

HIGHLIGHTS FROM INTERNSHIP GUIDE

FREJDA

Why do an Internship?

Seeking to enter the workforce for many social science academics can be facilitated by doing internships during or shortly after completing your studies. Most of you might already know, but there are several things to be gained from such internships:

1. You can apply and deepen the theoretical knowledge gained during your studies
2. You can get a better idea of potential areas of interest for specializing in your studies or your career
3. Internships are a great way to gain critical competencies for future jobs -> i.e. they are the way to learn/improve and show your skills for individual or conceptual and methodological work, oral and written communication, and teamwork, ...
4. You get to boost your CV and have a higher chance of getting the job with your prior experience
5. For social sciences graduates or those in their last year of studies, internships can be your "trampoline" to your career. 2/3 of university graduates find their future jobs not through job adverts but through the "informal way" – ie. their previously gained contacts.

Thus, internships are especially recommended towards the beginning and mostly the end of your studies. Additionally, two or more internships can help you to either specialize or to figure out what you want your career to look like.

TRANSLATION FROM
"Ratgeber für Studierende
der Politikwissenschaften"
Ludwig - Maximilian
Universität München

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For students in the area of the political and social sciences there are a variety of places offering internships:

*International Organisations
European Institutions
Embassies
Parliament
Ministries and
governmental bureaus
Public Relations,
Affairs Companies*

*NGOS and Unions
(political) Consultancy
Media
Market research
Opinion research*

3. Check the website of, for example the German foreign office, to find international job offers from international and European institutions.

4. If you want to get more insights into what is offered when and where learn German and read the Internship guide!

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