General information

**Erasmus+ supports traineeships** (work placements, internships, etc.) abroad for students currently enrolled in higher education institutions at Bachelor and Master level as well as for doctoral candidates. These opportunities are also open to recent graduates.

The traineeship may be carried out at any organization in an Erasmus+ Programme Country (with the exception of EU institutions, bodies and agencies).

**Benefits of hosting a student**

An Erasmus+ trainee offers many benefits for your organization. It enables you to:

- Benefit from Erasmus+ trainees’ insights into their home culture, which can open doors to new markets and expand your European horizons.
- See increased competitiveness and innovation, as trainees bring new skills, fresh enthusiasm and new perspectives.
- Road test potential future employees.
- Bring new cultures, languages and working methods into your team.
- Take a first step towards closer long-term cooperation with education and training to better match your skill needs.

**Duration and financial support**

Traineeships may have duration between 2 months and 12 months. Traineeship periods are generally flexible and may be agreed upon with the student.

Students may receive for an Erasmus+ grant during a maximum of 3 months as a contribution to their travel and subsistence costs. The monthly amount ranges from **300 to 500 euros**, depending on the host country and the student’s social background.

At UAM, almost all students receive this grant, but students may also carry out the traineeship without receiving financial support by the Erasmus+ Programme.

The Erasmus+ Programme does not establish an obligation to pay a salary to the trainee, but since legal obligations vary significantly from one country to another you should follow your national rules in this regard.

In any case, an allowance, or any other kinds of remuneration, including contributions in kind such as meals or accommodation, are compatible with an Erasmus+ grant.

**Accommodation and transport**

There is no obligation to organize accommodation or transport for the student, but you may choose to help him/her find suitable accommodation and contribute to transport costs.

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1. Only students who carry out the traineeship in their home country are exempt because they cannot take out travel insurance. Students in this situation must have public or private health insurance.