

INTERNSHIPS

2021/2022



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DEAR STUDENTS,

did you know that more than half of you have not yet completed an internship during your studies? That more than half of the graduates do not work in a field they studied at university? And that most employers prefer to hire a graduate with experience in the field?

For the last two years, the coronavirus pandemic has affected all areas of our lives. The pandemic also significantly affects the development of the labour market. Maybe many of you lost your job or part-time job that provided you with an income to help you during your studies. In addition to the source of income, you have also lost the opportunity to gain experience and improve your competencies. It is a difficult situation, which, I believe, you can see also as an opportunity to look for an internship, or other job opportunity related to your field of study. Thanks to that, you will gain relevant work experience.

That is why we are preparing this booklet and the Internship Day event for you every year in November. We want to make the transition to the labour market easier for you. At the Pavol Jozef Šafárik University in Košice, we acknowledge that in addition to acquiring theoretical knowledge and self-development it is important that, you also gain work experience during your studies. Short and long-term internships are an ideal way to do this. University Counselling Centre (UNIPOC) has been offering you complex career services for several years. In addition to individual career guidance, you can participate in a number of workshops, webinars and events, such as Career Day or Internship Day. Such support is unique in the Slovak university environment, so I do hope that you will take full advantage of this opportunity.

In this booklet, you will learn key information about internships, what you can get by completing an internship, and at the same time, you will find here interesting internship offers. We also do not forget about Erasmus + internships, you will find out how the whole process works.

If you need any help in developing your career, stop by UNIPOC. I hope that you will find many interesting offers in the booklet.

Let us know how you like it and our activities!

Veronika Zibrinyiová, PhD.

Director of University Counselling Center

EMAIL veronika.zibrinyiova@upjs.sk

LINKEDIN Veronika Zibrinyiova





Thanks to an internship:

- you'll verify the theoretical knowledge in practice
- enrich yourself with invaluable workplace experience, new skills and abilities
- get a valuable CV reference to help you find a job in the labor market
- understand the current trends in the area
- make valuable contacts
- obtain a professional experience certificate
- broaden your horizons and find out which direction you want to take (or not) in your life

How and where to find an internship?



check out web advertisements

you can find current internship offers on various job portals such as profesia.sk, kariera.sk, or praxuj.sk



contact a specific company

if you do not find an offer on the portals that would interest you, don't be afraid to contact a particular company, or staff member (eg on LinkedIn) and find out if they are currently looking for someone. If they are not currently looking for trainees, they will add your CV in a database and will maybe contact you in the future.



tell your family, friends

if you're looking for an internship, tell your family, friends, classmates or close ones. Maybe they know about an offer or they know people you can turn to.



go on Erasmus+

if you are a bachelor, master or PhD student through an Erasmus + programme, you can have a traineeship abroad (eg in companies and other organizations).

These opportunities are also available to recent graduates.

What is INTERNSHIP?

An internship is a form of professional practice, work or volunteering experience. The average duration of an internship ranges from a few weeks to several months.

INDEX OF THE LEVEL OF
SATISFACTION WITH THE
INTERNSHIP ACCORDING
TO STUDENTS UPJŠ

63/100

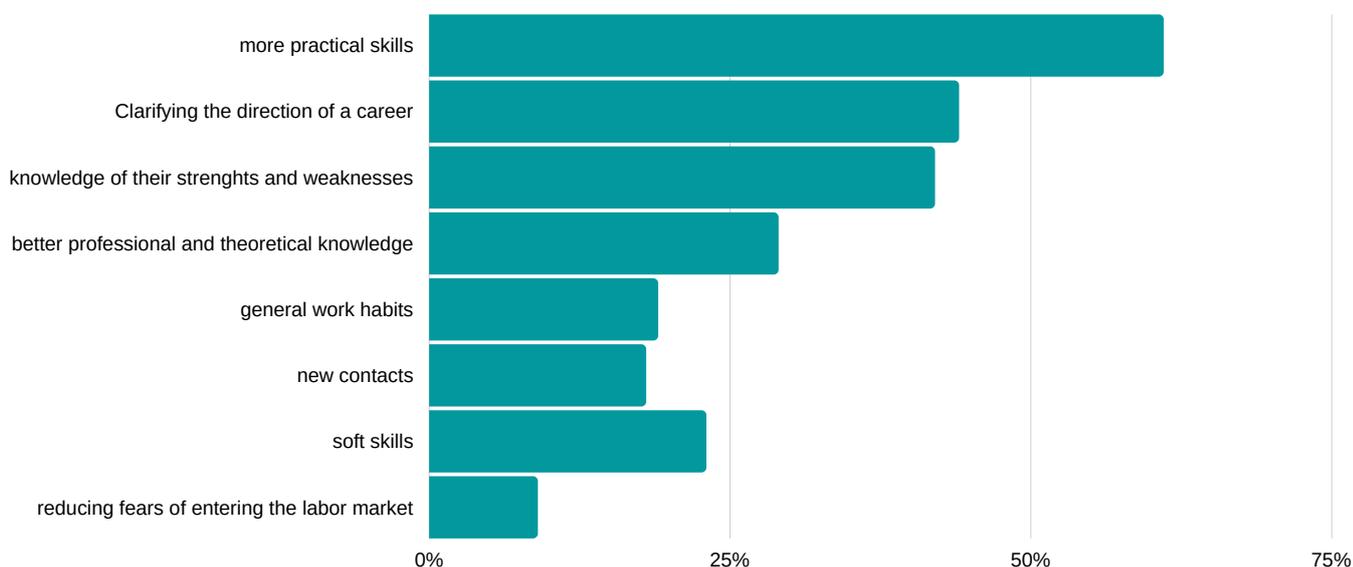
UPJŠ students who completed an internship during I. and II. degree of study:



The length of the internship was sufficient according to:



Benefits of an internship:



: Akademická štvrťhodinka (2021)

70%

OF PEOPLE ARE UNABLE
TO FIND A DREAM JOB
BECAUSE THEY LACK
PROFESSIONAL
EXPERIENCE.

OF EMPLOYERS
THINK THAT
GRADUATES HAVE
GAINED ENOUGH
PROFESSIONAL
EXPERIENCE DURING
THE STUDY.

11%

Source: todorozum.sk

DID YOU
KNOW?

- Employers consider the **ability to communicate in a foreign language, communication and negotiation skills, problem identification and problem solving, responsibility and the use of professional knowledge in practice** to be insufficiently developed, in particular.

Source: Analysis of acquisition of key competencies at Slovak universities.

- According to students, **practice helps them to better understand the curriculum** and at the same time it **helps them to feel more competent and prepared for the labor market.**
- **Lack of practical application of theoretical knowledge** raises students' **fear of entering the labor market.**

CAREER SERVICES AT UPJŠ

UPJŠ UNIVERSITY CAREER CENTRE IN KOŠICE RENDERS FREE-OF-CHARGE CAREER SERVICES TO ALL THE UPJŠ STUDENTS. WITHIN THESE SERVICES, WE BUILD ON FOUR BASES.

INFORMATION

First of all, we provide students with information about the situation in the labor market, employment opportunities, correct preparation of CV, cover letters, etc. On social networks as Facebook (unipocUPJS) or Instagram (unipoc_UPJS) we share various informative content from the labor market. We also regularly publish a newsletter about unemployment of UPJŠ students.

Tailor-made information can be obtained through individual career counselling.

Self-knowledge

We work with students to improve their self-knowledge, e.g. identification of strengths and weaknesses, awareness of their own competences. The service is available to students in the form of individual career counseling or in the form of e-learning My Career, respectively combinations of both.

Development of competences

We also provide students a number of opportunities to develop key competences. Develop your own career management skills in the training program „Competence Kaleidoscope“, improve your ability to learn effectively at the workshop „Learning How to Learn“ and develop entrepreneurial thinking at workshop „Do something!“.

Job opportunities

The natural continuation of these services results in the getting in contact with practice, with employers, and with job opportunities (placements, job offers, volunteering). Students can apply for an internship or a job position at events such as Internship Fair (winter term) or Career Day (summer term). Moreover, job offers we receive from employers are filtered by faculty, field of study, year, employers' requirements and regularly published in AiS2 - Labor Market.



**MORE INFORMATION CAN BE FOUND
ON THE WEBSITE.**

SAMUEL, STUDENT OF FACULTY OF MEDICINE

I have enjoyed travelling and exploring new countries from my early age. In my opinion, each of us should have an open mind and seize the opportunity to travel. That's why I seized it last year. From the beginning of my studies, I have known about the opportunity of spending an internship abroad, and the experience of others only confirmed to me that I wanted to experience it one day myself. The opportunity to see how research works at another university and find out how universities abroad differ from ours was my great motivation. Of course, I was also tempted to try to live abroad and rely only on myself.



I had the opportunity to take part in an internship at the University of Malaga, Spain, in July 2021. The research project I was a part of researched the effect of drugs on liver damage. My task was to help with the search and sorting of scientific articles and also to evaluate the results of the questionnaires we received from the hepatology department. I also had the opportunity to try working in the laboratory and also working with statistical software. We spent our leisure time with other interns on the beach or sightseeing local monuments.

As I mentioned, the internship gave me the opportunity to learn how to search for relevant scientific articles, to evaluate the results of questionnaires. It also gave me the opportunity to gain basic laboratory experience and showed me the possibilities of working with statistical software. I can use all this knowledge in the future, for example, when writing my degree thesis. I don't feel like the internship would have taken anything away from me, if I leave aside the drafts on my bank account after my return home. But I have to point out that I did not limit myself at all during the month in Malaga. The internship gave me the opportunity to find out that life abroad is not difficult at all, because there are always people around who are willing to help us. Thanks to this internship, I have found out how important and beneficial international contacts are. I've found out that I'm not the type of person who needs to settle in a single place. I would want to spend a lot of time travelling in the future. I think life is too short for us to stay in one place and there are a lot of places in the world waiting for me to visit them. A summer internship is the best thing I have had the opportunity to experience during my studies so far, so I would recommend it to other students as well. I have met a number of ambitious young people from 12 countries around the world, whom I will definitely write a message when I plan to visit their country. It may not seem like it, but a month is a long enough time for one to make strong friendships.



VERONIKA, STUDENT OF FACULTY OF SCIENCE

Gaining experience in the field alongside with studying is a great thing, and when I got a chance, I did not hesitate. I knew I could just benefit from it, so I decided to use I was working in a company it for several months that mines and processes the mineral zeolite. My task was to make daily safety and product quality analyses. It was about working in a laboratory (I study chemistry at UPJŠ) and processing the results. Although I lost my morning sleep during the internship (I started at 7:00) :D, it helped me learn things we didn't learn at university - after all, working in industry works a little different from a laboratory experiment at school. Debates with colleagues who have great practical knowledge also helped me a lot. Even though the school provides us with a high level of practical teaching, we still perceive the work in the laboratory with a "student view". During the semesters, we do various methods and analyses on individual practical training, we get acquainted with the procedures, but during the internship there is a realistic opportunity to try it "on one's own skin". Man's independence and confidence in controlling those things are built. Thanks to this internship, I have found that I enjoy the industry I am studying and that I want to continue in this area. And also that I like working with people. I would also recommend the internship to other students. These are valuable months when you see how life works in a real company, you get a lot of opportunities, contacts, and valuable experience.



VIKTÓRIA, STUDENT OF FACULTY OF PUBLIC ADMINISTRATION

I decided to go on an internship due to my long-term desire to study abroad. Thanks to the Erasmus+ programme, I had the opportunity to see how the university works and experience student life beyond the borders of Slovakia. I completed an internship at the Faculty of Law of the University of Valencia in Spain and focused mainly on the study of sources useful in my research and my dissertation thesis. I regularly communicated with my local supervisor and other members of the department where I was working. The exchange of experiences with doctoral students was also beneficial for me. During the internship, I mainly gained a lot of information valuable for the writing my dissertation. Thanks to the study of sources and communication at a professional level in English, I have significantly improved my English terminology and thanks to the persistent efforts of the Spaniards to communicate in Spanish in everyday life, I had the opportunity to improve my Spanish at the level of communication. Last but not least, thanks to the internship, I gained a lot of contacts at the university, friendships, and unforgettable experience. It's hard to say how much it has given me. The internship has taught me how to be more independent, given that for the first time in my life I found myself in a foreign city, thousands of kilometres from home. I've found out that it's not bad to get out of your comfort zone, because as they say, it is there where real life begins.

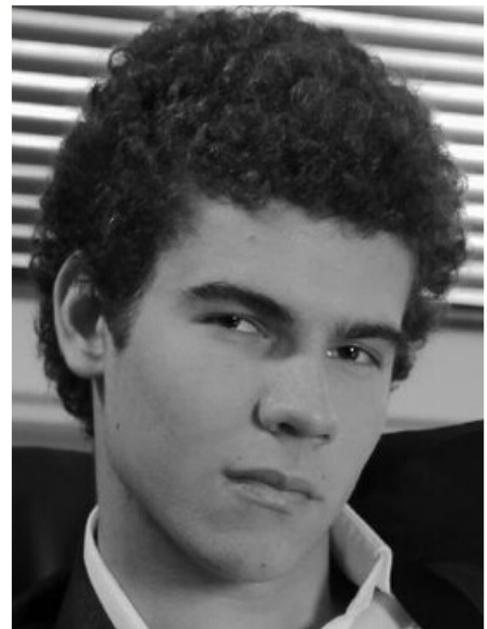
L'UBOSLAV, STUDENT OF FACULTY OF LAW

Through this internship, I wanted to continue attaining the objectives of my previous Erasmus study (improving my language proficiency, learning about new methods of law education, learning about other cultures, etc.), just with a different "job description". It was a three-month stay at the University of Salzburg in Austria. With the local professor, I took part in addressing a research project focused on the issue of national minorities in international law.

I was supposed to write an article and present it at a conference. I also participated in the teaching in law courses of my choice. Thanks to the internship, I have improved my language skills, both in informal and formal (professional) communication. Academic writing in a foreign language at a relatively early stage of my studies made it much easier for me to undertake my future school duties of a similar nature. I have gained more experience of university life abroad. However, the general personal development that one will inevitably experience if one lives abroad on one's own for a while cannot be neglected. Finally, I have also come to make some friends who I am still in contact with and whom I will be happy to keep visiting.

This internship was another piece of the puzzle in the form of stays abroad, which I completed. Therefore, I perceive it as part of a great story lived abroad, which greatly influenced my further personal and professional growth.

I think that these experiences distinguish a person from the rest - he has something unique behind him. This is a foreign exchange in today's labor market. In addition, I learned more about self-help and independence. In addition, I discovered a great passion in the culture of German-speaking countries. I was especially fascinated by their endless diversity. They have become my favourite holiday destination. When asked if I would recommend attending the internship to other students, I will of course answer. At the same time, this question provides an opportunity to strongly dispel the often-repeated myth that residing abroad makes no sense, as there is essentially a different legal order in each country and therefore the knowledge gained cannot be used after returning home. Paradoxically, this alleged negative is one of the biggest positives of a stay abroad. This direct provincial view of law is a thing of the past, and I dare say that gaining new horizons from abroad should be the wish of every lawyer. His ability to think critically and create grows exponentially.



VERONIKA, STUDENT OF FACULTY OF ARTS

A few years ago, I had no idea where life would take me. I don't think most young people know where to go next. I tried the mass media study, which helped me find the right direction, to the activities they fulfil me, that is. Initially, I completed a compulsory internship in KOŠICE: DNES, necessary to complete my Bachelor degree. That was exactly the turning point in my life when I realised that this activity is the one that fills me and pushes me forward. That's why I decided to pass my internship in a similar media house, which has given me a lot.

It has definitely helped me in communicating with people. It has also showed me journalistic ethics in practice, i.e. what I may and may not do as journalist. Thanks to my internship, I have learned how to work with an article writing tool (Wordpress). It has helped me leaving my comfort zone, which may have a negative undertone. On the contrary, I perceive it positively, at the point when I step out of my comfort zone, the most beautiful things start happening in my life. It is very difficult to put down what my internship in KOŠICE: DNES has given me, but I can say with certainty that it has given me more than I expected. Like any other extracurricular activity, the internship took me a lot of my free time, which, however, is a negligible component in all those pluses. The internship has helped me from direction, through communication and departure from my comfort zone to meeting new people (thanks to articles in which I talk to people and bring their lives closer to readers). The internship has also shown me that my job is worth it, and also that I should never give up, may it be time consuming as it is. Until then, I had had no idea what could be accomplished within a single day. The best part is that there are no limits to our creativity and everyone may avail oneself of the opportunity to be doing the best we can, we have a free choice of topics, of course within the framework of journalistic ethics.



I would only leave a message to students. At the beginning of my studies at school, I didn't even realize what it all involves. The process of transition from secondary school to university and subsequent adaptation was a challenge. We may not even realize it, but even a graduate internship in a Bachelor course of study will open the door to a world of possibilities. Thanks to the internship, one learns a number of things that one hears in lectures, mostly on a theoretical level. Therefore, if young people decide whether to complete an internship or not, I definitely recommend them going for it. All in all, we have nothing to lose.



DEUTSCHE TELEKOM SERVICES EUROPE SLOVAKIA



“ We are Deutsche Telekom Services Europe Slovakia the internal service provider of Deutsche Telekom! ”

SERVICES FROM SLOVAKIA FOR THE WHOLE WORLD

Deutsche Telekom Services Europe Slovakia s.r.o. is a subsidiary of Deutsche Telekom (DT), which is a world leader in telecommunications. DT employs nearly 228,000 employees in more than 50 countries and with its brands T-Home, T-Mobile and T-Systems offers to customer's fixed-line, broadband, mobile networks and complete ICT solutions for business.

World services from Slovakia

Deutsche Telekom Services Europe Slovakia s.r.o. was established in Slovakia in 2009 to provide services in area of accounting and procurement for the concern companies of the Deutsche Telekom Group throughout the world.

Benefits that will make you happy

-  Performance bonus
-  Flexible benefit system (Cafeteria) or Multisport card
-  Fully paid meal vouchers
-  Flexible working hours
-  Discount on selected Telekom products
-  Sick days
-  Supplementary pension saving
-  Massages in offices for a discounted price
-  Opportunity for international career growth

870+
employees

37
serviced countries of the world

15
cooperating

OUR SERVICE LINES

Procure to Pay - operational purchase and accounting services for selected customers.

Travel Expenses - handling the reimbursements of travel and small expenses of Deutsche Telekom employees.

Customer Finance - the operational end-to-end process of payment and collection management with consumers and business customers as well as sales and wholesale partners.

Record to Report - the entire reporting process from data provision to the finished reporting product.

Asset Accounting - assessing asset purchases with regard to IFRS standards, processing of asset transactions and closing operations.

System transformation management - support of company digitization, search for new trends and ideas, evaluates them and provide support in project and process management.

Enterprise data management - providing a harmonized data model for Deutsche Telekom's business processes and maintaining data through automated workflows.

BENEFITS

that will make you happy



Performance bonus

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Flexible benefit system (Cafeteria) or Multisport card

Choose 20 € per month in Cafeteria or choose Multisport card with possibility to use thousands of sport and wellness facilities.



Fully paid meal vouchers

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Flexible working hours

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Discount on selected Telekom products

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Contribution to language course

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Sick days

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Supplementary pension fund

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Work-life coaching program

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Modern work environment

Služobný laptop, služobný iPhone alebo Samsung



Mobile work

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Massages in offices for a discounted price

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Yoga for free in Bratislava offices

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Employee referral program

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Sports club, health days

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Possibility of education

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Opportunity of international career growth

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Work within team with great colleagues

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Company events and teambuildings

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Pleasant international working environment

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The image shows the Dell Technologies logo in white on a blue background. To the right of the logo is a portrait of a young woman with long brown hair, wearing a light purple top, smiling. The background of the entire page is a gradient from blue at the top to light blue at the bottom.

DELLTechnologies

Who is Dell Technologies?

Dell Technologies has been active in Slovakia since 2003. We started as a center for sales and customer support and over the 17 years we have transformed into a global business center that is the financial hub of Dell Technologies. We provide a wide range of services IT, finance, marketing, sales, technical support and support business operations - globally.

Start your career with us already during your studies!

Join the community of our 120+ interns, who are important part of our team across all the departments within Dell Technologies. What you can expect from the internship with us?

- Fully paid internship: 5,50 € -8,80 € /hour (based on the concrete position)
- Access into Learning studio – more than 2,000 online trainings, and unique development program for our interns.
- Dell Laptop
- Option to get a full-time job and continue in professional development programs after your graduation,
- Networking groups – collaboration, community and personal development (ERGs) - and much more!

Internship opportunities at Dell Technologies:

Do not hesitate to look at www.karieravdell.sk where you will find all the opportunities or feel free to write to kariera@dell.com, and we will be happy to advise you on choosing a specific internship!

- [IT internship opportunities at Dell Digital](#)
- [Business Intelligence / Automation internship](#)
- [Finance Internship](#)
- [Accounting Internship](#)
- [Marketing Internship](#)
- [Internship at Sales with German language](#)

Stay in touch with us and follow our social media,
where you can find stories of our interns and interesting events!



www.karieravdell.sk



@DellTechnologies



@LifeatDellSlovakia



@LifeatDell

DELLTechnologies

I understood that the time spent working at Dell Technologies does not negatively affect my studies in Biotechnology, but moreover it completes it with **crucial skills in data processing.**

Patricia, Market Research Intern





INTERNSHIPS

- I. Internship – recommended for: Faculty of philosophy – Media studies
 - Marketing communication
 - Traditional communication channels
 - Online, Social network
- II. Internship – recommended for: Faculty of public administration, Faculty of law
 - Paperwork
 - Office management
 - Time management
 - Personal assistance
- III. Internship – recommended for: Faculty of Science – Mathematics and Physics
 - Creation of Investment portfolios
 - Financial planning

... and for all, who want to increase their chance for a better application on the labor market, not only through education, but mainly in the form of real experience ...



Ing. Martin Gdula, Managing Director
 martin.gdula@partnersgroup.sk
 +421 905 657 805
 www.partnersgroup.sk

HOW IS AN INTERNSHIP AT PARTNERS GROUP?

PETRONELA, A STUDENT OF FACULTY OF PUBLIC ADMINISTRATION, DECIDED TO SHARE HER IMPRESSIONS OF THE PARTNERS GROUP INTERNSHIP PROGRAMME. WHAT DID THIS EXPERIENCE GIVE HER? WHAT NEW SKILLS DID SHE GAIN? WOULD SHE RECOMMEND THE INTERNSHIP TO OTHER STUDENTS AS WELL? YOU WILL FIND OUT IN THIS ARTICLE.

I decided to go for an internship because I wanted to learn something new and I was curious how it works in a company. I consider the internship at Partners Group to be beneficial. I was worried because I didn't know anything about finances, but I learned a wealth of knowledge within a relatively short time right from practitioners who were willing to share and also support experience and knowledge.

When I started, the Covid period also started, but nevertheless the company was ready for that and I was also able to pass my internship online. Thanks to the internship, I significantly improved my communication skills, as we also had special trainings where we were training business communication and learned how to arouse interest, whether in ourselves or in a service, product, whatever. For example, I have learned the principles of financial planning by investing properly up to the rules of business. The internship helped me find out what I wanted to do in the future, getting to recognise my strengths and weaknesses better, and I also increasing my value in the job market.

I have found out that I work better if several of us are involved in the same activity while helping each other. The best experience was when I was at a conference and I had the opportunity to meet the company founders who shared with us their life experiences during the business. I would recommend the internship mainly to students who want to learn something new and at the same time increase their chances of finding successful employment.



Enjoy working for a modern company with tradition



Great opportunity for you


USSSteelKošice



❤️
💬
🚩
🔖

You and everyone else likes this

USSSteelKošice Get priceless career experience working for an attractive employer with decades of tradition. Looking forward to meet you! #internship

5 minutes ago

★★★★★

The whole intership was amazing and we were more than satisfied with this adventure. Coming here was one of my best decisions - thank you so much for everything! I could not have wished for a better summer.

Erik M. UPJŠ student, graduate of Summer Intership 2021 and participant of Year-round intership 2021/22

SUMMER INTERSHIP

For students after their 4th year

Paid intership in accordance with your study program during July and August under guidance of your mentor

Working on projects and involvement in team tasks

Soft skills trainings, teambuilding, plant tour

Networking

Certificate of the Summer Intership completion

YEAR-ROUND INTERSHIP

For students in their 3rd, 4th and 5th year

Paid intership in accordance with your study program during the academic year under guidance of your mentor

Working on projects and involvement in team tasks + home office (if possible)

Networking

The opportunity to work on bachelor or master thesis

Job offers for the top students



GRAB YOUR CHANCE
www.visma.sk/visma-bootcamp





#innovateyourself

Visma is a Norwegian company operating in Košice that develops and innovates its own products. We know very well that innovation can only happen if our colleagues move forward and improve themselves. Therefore, when you come to us, your journey does not end. Each of our colleagues has the right to personal growth, in which we work hard to help him. We currently offer three pillars of education:



One to one

Mentoring

Each junior is entitled to apply for a mentor

1. You form a pair with a mentor.
2. We will make a personal knowledge map.
3. We define goals.
4. We set the rules.
5. A mentor will help you develop.



Visma Tech Academy

Despite Visma is a distributed organisation spread over different locations there is a lot we can learn from each other. Through the Visma Tech Academy we would like to connect those working within the same discipline and create learning communities.



Your development day

Your development day is a limited time period within a month, without project tasks, dedicated to self-education. The main goal of YDD is to provide the employee with time for their own development during which they can focus on improving new skills.

VISMA BOOTCAMP

Visma Bootcamp is the fourth pillar, a pilot program that we will open in February 2022. We are ready to give a chance to entry-level programmers to get in an intensive program of learning from our best software engineers. Is that you? Grab a chance and apply!

GRAB YOUR CHANCE
www.visma.sk/visma-bootcamp



Rozširujeme tím a hľadáme medikov do nemocníc siete AGEL

Do nemocníc Skupiny AGEL prijmem nových kolegov na pozíciu lekár - absolvent. Ponúkame možnosť práce v stabilnom prostredí spoločnosti AGEL vrátane priestoru na ďalší rozvoj a kariérny rast. Začínajúcim lekárom poskytujeme aj možnosť odborných stáží v našich zdravotníckych zariadeniach v Slovenskej aj Českej republike. **V prípade záujmu či otázok nás, prosím, kontaktujte na e-mail: personalista@agel.sk.**

*We are expanding the teams and looking for new colleagues – junior doctors to AGEL hospitals. We offer the opportunity to work in a stable environment of AGEL, including space for further development and career growth. We also offer the opportunity of professional internships in our hospitals in Slovakia and also Czech Republic. **In case of interest or questions, you can contact us via email: personalista@agel.sk.***

Hľadáme zdravotné sestry a pôrodné asistentky do nemocníc siete AGEL

Do nemocníc Skupiny AGEL prijmem zdravotné sestry na rôzne oddelenia a pôrodné asistentky. Ponúkame možnosť práce v stabilnom prostredí spoločnosti AGEL vrátane priestoru na ďalší rozvoj a kariérny rast. **V prípade záujmu či otázok nás, prosím, kontaktujte na e-mail: personalista@agel.sk.**

*We are hiring nurses and midwives to our teams in AGEL hospitals. We offer the opportunity to work in a stable environment of AGEL, including space for further development and career growth. **In case of interest or questions, you can contact us via email: personalista@agel.sk.***

AGEL Štipendijný program

Chcete od októbra 2022 dostávať štipendium od AGEL? Štipendium ponúkame študentom I. alebo II. stupňa vysokej školy v odboroch: všeobecné lekárstvo, zubné lekárstvo, ošetrovateľstvo alebo zdravotnícky záchranár. Študenti v štipendijnom programe majú zároveň prednostnú možnosť vykonávať stáže a praxe v zdravotníckych zariadeniach Skupiny AGEL. **V prípade záujmu či otázok nás, prosím, kontaktujte na e-mail: personalista@agel.sk.**

*We offer a scholarship for students of general medicine, dentistry, nursing or paramedic. Students in the scholarship program also have priority access to internships in AGEL Hospitals. **In case of interest or questions, you can contact us via email: personalista@agel.sk.***



AIESEC



AIESEC is the largest international student non-profit organization that brings together and connects students from more than 110 countries. In the form of volunteering, we offer young people the opportunity to gain practical experience, the opportunity to learn new things and skills and to apply theory in practice.

Our main activities before the outbreak of the COVID-19 pandemic were the mediation of foreign internships and exchange stays for university students and recent graduates - Global Volunteer; Global Talent and Global Teacher. These volunteer or professional internships were mainly focused on teamwork in an international environment, problem solving and helping other people.

At present, we focus mainly on local projects focused on high schools and universities. It is about creating workshops for high school students focused on e.g. to Problem Solving, Time Management, etc. Another current project is the YouthSpeak Forum, a project aimed at connecting university students with companies operating in Slovakia and understanding the goals of sustainable development (specifically point no. 8). YouthSpeak Forum takes place on 27.11. via the Zoom platform and is free. Registration link: http://bit.ly/YSFregistrations_BA

notice: the event takes place in the Slovak language

with aiesec.





Join our community!

We are looking for interns for the summer semester

HR/Marketing

You will receive a completion certificate
Your chance to be proactive
Be part of community of like-minded interns
Work from home
Mentoring
Professional training

"We aim for a future where everyone has a chance to succeed"






TEACH FOR SLOVAKIA



MIRIAMA, STUDENT OF FACULTY OF ARTS

I decided for the internship because I wanted to use my free time during my studies effectively. At the same time I was interested in the vision of the Teach for Slovakia programme and I wanted to contribute a little to its fulfilment. I work as HR intern and I help promoting the programme among young people not just at this University. Since HR is absolutely out of my field (I study teaching mathematics and chemistry), I learned a lot of new things in this area. I certainly had to invest some free time in the internship, but I think it paid off a hundred times for what I learned during the internship and what I am still learning. I met a lot of new inspiring people, for which I am very grateful. I have improved in time management. I also learned to get out of my comfort zone and work on my weaknesses. I have found that when I really want to, I can arrange many things that have seemed unimaginable to me so far. I definitely recommend the internship to all the students who, in addition to school, can find at least some free time. It's a great opportunity to learn new things and meet new people. I would also like to encourage other students not to be afraid and apply for internships outside their field if they are interested. Even such an internship can bring you a lot of experience and skills that you can use in the future :).

EURES The European Job Mobility Portal
www.eures.europa.eu



Internships
in the EU/EEA countries

Dobrovoľnícke centrum Košického kraja



www.dckk.sk
dckk@dckk.sk

Priceless experiences ☺

Creating water retention measures

Working with the Roma minority in various programs

Building tourism attractions



ERASMUS+ TRAINEESHIPS

THE AIM OF THE ERASMUS+ PROGRAMME IS TO STIMULATE AND INTENSIVELY SUPPORT THE EDUCATION AND TRAINING OF UNIVERSITY STUDENTS AND RECENT GRADUATES THROUGH STUDY MOBILITIES AND TRAINEESHIPS ABROAD.

In the new 2021 – 2027 programme period the program introduced several new opportunities for the higher education sector for student and recent graduate mobilities as well. Inclusion, digital transformation, sustainable development and active participation are the horizontal priorities that will be pursued in the program. The intensive support of participants with fewer opportunities also allows disadvantaged students to participate in the program and take full advantage of mobility activities. It offers PhD students the opportunity to travel for a shorter period of time, which gives them greater flexibility in planning their work activities. In the 2021/2022 academic year students can choose from the following types of mobility activities:

LONG-TERM MOBILITIES

Student mobility for study:

- minimal length: 2 months (or one semester or trimester)
- 12 months of mobility is available for each study level
- the mobilities are available for everyone from their 1st-year of study

Student mobility for traineeship:

- minimal length: 2 months
- professional traineeship – in the study field of the students, as part of the study plan or as a voluntary traineeship
- traineeship in the field of digital skills – for every study field
- traineeship for recent graduates – to be carried out within 12 months after graduation

Combined mobility:

The student can combine a practical traineeship with a study mobility as one mobility abroad. One mobility means:

- the traineeship must be organized by the same university, where the student will study;
- the two activities must follow each other or be carried out simultaneously;
- the amount of the grant is determined as the amount for a study mobility.

SHORT-TERM MOBILITIES

Short-term study mobility for PhD students:

- length of the mobility: 5-30 days, a virtual part is not mandatory
- the activities concentrate on study activities, skills development, research and cooperation

Study mobility as part of a Blended Intensive Programme (BIP):

- for all study levels based on the target group of the BIP
- a combination of virtual and physical mobility

Short-term traineeship for PhD students:

- length of the mobility: 5-30 days, a virtual part is not mandatory
- focused on cross-cutting practical skills, training, non-academic activities, research
- traineeships within Blended Intensive Programmes are not possible

During one degree of study each **student can implement multiple mobilities for the total length of 12 months**. The exception applies only in the case of study programs with one cycle, such as medicine, where a total length of 24 months is allowed. Previous mobility participation within Erasmus and Erasmus Mundus is also taken into consideration in the total length for a given degree. In the case of multiple mobilities/study degree, the minimum duration of each of the mobilities must be maintained, i.e. 5 days, or 2 months. The mobilities completed during the study of the same degree at another university are also included in the total of 12 or 24 months. In the case of a recent graduate traineeship, the 12-month limit shall include the mobility at the last stage of the study during which the student applied for a traineeship. E.g. if the student was at the Master's degree on 6-month mobility for the purpose of study, as a graduate can only go on an traineeship for max. 6 months. The traineeship (both student and graduate) should be „full-time“.

The selection of a student for a recent graduate traineeship must take place during the last year of his/her study and the traineeship must begin and end no later than one year after the end of the study. Before leaving, a graduate may go to the labor office if he does not want to be a self-payer of contributions to the health and social insurance and register as a job seeker.

Erasmus+ also offers a **digital skills traineeship**, which is available to all study fields and may include application and software development, installation, maintenance and administration of computer systems and networks, cyber security, data analysis, artificial intelligence applications, programming languages, search engine optimization (SEO) and digital marketing.



NEW OPPORTUNITY IN THE 2021/2022 ACADEMIC YEAR: SHORT-TERM MOBILITIES FOR PHD STUDENTS

A novelty in this academic year is a **new type of mobility for PhD students**, which is a short-term mobility - study or traineeship lasting 5 to 30 days. It allows PhD students to travel for a shorter period of time, if their work responsibilities do not allow them to plan longer mobilities abroad. A short-term **traineeship can be focused on cross-cutting practical skills, training, non-academic activities, or research.**

For this type of mobility it is possible to gain additional types of Erasmus+ financial support beyond the basic grant, namely a one-time contribution for green travel, which the student can receive if he opts for ecological travel. Such a method is considered to be a train, bus, boat, shared car (car-pooling), or cycling. The contribution is granted on the basis of a statutory declaration and travel tickets, and it is sufficient that this method is used throughout the journey in at least one direction, i.e. there or back.

The category of **students with special needs has been expanded in case of short-term traineeships for PhD students** by new groups of participants with fewer opportunities, which the program guide defines as follows: "A person with fewer opportunities is a potential participant who is not allowed to take part in a mobility project/action without additional financial or other support."

At the same time it presents a relatively extensive list of possible obstacles to mobility and their description, the brief content of which is given in the table below. It allows participants to receive a contribution in addition to a mobility grant in the event of disability, health problems, economic barriers, social barriers and other types of barriers.

TYPES OF SUPPORT FOR THE STUDENTS WITH FEWER OPPORTUNITIES – ERASMUS+ (2021):

GROUP	DESCRIPTION	TYPE OF SUPPORT	PROOF POSSIBILITIES
DISABILITY	Za osobu s ťažkým zdravotným postihnutím (ďalej len osoba s ŤZP) sa považuje fyzická osoba, ktorej miera funkčnej poruchy je najmenej 50 %.	Top-up and real costs (if top-up is not enough)	Disability card Medical report and/or financial contribution decision from ÚPSVaR (labor office) and/or a student with special needs status - Counseling Center report
HEALTH PROBLEMS	Za osobu so zdravotným problémom sa považuje osoba s chronickým zdravotným ochorením alebo psychiatrickým ochorením.	Top-up	Social scholarship and/or - confirmation of material need from the ÚPSVaR (labor office)
ECONOMIC BARRIERS	- nízka životná úroveň, nízky príjem (napr. rodina v sociálnej núdzi) - závislosť od systému sociálneho zabezpečenia (napr. poberateľ sirotského dôchodku, dávky v nezamestnanosti)	Top-up	Social scholarship and/or - confirmation of material need from the ÚPSVaR (labor office)
SOCIAL BARRIERS	Ťažkosti so sociálnou adaptáciou: - osamelý rodič s dieťaťom (t. j. osamelá žena alebo osamelý muž, ktorí sa trvale starajú o dieťa mladšie ako 15 rokov), - prekážky súvisiace s diskrimináciou	Top-up	Depending on the situation: Statutory declaration
OTHERS	Za osobu s ťažkým zdravotným postihnutím (ďalej len osoba s ŤZP) sa považuje fyzická osoba, ktorej miera funkčnej poruchy je najmenej 50 %.	Top-up	Depending on the situation: Statutory declaration

TRAINEESHIPS DURING A PANDEMIC

On 12 June 2020, a note from the European Commission came into force, which regulates some aspects of the implementation of virtual and mixed mobility within the Erasmus + program.

1. Physical mobility

Based on the measures of the Public Health Authority of the Slovak Republic, as well as information from the Ministry of Education, Science, Research and Sports of the Slovak Republic, student mobilities can be implemented. We recommend to follow the measures of the Public Health Authority of the Slovak Republic in the event of a threat to the public health. At the same time, we draw attention to the continuing need to monitor the current development of the epidemiological situation on the website of the Public Health Authority of the Slovak Republic (<http://www.uvzsr.sk/>), border restrictions and entry conditions on the website of the Ministry of Foreign and European Affairs of the Slovak Republic (<https://www.mzv.sk/cestovanie-a-konzularne-info>) and continue to comply with the recommended safety and hygienic measures.

2. Combined mobility (virtual and physical mobility)

In case it is not possible to complete a physical mobility at an institution abroad, we recommend to plan/implement a combined mobility (combination of virtual mobility at the beginning and a subsequent physical mobility).

In this case the following rules apply:

- The mobility participant is not entitled to a grant for the virtual part of the mobility.
- The mobility participant is entitled to a grant for the physical part of the mobility
- The minimum duration of the mobility must be respected
- Interruption between the virtual and physical parts of the mobility is allowed (no continuity is required).
- After completing the mobility, the participant will receive a certificate covering the entire mobility period (virtual + physical part).

3. Virtual mobility

Please note that it is recommended to primarily plan a physical mobility or a mixed mobility. In cases where it is not possible to implement physical or combined mobility at an institution abroad, it is possible to complete a virtual mobility under the following conditions:

- A virtual mobility participant residing in the home country is not eligible for a grant
- If a participant participates in virtual mobility but is physically present in the destination country in justified cases, he or she is entitled to individual support. This applies to rare cases, where the mobility had been properly planned on both sides, but during the participant's journey, the university suddenly decided, for safety reasons, to provide only distance learning.

After completing the mobility, the participant will receive a certificate of virtual mobility.

The financial support is not intended to cover all the costs of a traineeship abroad, but to cover part of the increased mobility costs. It is necessary therefore to think about additional financial participation, or try to agree with the employer. The lump sum per month includes both the student's subsistence and travel costs.

What do I get from such a traineeship?

The aim of the Erasmus+ mobility (traineeship) is to offer an opportunity to apply theoretical knowledge and practical skills acquired in the student's field of study in a specific work environment abroad and to extend this knowledge to new professional knowledge and skills. In students who have completed Erasmus+ Mobility Abroad, employers see the strengthening of key competences such as effective and foreign language communication, teamwork, organizational skills, problem solving, creativity, and so on.

THE PROCEDURE FOR APPLYING:

1.Contact an Erasmus + coordinator |

Announce interest in mobility.

2.Find out the terms and dates of the selection procedures |

Criteria and deadlines are set by faculties / departments / institutes.

3.Adress the host organization |

The host organization will be addressed by a student or faculty / department / institute. The host organization must be able to provide min. 2-month mobility - traineeship in the student's field of study.

4.Verify the host organization |

Verify that the host organization (or traineeship program provided by the host organization to the student) is appropriate for the particular field of study.

5.Find out the conditions of the internship abroad |

Taking into account study at UPJŠ in Košice (recognition of the traineeship abroad, study plan at UPJŠ during mobility, individual study plan).

6.Wait for the results |

After the publication of the results of the selection procedure, follow the further Erasmus+ coordinator instructions.





from left: Martin Lištiak, Jozef Gašparík, Tomáš Lištiak (source: praxuj.sk)

DO YOU KNOW PRAXUJ.SK?

The idea of establishing a praxuj.sk work platform arose during your studies at university. What inspired this? Did you already feel as a student that the possibilities of finding a job are limited?

During our first year at university, we realised that there were few opportunities for students. Many of us went abroad to find employment there because of that feeling. We therefore wanted to set up just one platform where all the positions suitable for young people would be located.

What were the beginnings of building something completely new?

Starting a business just after secondary school was not that easy especially since no one would explain its procedure to you. This is the difference between school and real life. You may receive general instructions at school, but in business you create the instructions yourself. That's why we had to be asking a lot, searching a lot, going around the authorities, but we succeeded in the end. Anyone who decides to start a business must understand that they will have to give up many Friday nights. But once you look back, you won't miss them.

Do you have feedback that you have managed to reduce their leaving for abroad during your four years of operation?

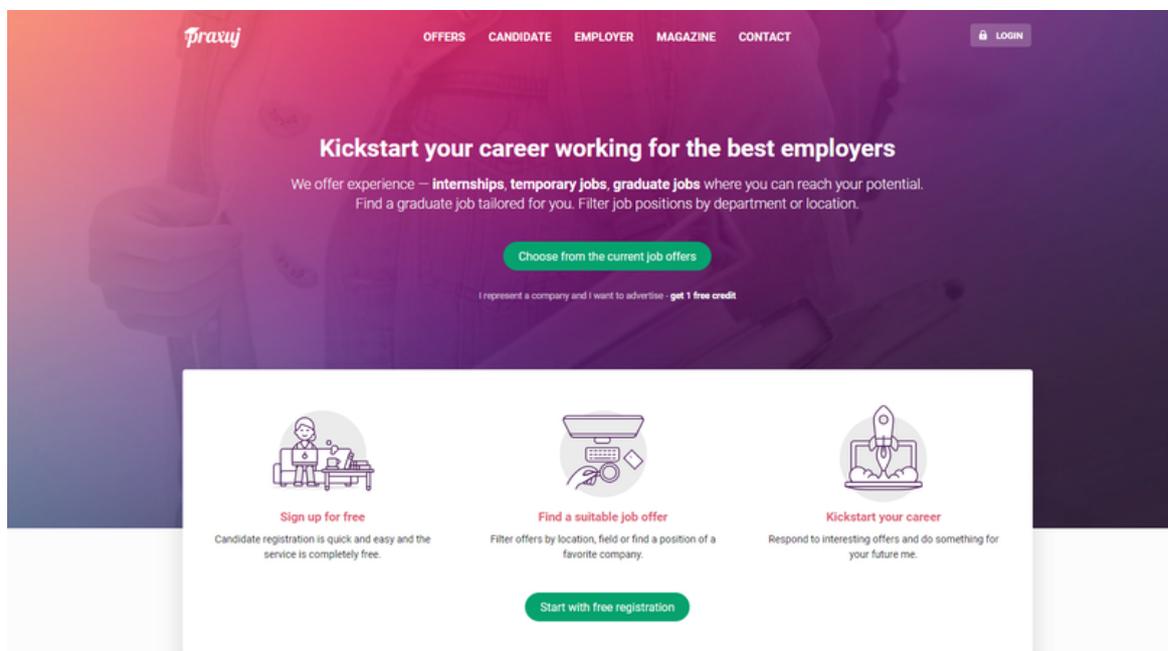
Recent figures from the Ministry of Education show that 16% of Slovaks study abroad. There are about 20,000 of them in the Czech Republic. Our goal was to say out loud to Slovak university students that this country needs them. I don't know if we have significantly reduced their departures, but to date we have over 4,000 registered applicants, which means that many of them have given Slovakia at least a chance.

You differ from competing job portals in that you offer ample supply of paid and unpaid internships, brigades, and "Work & Travel" programmes. Do you think that it is necessary for young people to prepare for future work during their studies?

Not just to prepare, but to work in the field they are studying. According to the portal trendypráce.sk, up to 42 per cent of university students do not work in the field they are studying. This means that they could have rather spent five years at university studying a different field. Internships during the study also help students to gaining previous experience whether they will like performing the profession they are studying.

You are currently expanding the original platform by pracuj.sk, which offers benefits for all the stakeholders. Within this portal, you are also preparing novelties leading to simplifying the presentation of applicants. What is new about it?

Working with university students has taught us that applicants are of high importance. Every student is different and everyone has a talent for different things. We are building a new portal that we are launching for graduates and all of those who are looking for work, so that everyone can present themselves as needed. In the world of modern technology, a chef may take pictures of the dishes he/she cooks, a graphic designer may show his/her portfolio, a student may show his/her research, and the like.



Portal ***praxuj.sk*** offers experience — internships, temporary jobs, graduate jobs where you can reach your potential.

The new pracuj.sk project contains a plan to also give applicants feedback. How do you imagine that?

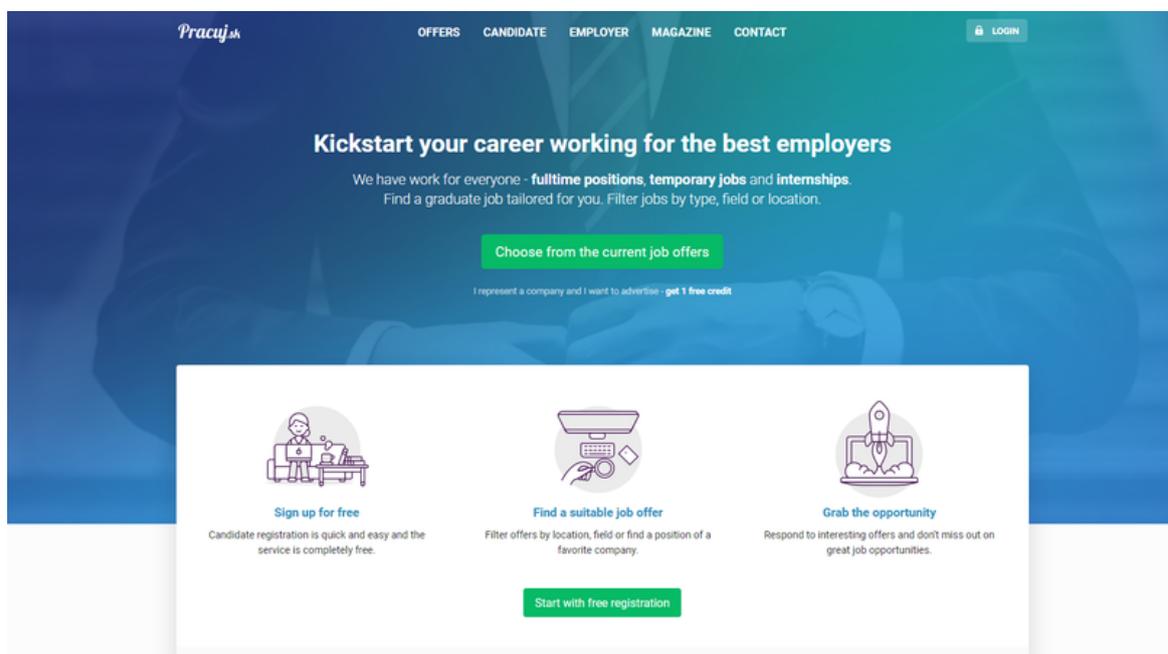
This is also one of the elements that we have brought from working with university students. Students are demanding and need to know why they have not been hired. Only thanks to this may they correct their mistakes and improve. We are preparing a new portal so that every unsuccessful applicant knows exactly what he/she was lacking to get their job.

You have already applied innovation; can you describe to us what is already on the web?

University students often asked us when they would receive the result of the selection process for the position for which they applied. Now every student sees in their profile when the company opened their CV, and not just that. Each applicant will receive accurate information when the selection process was completed. Thanks to this, no one has to be waiting long weeks or months for the result.

Since the launch of the new pracuj.sk project, you have been seeing an ever-increasing interaction. What further development steps are you planning to take in the future?

Our objective is to further develop the portal with the news that the modern job market needs. People in Slovakia are pretty choosy in taking a job. That's why we want them to get to know the company they apply to as best they can before the interview. That's why we bring news that will allow them to look behind the scenes of various companies. I believe we will launch them soon.



Portal ***pracuj.sk*** offers a wide range of work both locally and abroad. Every student sees in their profile when the company opened their CV and will receive accurate information when the selection process was completed.

KICK YOUR FUTURE HIGH WITH GROWNI!

Are you a university student who does not lack initiative? Do you have heaps of plans in your head? Do you have the ambition to study and advance outside of university and are you looking for the right path for yourself?

If so, hurry to our **online platform GROWNi**, which is full of opportunities for your **personal and professional development**. You will find inspiration for yourself here, no matter what corner of Slovakia you may come from.

YOU MAY DISCOVER HERE:

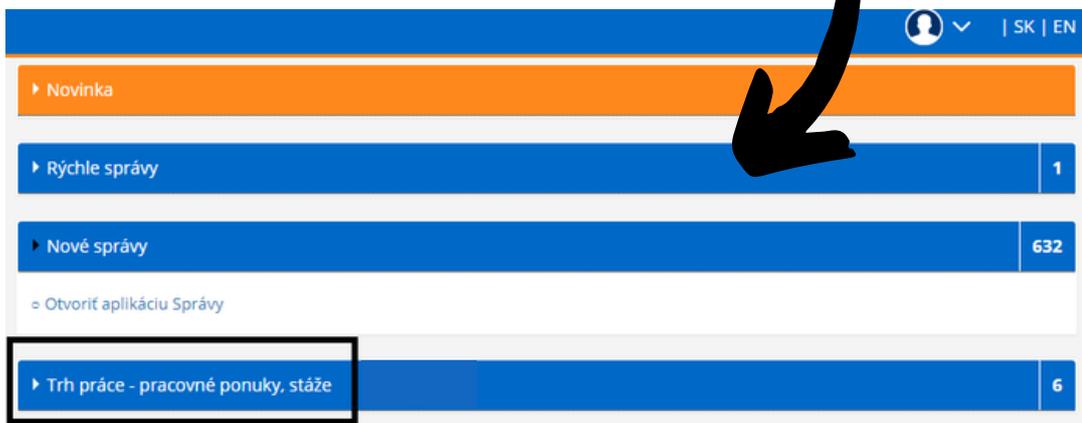
- Internships in innovative Slovak companies, start-ups or organizations that will offer you space to learn in practice and revive your CV.
- Great mentors who will be happy to help you choose a career or move you in an area in which you work and in which they have many years of experience. Just choose.
- A whole pile of options for project founders. With us, you may find experts who will move you and your project forward or even find new team members.
- A section full of the best education. Choose from a number of programmes of various organisations, events or online courses.
- And a lot more. The chances at GROWN have no limits. 😊

Don't hesitate and see for yourself. You may take the first step
by creating a profile here:

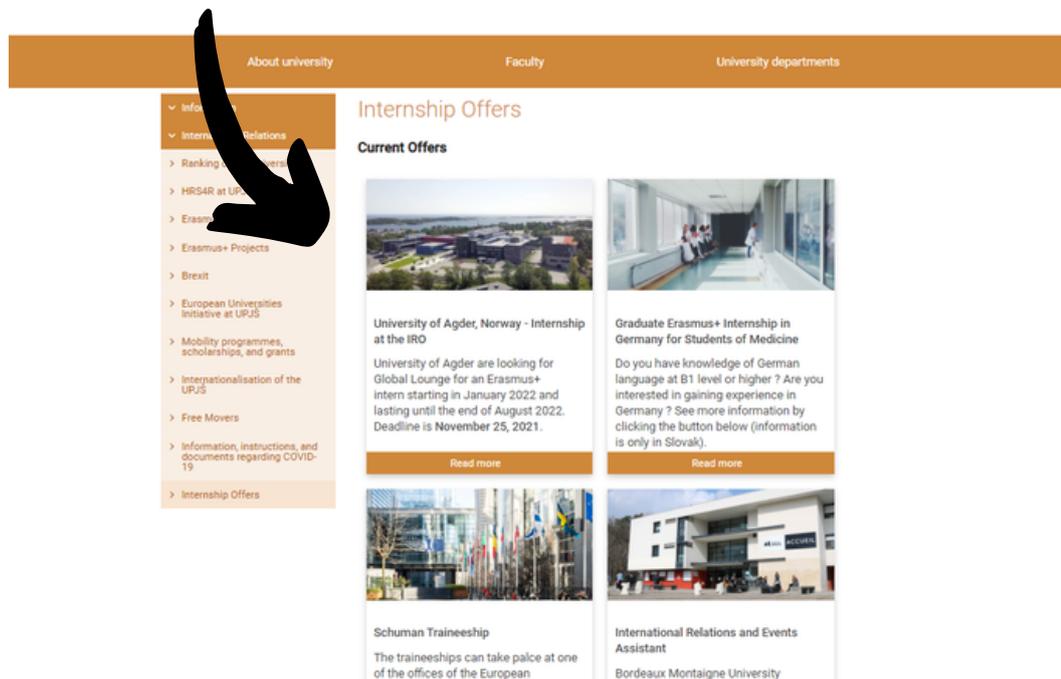


INTERNSHIP OFFERS AT OUR UNIVERSITY

Internship and job offers we receive from employers are filtered by faculty, field of study, year, employers' requirements and regularly published in AiS2 - Labour market.



...and also on the website of the International Relations Office





University Counselling Center (UNIPOC) is a specialized department of the Pavol Jozef Šafárik University in Košice (hereinafter referred to as UPJŠ in Košice) for providing counselling to UPJŠ students. Psychological, career, social, legal and counseling in effective learning is available to students free of charge. UNIPOC also provides support for students with specific needs. As part of the development of career services and career counselling, our goal is to facilitate students' practical experience and contact with employers.



Pavol Jozef Šafárik University in Košice is one of the most important and recognized educational and scientific institutions not only in the Slovak Republic, but also in developed Europe. We teach over 7000 students at all three levels of study in full-time and part-time form. Currently, the University has the following faculties: Faculty of Medicine, Faculty of Science, Faculty of Law, Faculty of Arts, Faculty of Public Administration, and Institute of Physical Education and Sport.

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