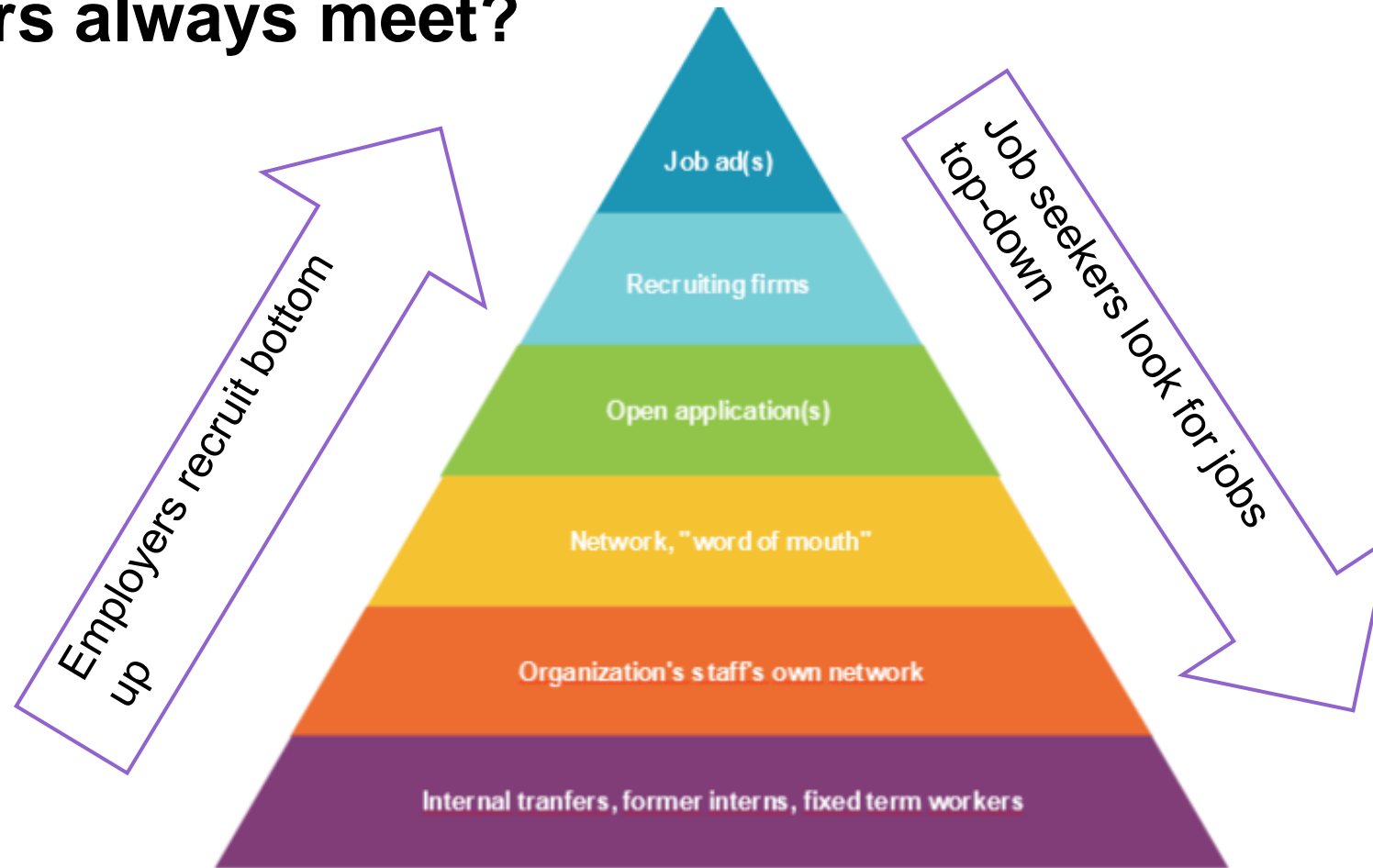
Source: Internship feedback 2021



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Why don't recruiters and job seekers always meet?



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

What is typical to the Finnish work culture?

- Style of communication
 - Straight to the point
 - Low hierarchy
 - Silence
- Punctuality
- Independency & autonomy
- Work-life balance



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Is it necessary to learn Finnish?

- Limited knowledge of the Finnish language is **the biggest obstacle to employment** for a person of foreign background in Finland
- Industry differences but informal discussions play a crucial role
- English is not a national language in Finland although many speak it very well

Finnish is a great language:

The spruce is on fire. = Kuusi palaa.

The spruce returns. = Kuusi palaa.

The number six is on fire. = Kuusi palaa.

The number six returns. = Kuusi palaa.

Six of them are on fire. = Kuusi palaa.

Six of them return. = Kuusi palaa.

Your moon is on fire. = Kuusi palaa.

Your moon returns. = Kuusi palaa.

Six pieces. = Kuusi palaa.

Source: [Visit Finland on Twitter: "Crash course into Finnish language via @Me_Pia1 #Finland #Finnishlanguage #visitfinland http://t.co/BeloN7oFdB" / Twitter](#)

University's subsidy system



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

University's internship subsidy

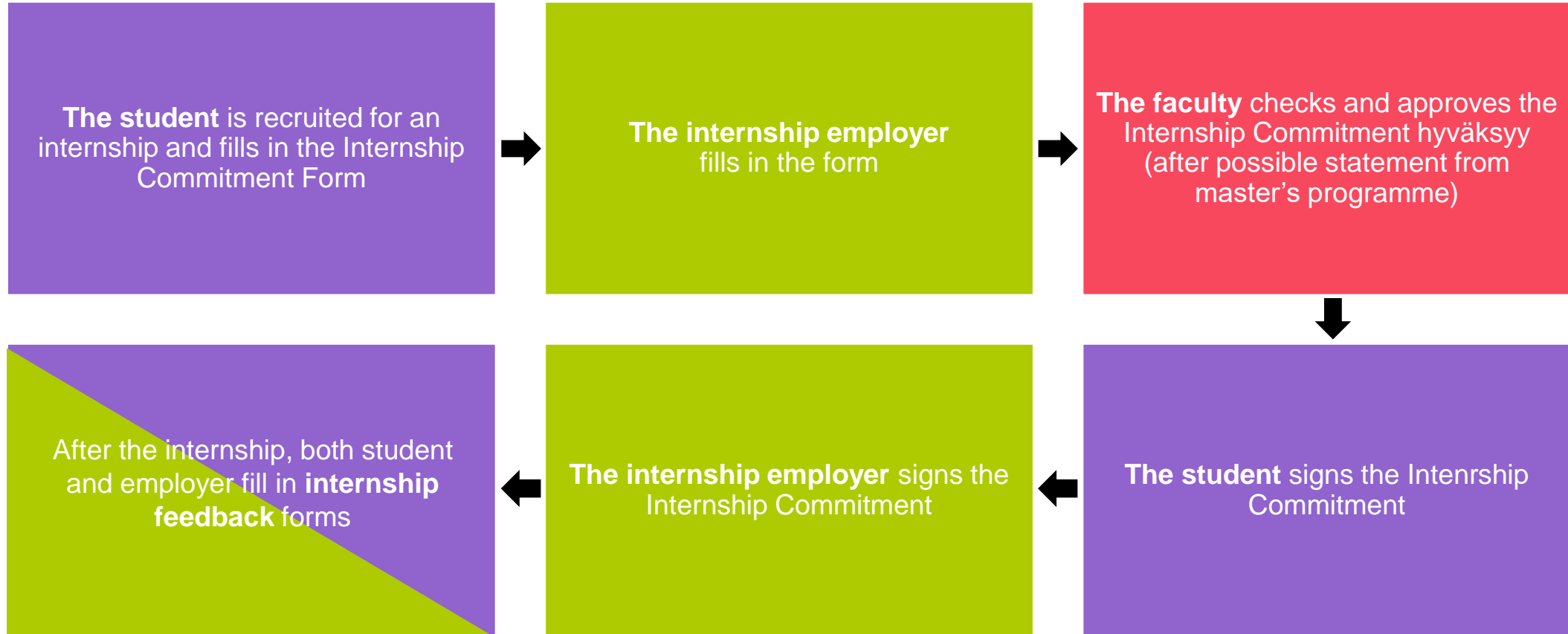
- In order to facilitate employers hiring interns, the university can subsidise internships with **1800 euros/internship**
- The subsidy is granted to the student, but **paid to the employer** after the completed internship in order to cover some of the salary costs
- Students have the right to complete a subsidised internship once during their studies, you can graduate during your internship
- The internship subsidy is granted through the electronic **Internship Commitment Form**
- In order to be granted the subsidy, the intern **must be paid a salary**
- The interns tasks must correspond to the intern's **field of study and career goals**
- The student must have an **supervisor** at the internship organisation
- In addition to the internship commitment, a **fixed-term employment contract** must also be signed



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Internship Commitment procedure



UNIVERSITY OF TURKU

News and Events Online tools FI

Intranet front page Employment and HR Services for teaching Services for studying Services for research General support services Organisation and decision-making


Intranet / Units / Career Services /

Career Services of the University of Turku

Services Directory


Contact Details

The Career Services



The Career Services provides career counseling and job seeking services to exchange and degree students of University of Turku.

Book a time for career guidance session or CV clinic in JobTeaser portal, which requires login with utu credentials. Or you can contact our Customer Adviser Jaana, phone: 0400153096



We want to help students with any questions related to job searching and working life. Services for degree students and graduates:

- career guidance
- cv clinics
- job seeking and career planning
- open vacancies
- career courses and coachings
- internship in Finland
- internship abroad
- thesis as a commission
- placement in the labour market.

News

intranet.utu.fi

→ search "internships in Finland"

Services / Internships in Finland /

Search... Search

Tämä sivu suomeksi

▼ Internships in Finland

Employment contract and reference

Preparing your internship

Internships in Finland

An internship is an opportunity to develop your professional skills and apply the knowledge accumulated in studies in working life. It is a time when you can network and make important contacts for the future, possibly even finding employment in your internship organization. In order for your internship to be a good experience for you, it is good to know a few things listed below.

Finding an internship

It is generally advisable to complete your internship towards the end of your studies. Most often employers publish their internship offers around new year.

Generally, internships are paid working periods of 3-6 months. The average intern salary is around 1500 euros/month. Always fill in the Internship Commitment Form (found below) and sign a fixed-term employment

Links and Guides

Guides

- Internship Guide for the Student
- Internship Guide for the Employer

Read more

- Internship Abroad
- Finding a Job
- Open vacancies
- Career Guidance

More Information

More Information:



TURUN YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Contact details for internships

Internships abroad

Fanny Kurppa

internships@utu.fi

+358 50 911 7023

Internships in Finland

Pilvi Lempiäinen

rekry@utu.fi

+358 50 464 2083

Upcoming events & courses



TURUN
YLIOPISTO

Rekry
Turun yliopiston työelämäpalvelut

Career Q&A

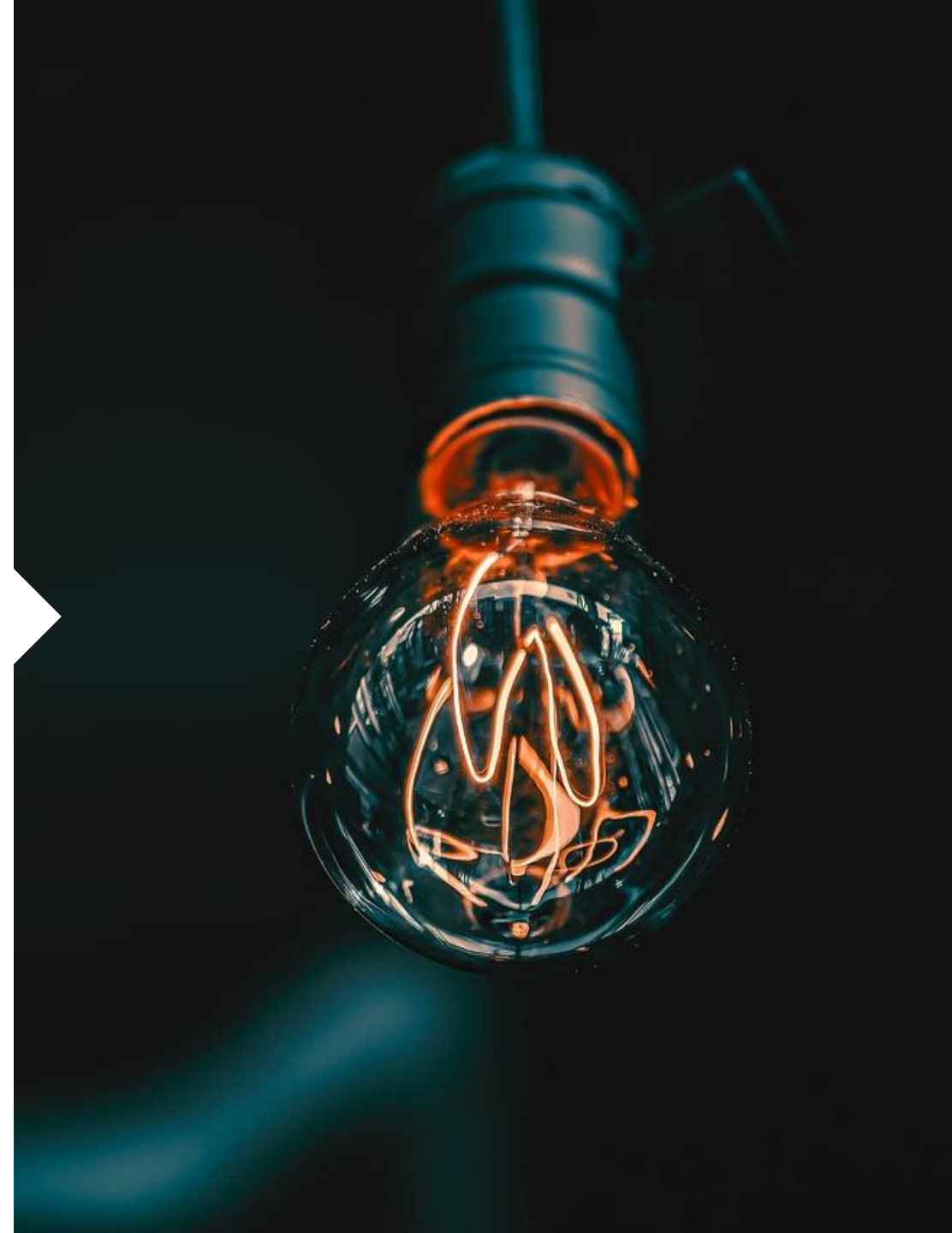
Get to discuss and ask your questions regarding job seeking and working in Finland in our **on-site Career Q&A sessions in November!**

The sessions are loosely bound to the following themes:

- 15 Nov at 14.00-16
Work life culture in Finland
- 22 Nov at 14.00-16
Job seeking and networking
- 29 Nov at 14.00-16
What employers look for

The sessions are held on campus (Calonia) by the Career Services.

Register: [Career Q&A | University of Turku \(utu.fi\)](https://utu.fi/career-q-a)



Job Seeking in Finland -course

Info sessions online:

1. Working in Finland
2. How to tell about your skills
3. The hidden job market
4. CV and application
5. How to succeed in a job interview

Starting again in January!

