

ERASMUS+ INTERNSHIPS - Key Points at a Glance

Visit our [website \(https://www.uni-bamberg.de/auslandspraktika/foerdermoeglichkeiten/erasmus/\)](https://www.uni-bamberg.de/auslandspraktika/foerdermoeglichkeiten/erasmus/) for more detailed information.

ERASMUS+ is a programme financed by the European Union, that aims to facilitate international mobilities, thereby supporting the educational, professional, and personal development of participating higher education students.

Participation in the Erasmus+ programme is possible for **up to 12 months** per study cycle (bachelor, master, doctoral level); in the case of state examinations, for up to 24 months.

In principle, **all enrolled students** (including PhD students and postgraduates) are eligible for funding.

Funding is available for both **voluntary** and **compulsory internships**, provided that the placement is degree related and relevant.

Students with fewer opportunities (e.g., working students/ first-generation university students) may be awarded **additional funding of 250€** per month.

All Erasmus grant holders are given funding for **2 additional travel days**; for “green (eco-friendly) travel”, even **up to 6 additional travel days**.

Important REQUIREMENTS:

- Independent search for an internship placement (**full-time internship = at least 35 hours**)
- **Minimum duration** of the internship: at least **2 months** (= 60 days) / **3 months** (internships outside of Europe)
- **Maximum duration** of the internship: **6 months**
- Applications must be submitted to the International Office **2 months before the start of the internship**
(**Postgraduate funding**: applications must be submitted at least 2 months before de-registration)

Erasmus-Programme Countries	Countries	Funding Rate
Group 1	BE, DK, FI, FR, IE, IS, IT, LI, LU, NL, NO, AT, SE AD, FO, GB, MC, SM, CH, VA	750€
Group 2 & 3	EE, GR, LV, MT, PT, SK, SI, ES, CZ, CY BG, HR, LT, MK, PL, RO, RS, TR, HU	690€
International	All other countries	700€

+ distance-based **travel expense allowance**

Tips on FINDING an INTERNSHIP:

- You can find links to internship platforms/ databases, e.g., on our website
- Take a look at the **internship reports** shared by other students at the University of Bamberg: <https://aaaerf.yesspress.com/>

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Consultation Hours: Monday to Thursday, from 10am – 12pm (no registration necessary)

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