



# MY INTERNSHIP ABROAD 2022-2023



**GRENOBLE IAE**  
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Testimonials from students who carried out their internship abroad in the summer of 2022 and 2023.

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APRIL - JULY 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship through my personal network.



## MY MISSIONS

The internship went well, I was very well received by the entire team. I worked 7-8 hours a day from Monday to Friday. I worked with a team on site, but also with a team in Dubai and Marseille remotely. I was able to work with many professionals and this internship gave me a lot from a professional, relational and also personal perspective. It was an unforgettable experience. The relationship with the team was excellent both inside and outside the company. We had weekly activities (restaurant, tennis tournaments, etc.) which helped me get to know the other employees quickly. This internship also enabled me to improve my English.



## LEISURE

Many beach outings, but also sports (football, padel, tennis, basketball), cinema, restaurants, island visits, boat trips. Anecdote: During a company dinner I was lucky enough to have dinner with the famous rapper Booba who was staying in the Bahamas, an unforgettable evening.



## MY ADVICE-TIPS

Payment is exclusively in cash.

The cost of living is very high in the Bahamas, so it is important to manage your budget and avoid unnecessary expenses so you don't run out of money.

You will need health insurance coverage, complementary health insurance, civil liability coverage.



## MY MONTHLY BUDGET

**Housing:** 400€-600€

**Internet & telephone:** use Wi-Fi

**Food:** considerably more expensive than Grenoble

**Transportation:** I rented a car so didn't use public transport

**Leisure:** eating out is more expensive than in France



APRIL - JULY 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found this internship thanks to my parents who are friends with the brand founder's family.



## MY MISSIONS

I worked 35 hours a week, starting at 9-9:30am and finishing at 5-5:30pm with a short lunch break. I was able to work in a team of about ten people but mostly worked with my internship tutor. I learnt about social media, content creation (publications, newsletters etc.) and management of their e-commerce site. When I arrived, I had responsibilities quite quickly and I had enough freedom to suggest ideas and show initiative. I had my own workspace, my own office and I worked on my own laptop. We sometimes moved around the city to do photo or video shoots. I was lucky enough to explore different aspects of the fashion industry with Rue Blanche.



## LEISURE

Brussels is ideal for both tourists and students, there are many museums to visit, parks to discover and a multitude of restaurants and cafes to try. Brussels is also a cultural melting pot where you can find people of all origins and you can hear all languages spoken. One activity I did almost every week was to go to the market on the weekends (in this case the market on Place Flagey) to see the flowers, crafts, fruits, vegetables and all the international culinary specialties offered there (Thai, Peruvian, Greek, French, Moroccan, etc.). It was possible to travel to the four corners of the world while staying in Brussels.



## MY ADVICE-TIPS

I found a room in a house in Brussels thanks to the "gens de confiance" online classifieds.

You should also always have cash on you because there are many stores or restaurants that do not accept MasterCard or that only accept cash.

Public transport is good and really convenient to travel and visit the city. You don't need a car. Public transport rates for students are very advantageous: 12€ per year for the metro/bus/tram. In order to benefit from this discount, you must be able to prove your student status with a school certificate for example.



## MY MONTHLY BUDGET

**Housing:** 500-700€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Fresh produce is cheaper than in France, but everything else is more.

**Transportation:** 12€/year for an annual student pass

**Leisure:** eating out is more expensive than in Grenoble, beer is cheaper!





APRIL - JULY 2023



MASTER DESIGN DES  
TRANSITIONS



## MY INTERNSHIP SEARCH

I found this offer for an "innovation project manager" on LinkedIn.



## MY MISSIONS

- Conducting interviews with winners of previous editions of the Be Circular call for projects, to capitalize on the successes and failures of call for projects funded by the Brussels-Capital Region.
- Participation in events relating to the Brussels-Capital Region Government's "Shifting economy" project
- Reporting on the progress of "Shifting economy" measures (updating of the Dot Simply platform, contact with measure pilots within Brussels administrations)
- Participation in supporting companies in their efforts to obtain the "Eco-dynamic company" label, awarded by the Brussels-Capital Region.



## LEISURE

I was lucky enough to enjoy Brussels on sunny days, which allowed me to discover the city, its parks and neighborhoods.



## MY ADVICE-TIPS

The overall cost of living is higher in Belgium, so it's a little unsettling.

I found my accommodation on the BruKot website.

It's a good idea to carry cash with you at all times, as many shops don't accept credit cards, only cash.



## MY MONTHLY BUDGET

**Housing:** 500-1200€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Brussels is expensive so you will have to learn how to budget.

**Transportation:** 12€/year for an annual student pass (+5€ to create the pass)

**Leisure:** eating out is more expensive than in Grenoble but beer is cheaper!



APRIL - AUGUST  
2023



MASTER SYSTEMES  
D'INFORMATION



## MY INTERNSHIP SEARCH

I found my internship on LinkedIn, you need to look at the various platforms that post offers and send CVs.



## MY MISSIONS

- Support for project managers
- Learn MSP and MSP online
- Learn project management techniques, tools and skills
- Learn how to communicate with different stakeholders
- Learn to make presentations, e.g. PRB, 180sec etc.



## LEISURE

The city is packed with entertainment venues, including theaters, museums, art galleries, parks and year-round festivals. There are also some interesting historical places, such as the Manneken Pis, an iconic statue, or the European Parliament building, home to EU institutions. Take a guidebook with you - it's an invaluable tool for touring the museums and pleasant neighborhoods to visit.



## MY ADVICE-TIPS

There are co-living solutions for accommodation. There are several agencies (Coliving, Cohabs, IKOAB etc.). I used Ikoab, and they took care of most household chores and were quick to intervene if there was a problem in the house



## MY MONTHLY BUDGET

**Housing:** 500-1200€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Brussels is expensive so you will have to learn how to budget.

**Transportation:** 12€/year for an annual student pass (+5€ to create the pass)

**Leisure:** eating out is more expensive than in Grenoble but beer is cheaper!



MAY - AUGUST 2022



MASTER DESIGN DES  
TRANSITIONS



## MY INTERSHIP SEARCH

I found a company but their offer did not meet my expectations and objectives. So I contacted another company they had been working with for a while. We were helped by our program's academic team who checked on our search progress and sent us internship offers. Grenoble IAE has a professional network that students can use.



## MY MISSIONS

The start-up world was new for me. I had a lot of preconceived ideas about it beforehand. I was happy with the human dimension which made me feel more comfortable in communicating my questions, my doubts, etc. It's a freer environment than a traditional one, allowing creativity and imagination in the search for solutions and taking the time to experiment. Impact Valley had an interesting focus on social innovation and broke away from the "fake it until you make it" mindset.



## LEISURE

There are many different activities to choose from. Sport, culture, everything is available! For movies there is the Cinéville card with an unlimited offer for 18€ per month. There are a lot of non-profit organizations to get involved in. There is the [Give a day platform](#) to volunteer, get involved in an activity and meet other people.



## MY ADVICE-TIPS

It is advisable to register with the city hall (this will give you a registration number that you can use for a student job for example). I found my accommodation 2 weeks before arriving in Brussels on the Facebook group "Colocations Bruxelles - Brussels roommate". I shared with 6 other people, which is very common there.

There is a very good subscription offered by the STIB network (metro, tram, bus) for students. Upon presentation of a school certificate or your city hall registration number, the subscription is 12€/year. From June 30th you have to provide a certificate for the following school year.



## MY MONTHLY BUDGET

**Housing:** 500-700€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Fresh produce is cheaper than in France, but everything else is more.

**Transportation:** 12€/year for an annual student pass

**Leisure:** eating out is more expensive than in Grenoble, beer is cheaper!



APRIL - JULY 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship through a spontaneous application. I canvassed so many marketing agencies in Liège that I gave my other positive responses to colleagues from IAE Grenoble who were also able to come and do their internship in this city, so there were 4 of us doing our internship there.



## MY MISSIONS

I took part in many projects such as the development of their website, the management of their social media, customer support or the implementation of Mystery Shopping. I had the opportunity to work on and manage independently a large network development project for a client who wished to improve his company's renown and brand image. I created a commercial script, a qualified database of more than 200 addresses distributed by the most promising sectors within a radius of 30km around the company, I canvassed these addresses with the help of the created script, sent documentation, established follow-ups, made appointments and wrote analysis reports and followed up the performance of the mission.



## LEISURE

It's very easy to travel across Belgium as it is a small country. I recommend Ostend on the North Sea, Bruges, Ghent, Brussels and Walibi Belgium. As Liège lies between the Netherlands, Germany and Luxembourg, I also visited Maastricht and Cologne. I found most of these cities magnificent, with very typical northern architecture.



## MY ADVICE-TIPS

I found a flat share thanks to the Facebook group "Kot in Liège". Flat shares are called Kot and this system is very common among students. Take into account the location of your internship when choosing your accommodation, to avoid wasting too much time in public transport.

Try the iconic Liège waffle, which is really excellent. I recommend the bakery "Une Gaufrette Saperlipopette" which is the best in the city and "La Friterie du Perron" for fries. It is very good with affordable prices. Finally, try Belgian beers such as the "Curtius" which is from Liège as well as the Peket which can be tasted at "La Maison du Peket" with many different flavors.



## MY MONTHLY BUDGET

**Housing:** 400€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** slightly more expensive than France, and less choice

**Transportation:** 1 ticket = 2,50€

**Leisure:** eating out is cheaper than in France





APRIL - JUNE 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship through unsolicited applications. I carried out a search on Google for existing digital marketing agencies in Liège. I then sent spontaneous applications, until I got a phone interview with one of them. I found the companies quite responsive during my search.



## MY MISSIONS

My internship was carried out with a self-employed contractor, so I found it hard to assess the differences with France in terms of business culture. However, thanks to the company's clients, I realized that the people of Liège were very trustworthy and that relationships are easier to establish than in France, even in a professional context. This human dimension made my internship very enjoyable and made me want to potentially work in Belgium later on. My work schedule was classic 9am - 12pm / 1pm - 5pm.



## LEISURE

The fact that the Meuse river flows through Liège is very relaxing and you can enjoy walking along it. It is a large city with different landscapes and many bridges and nice parks. In terms of leisure activities, there is a lot to choose from (gym, shopping center, restaurants, bowling, aquarium, cinema, escape games etc.) as well as outings to Brussels or to the coastal cities thanks to the regular trains.



## MY ADVICE-TIPS

It is easy to find accommodation thanks to Facebook groups such as the "KoteaLiège" page. The vast majority of offers propose "kot" roommates, ranging from 3, 4 to sometimes 7 or 8 people. You must therefore enjoy having company. Girls can find exclusively female roommates.

Be careful as even in large supermarkets, French credit cards are sometimes not accepted. You must find a solution to withdraw cash regularly, without having too many bank fees.

Plan lots of time if you are using public transport as there aren't many buses, and they are slow!



## MY MONTHLY BUDGET

**Housing:** 450€-600€

**Internet & telephone:** keep your French subscription

**Food:** similar prices to Grenoble

**Transportation:** 1 ticket = 2,50€

**Leisure:** eating out is cheaper than in France



APRIL - JULY 2023



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship by answering an ad posted on LinkedIn



## MY MISSIONS

- Prospecting for healthcare professionals
- Information, follow-up and management of the network of healthcare professionals (via Odoo CRM tool)
- Ensuring the conversion of contacts linked to one of our flagship products to a new product (product launch)
- Promoting the brand by creating weekly content on the LinkedIn social network
- Analyzing LinkedIn activity performance
- Helping organize participation in medical events and congresses
- Competitive intelligence - Creation of methodological documents



## LEISURE

After-work parties were organized whenever a trainee or employee left the company. In other words, at least once a month. Either the trainee organized his or her own farewell party, bringing along snacks, or we went for a drink in a climbing gym in the zoning area, which had a refreshment bar



## MY ADVICE-TIPS

Here is a list of kot sites for rentals in Liège. They were provided by my company:

<https://www.kotaliege.be/>

<https://ikot.be/fr/colocation-liege>

<https://skot.be/kot-liege>

<https://housinganywhere.com/fr/s/Li%C3%A8ge--Belgique/logement-%C3%A9tudiant>



## MY MONTHLY BUDGET

**Housing:** 500-1200€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Belgium is expensive so you will have to learn how to budget.

**Transportation:** 12€/year for an annual student pass (+5€ to create the pass)

**Leisure:** eating out is more expensive than in Grenoble but beer is cheaper!



APRIL - JULY 2023



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship through the IAE International Relations corporate network.



## MY MISSIONS

- Help develop the promotional plan and marketing campaign
- Stimulate customer interest in the Melow brand and physical boutique
- Help develop the brand's international presence
- Collaborate with bloggers, artists, PR agencies, stylists and wholesalers
- Develop aesthetic and eye-catching visual montages
- Assist with the development of textual and visual content for social media
- Ensure constant updates, especially when seasons/collections change
- Motivate online sales by sending targeted newsletters.
- Coordinate business relations between sales agencies



## LEISURE

Meals are eaten earlier, and most establishments, restaurants and events close at 10:30 p.m.



## MY ADVICE-TIPS

**Visa:** Apply as far in advance as possible, and follow each step rigorously, the procedure can take between 2 and 6 months. Don't forget to budget for the cost of the visa (approx. \$285 including the cost of biometric fingerprints). France offers only two centers for fingerprinting: Paris and Lyon. You'll need to be available to travel to these cities, and budget for transportation.

**Housing:** I found my accommodation via "Kijiji", a specialized platform that someone recommended to me.

**Health:** For internships of 6 months or less, you need to fill in form SE401Q104 with your CPAM. You must also take out a PVT insurance, which costs 30€ a month. Once you're in the country, you'll need to sign up for RAMQ. An RAMQ card will be e-mailed in the following weeks, and you'll need to show it to benefit from health fee coverage.



## MY MONTHLY BUDGET

**Housing:** 500-1200€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Belgium is expensive so you will have to learn how to budget.

**Transportation:** 12€/year for an annual student pass (+5€ to create the pass)

**Leisure:** eating out is more expensive than in Grenoble but beer is cheaper!



APRIL - SEPTEMBER  
2023



MASTER 2 DESIGN DES  
TRANSITIONS



## MY INTERNSHIP SEARCH

I applied to an internship offer that was sent to Olivier Zerbib



## MY MISSIONS

- April - June - Support for the organization of two series of usability tests to test the digital platform with seniors.
- July - Analyzing tests from a design perspective (i.e. with a view to improving the platform in terms of user experience and social implementation conditions).
- August - Interviews with the target community
- September - Follow-up on platform implementation



## LEISURE

Lots of entertainment and festivals (Sherblues and Folk, Fête du Lac des Nations etc. but a fairly quiet town (2-3h from Montreal and Quebec City by bus)



## MY ADVICE-TIPS

- **Visa:** refer to the IRCC website: <https://www.canada.ca/fr/immigration-refugies-citoyennete.html> Work placement visa (\$246)
- medical exams: (292€-not reimbursed by social security and insurance. Must travel to Lyon)
- 4 weeks of file processing
- Letter of introduction after this
- **Housing:** found on Facebook student group (recommended site: kijiji)
- **Money:** French CB with international option 9€ per month to avoid fees
- **Health:** French private insurance: LMDE 39€50 per month international health insurance.



## MY MONTHLY BUDGET

**Housing:** 350€ room in shared apartment  
**Internet & telephone:** Free mobile package with international option at 19€99 per month  
**Food:** Food is about the same price in Sherbrooke as in France  
**Transportation:** 2€38 per ticket  
**Leisure:** eating out is the same as in Grenoble!



MAY - AUGUST 2023



MASTER  
ENTREPRENEURIAL



## MY INTERNSHIP SEARCH

I found this internship in Ireland through my network, and more specifically through one of my classmates who was already in contact with someone who had an extended network in Ireland



## MY MISSIONS

- Assist with the research and mapping of existing Clarecare services, using a selected and suitable criterion to "tell the story", to project partners and societal stakeholders.
- Assist with the development of an expanded understanding of the source of societal challenges and associated service needs for the demographics of Clare based citizens.
- Investigate international societal innovation models and identify suitable parties for case study discussion, and comparison.
- Explore the digitalisation and Internationalisation of the proposed societal "Living Lab".



## LEISURE

I was surprised to discover Gaelic sports are one of their favorite topics of discussion (along with the weather). The most popular Gaelic sports are Gaelic soccer, hurling and camogie (a women-only variant of hurling). Over the summer, the All-Ireland Senior Hurling Championship was held, an inter-county competition that is generating great enthusiasm at national level.



## MY ADVICE-TIPS

Start preparations really early to make sure you don't have to postpone your departure date in case of any problems (administrative or otherwise).



## MY MONTHLY BUDGET

**Housing:** 1100€-1500€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Fresh produce is cheaper than in France, but everything else is more.

**Transportation:** 2,50€ one ticket

**Leisure:** eating out is more expensive than in Grenoble, beer is the same price!





APRIL - JULY 2022



L3 MANAGEMENT



## MY INTERNSHIP SEARCH

I found my internship through my personal network.



## MY MISSIONS

During my internship, I was able to apply the skills acquired during my degree and to appreciate the differences in Italian management control, which allowed me to have a twofold vision of how companies work. I was also able to put into practice all the Italian skills I had acquired in language courses at university and to really speak the language and discover the culture.



## LEISURE

In terms of leisure, Italians organize a lot of "Pizzata" which means "Pizza Party". They often get together to share moments together over pizza. Going to a pizzeria on Saturday night with friends is a classic among Italians.

I enjoyed the food in Italy, which is excellent, and I was able to taste the famous and delicious "straciatella" ice cream at the "gelateria" where it was invented in Cita Alta in Bergamo.



## MY ADVICE-TIPS

Concerning the health system it is essential to have your European Health Insurance Card on you, and not the "carte vitale" which only works in France. This card only partially covers health and hospitalization expenses. You should have complementary health insurance to be fully covered and not have to pay health costs.

In terms of phone and internet, it is very common in Italy, unlike in France, to buy a SIM card directly and to recharge it monthly (in most cases). The following network providers are the most popular in Italy: Vodafone, TIM, Wind and 3 (Three).



## MY MONTHLY BUDGET

**Housing:** 400-600€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** slightly less expensive than France

**Transportation:** 1 ticket = 1,50€

**Leisure:** eating out is cheaper than in France



APRIL - JULY 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I found my internship through my personal network.



## MY MISSIONS

The Italians work a 40-hour week. They are more expressive in the workplace and there is less pressure from bosses. However, from talking to other interns, the experience varies greatly between the position held, the sector and the size of the company. My mission was to study a new market in order to determine the marketing and sales strategy to be applied. I studied customer needs in two segments, professional & private. I had to determine the right product, packaging, machine. Carried out a benchmarking study of the market etc.



## LEISURE

There are many student associations, especially ESN Bologna on Facebook, that organize events. Around Bologna, there is a multitude of cities and activities. One weekend I was skiing near Florence, while the next I was in Venice at the carnival. The city has typical Italian charm. Almost every street in the city center has arcades, not to mention the two towers and its hilltop church.



## MY ADVICE-TIPS

To find accommodation I opted for Facebook communities. Just type in keywords such as "Bologna" "Affitto" (location) "Erasmus" (...). You have to sort through the answers as there is a lot of fraud. Ask for basic information about the accommodation and check it with maps for example (fake addresses, fake exterior images etc.). Serious owners also have up-to-date Facebook pages with verifiable data (friends, comments, accounts etc.).

If you have a car, you will have to budget for parking (2.5€/hour in the city center + gasoline (2€/liter). Moreover, the center of Bologna is limited to residents so you will have to get an authorization from the public services to register your car.



## MY MONTHLY BUDGET

**Housing:** 300-500€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** slightly less expensive than France

**Transportation:** 1 ticket = 1,30€

**Leisure:** eating out is cheaper than in France



APRIL - JUNE 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I was lucky enough to get this internship thanks to contacts I had within the cosmetics industry. I would advise people who want to do an internship in Italy and particularly in the cosmetics sector to look for all the Italian cosmetics manufacturers/subcontractors who are numerous and concentrated in the Milanese valley. By following the various offers published on LinkedIn, it's possible to get an internship quite easily if you have a good command of languages, English is essential and some knowledge of Italian is a plus.



## MY MISSIONS

I was a strategic marketer, and this experience with different teams in various marketing positions made me realize that I would prefer a more operational position in product development. The legal working hours in Italy are 40 hours per week. I arrived between 8:15 and 9:00, then I had a 45 minute lunch break, and I could leave between 5:00 and 5:45. As an intern, you are not entitled to paid vacations, but you must be present at the company for 80% of your working time. Payment for internships is not mandatory in Italy and it is very common for companies to pay interns very little (150 €/month) or to only compensate them for their transportation costs.



## LEISURE

Italian food is world famous and for good reason. Almost all big companies have company canteens and from my experience the food was delicious. Food is central to social interactions in Italy, aperitivi are a tradition and Italians often socialize over a meal. The Como area is beautiful and offers many wonders to visit. You will not be bored in this region with the villas of Lake Como, Lake Maggiore, the museums and monuments of Milan etc.



## MY ADVICE-TIPS

I think that using Airbnb is the best solution in the Milan area to find accommodation for a 5 month stay. For health cover, you need to ask for a European health insurance card so that your expenses are covered in Italy. Non-prescription drugs are more expensive than in France. The tax code (obligatory) can be requested from the Italian consulate closest to your place of residence by filling out a form and providing an identity document. I advise you to write directly to the general email address of the consulate who will redirect your request.



## MY MONTHLY BUDGET

**Housing:** 900€ (AirBnB)

**Internet & telephone:** 25€ monthly subscription

**Food:** Fresh produce is cheaper than in France, but everything is more expensive, including bread.

**Transportation:** I had my car with me as I wasn't in a city

**Leisure:** cheaper than Grenoble



APRIL - JUNE 2022



L3 MANAGEMENT



## MY INTERNSHIP SEARCH

I found my internship thanks to a forum organized by the INP. PKF Malta contacted me via the platform after I had submitted my CV to inform me that they were interested in my profile. I then had an interview via Skype and was hired as an intern in the audit department.



## MY MISSIONS

As far as the work pace and schedules are concerned, they are similar to those of French firms. Relations between managers and employees and even with company partners are friendly. I can say that this internship abroad enabled me to discover external auditing and accounting in a firm, to confirm my choice of master's degree and also my career plan, which is to become a chartered accountant or a financial auditor.



## LEISURE

I quickly made friends and spent my free time visiting the island, enjoying the beach and the idyllic life that an island can offer. Moreover, food in restaurants and pastizzeria is very affordable. You can easily eat for less than 10 euros.



## MY ADVICE-TIPS

I booked my accommodation via Airbnb for my entire stay. It was a house with a room to rent. The owner was very accommodating, kind and full of good advice. The kitchen is shared which makes it possible to enjoy sociable time together. The rent was about 500€/month.

I advise you to always have change on you because many retailers do not accept credit cards. you are driving, be careful as they drive on the left in Malta!



## MY MONTHLY BUDGET

**Housing:** 500€ room in guest house

**Internet & telephone:** keep your French monthly subscription

**Food:** 30-50% cheaper than France

**Transportation:** 2€ for 75 minutes travel (21€ weekly travel pass)

**Leisure:** Eating out is very cheap (10€ for a menu in a restaurant)



APRIL - JUNE 2023



L3 MANAGEMENT



## MY INTERNSHIP SEARCH

I found my internship through the IAE International Relations corporate network. Two friends had carried out their internship in the same company and told me about it.



## MY MISSIONS

- I prepared financial statements in accordance with standards.
- I prepared tax returns for Maltese companies.
- I checked customer transactions.
- I compared expected and achieved results with those of previous years.



## LEISURE

No information provided.



## MY ADVICE-TIPS

My advice is to start looking for an internship as soon as the school year starts, as there are many steps involved, and you need to know where the internship is going to be in order to carry out these steps.

I also advise you to opt for shared accommodation, which is a good way to save money, and to start looking as soon as you can.

To get around Malta, you need to buy a Talinja card costing 14 euros and download the Talinja app, which gives you all the bus timetables



## MY MONTHLY BUDGET

**Housing:** 600-1200€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Local produce is cheap but shopping is expensive due to imported goods.

**Transportation:** 1 ticket = 2€ but taxis are more reliable. Public transport is not good.

**Leisure:** eating out is cheaper than in Grenoble, as is going out!





APRIL - JUNE 2022



L3 MANAGEMENT



## MY INTERNSHIP SEARCH

I found my internship through Oh My Up which is a French agency in Malta.



## MY MISSIONS

My career plan was confirmed through my internship, but also the importance of speaking English in the marketing world through the conversations I had with many people. I wrote all types of content produced by the agency for its clients: blog articles, product sheets, web pages, etc. meeting SEO rules. My other tasks were: translation from English to French of content, proposal of topics to be processed and of catchy editorial angles, updating editorial calendars, daily exchanges with the editorial department manager.



## LEISURE

There are many places to swim and cool off in Malta as it is very hot from April on. Leisure activities are numerous (parties, boat trips, diving, water sports, tourism). I was in Sliema and if you like to go out, it is a place where you can meet people very quickly. I absolutely recommend the island for people who like to meet people, go out, work on their English with people of all nationalities.



## MY ADVICE-TIPS

I would recommend Facebook groups to find your accommodation. I found my accommodation through a Facebook group called "Logements à Malte". Deposits are often kept by landlords, so it may be wise to skip the last month's payment and ask the landlord to keep the deposit as rent.

Malta is very hot (from April on) compared to France, so you should bring summer clothes.

Malta uses euros and most banks will not charge extra for payments and withdrawals. It is important to always have some cash on you for certain stores and transportation.



## MY MONTHLY BUDGET

**Housing:** 450-700€ shared

**Internet & telephone:** keep your French subscription

**Food:** Food is slightly more expensive but alcohol is cheaper

**Transportation:** 2€ for a ticket (3€ at night)

**Leisure:** eating out is slightly more expensive than in France

**Beware:** most prices are multiplied by two for the tourist season.



APRIL - JULY 2023



MASTER RH



## MY INTERNSHIP SEARCH

After multiple rejections and unanswered applications, I decided to send spontaneous applications to various companies in Malta. Applying for a job on my own initiative paid off, as I landed an internship in the human resources department of the Hilton Malta



## MY MISSIONS

- Help the admin team with administrative management
- Help manage the recruitment process (sourcing, scheduling interviews, etc.)
- Help with internal communications
- Help manage social media



## LEISURE

There's so much to do in Malta. Hiking, cultural visits, beach days, shopping every day of the week, boat trips and even partying with friends thanks to its cosmopolitan and summery spirit all year round.



## MY ADVICE-TIPS

The safest way to find decent accommodation is through a real estate agency, as many people take advantage of this situation to rip off tourists and expatriates. What's more, there are very few studio flats on the island, so the most common way to live is in a shared apartment, which helps to keep the rent down



## MY MONTHLY BUDGET

**Housing:** 650€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Local produce is cheap but shopping is expensive due to imported goods.

**Transportation:** 1 ticket = 2€ but taxis are more reliable. Public transport is not good.

**Leisure:** eating out is cheaper than in Grenoble, as is going out!



MAY - JULY 2022



MASTER GPLA



## MY INTERNSHIP SEARCH

I found my internship through my personal network. There are many internships available in the Netherlands and I would advise students looking for an internship to look on LinkedIn. Internships in the Netherlands are rarely (if ever) paid.



## MY MISSIONS

The work pace in the Netherlands is 40 hours/week. My missions were: Assisting the Parts & Accessories buyers in their daily tasks (sending RFQs, negotiating with suppliers, sourcing, and selecting suppliers) as well as suggesting tools, analysis, and areas for improvement for the company's purchasing processes. It was a new experience in Purchasing, a field in which I specialize. I developed new skills and feel much more comfortable in English, which was also one of my main objectives. The fact that I worked in a large company working in a field I am passionate about also made me realize that to enjoy my job, I need to work in a field related to my interests.



## LEISURE

Being a very multicultural city, the inhabitants are very open-minded and it is easy to make friends, personally I got in touch with some newcomers via a Facebook group and we became a good group of friends.



## MY ADVICE-TIPS

Finding accommodation in Amsterdam is very difficult. My advice would be to search on Facebook groups: French people in Amsterdam, Le Cercle des Français à Amsterdam, Erasmus Amsterdam, Amsterdam Rental House, Rooms, Studios, Kamer Gezocht/Angeboden in Amsterdam, WoonRuimte Gezocht/Angeboden in Amsterdam, Amsterdam Rooms.

Use a bike in Amsterdam to get around in this city designed for cyclists. A Swapfiets bike subscription will cost you about 30 euros per month.

In the case of a paid internship, your host company will ask you for a BSN (Burgerservicenummer or National Identification Number). This number will be issued to you after you have registered with the authorities.



## MY MONTHLY BUDGET

**Housing:** 600-900€ shared

**Internet & telephone:** keep your French subscription

**Food:** Food is the same price as in France

**Transportation:** renting a bike for 30€/month is the cheapest option

**Leisure:** restaurants and bars are more expensive than in France



APRIL - AUGUST 2022



MASTER MARKETING



## MY INTERNSHIP SEARCH

I was lucky enough to find this internship opportunity through a former Grenoble IAE student on LinkedIn. He put me in touch with one of the company's managers and I had an interview. The company is called MetrixLab, a marketing research institute, and I worked as a researcher.



## MY MISSIONS

I worked 40 hours a week, mainly with the Senior Research Managers on several projects and was part of the research team. I developed surveys, data analyses and carried out reporting. Depending on your growth, you will be given a larger role on the projects during your internship. I was free to come up with new concepts and ideas. I made more progress in English during the 4 months in Rotterdam than during all my other stays abroad combined. In addition, my English is now more professional and contains vocabulary specific to my field of study.



## LEISURE

Concerning leisure time and culture, Rotterdam is a big city full of museums, parks, exhibitions, bars etc. There is a lot to do in your free time.



## MY ADVICE-TIPS

The main administrative step to be taken (at one of the town halls) is to apply for your citizen identification number (BSN). For stays longer than 4 months, you will need to obtain a "classic" BSN. You will need an official address in the country. If you are staying in the Netherlands for less than 4 months for business or study purposes, you can register with the Non-Resident Register (RNI) and you will be issued a BSN. In this case, you will not need an official address in the country.

I strongly advise you join Facebook groups to find accommodation.

It is essential to have a European Health Insurance Card before leaving for the country.



## MY MONTHLY BUDGET

**Housing:** 500-800€ shared

**Internet & telephone:** keep your French subscription

**Food:** Similar prices to or cheaper than France

**Transportation:** 4€ for a ticket for 2 hours

**Leisure:** eating out is cheaper than in Grenoble, beer is cheaper too!



APRIL - JUNE 2022



MASTER ENTREPRENEUR IAT



## MY INTERNSHIP SEARCH

I used IAE Community, which connects students with companies for internships and work experience.



## MY MISSIONS

The work schedule was flexible with usually one day of remote working on Fridays. I worked 35 hours a week. I worked in the events industry, a job with very busy weeks as well as quieter weeks when I could travel. I was working in an open space office in Oslo. The director and his assistant were working right next to me, which was very interesting. It enabled me to observe their management methods. This trip has made me think a lot about what I can accomplish, and especially about the international business opportunities that exist.



## LEISURE

I did several road trips in Norway. I bought trekking equipment (hammock, backpack, water bottle, sleeping bags etc.) in a sports outlet. My equipment cost me 300 euros, but enabled me to travel. A hotel for one night in Norway is on average 150 euros so I quickly made the most of my equipment and travelled through the fjords, in particular the legendary Trolltunga, the Sognefjord and the Geirangerfjord.



## MY ADVICE-TIPS

Working in Oslo is a good solution to help financially if your internship is unpaid. I advise you to carry out small missions as a self-employed person in Norway. You just have to install the app "time2 staff" which enables you to get occasional jobs as a waiter, a barman etc. I earned 1200€ over 3 months. For transactions, I used a neobank card which enabled me to make transactions from anywhere in the world without paying fees.

The Facebook group "Les français à Oslo" is a good place to look for accommodation.



## MY MONTHLY BUDGET

**Housing:** 750-1500€/month

**Internet & telephone:** keep your French subscription

**Food:** Very expensive (a carton of milk costs 5€!)

**Transportation:** 3.40€ bus ticket

**Leisure:** More expensive than in France





MAY - JULY 2023



MASTER ENTREPRENEURIAL



## MY INTERNSHIP SEARCH

It's difficult to find an internship abroad without local contacts. A friend told me that the Portuguese were very active on Facebook groups. I joined a group of French entrepreneurs in Lisbon and posted on it with all the information I was looking for. I was then contacted via WhatsApp by a company to work out the details of an internship contract. The American company with a subsidiary in Portugal hired me and paid me €560 a month



## MY MISSIONS

Executive assistant: project management, partnership development, calendar/email management, marketing design (content creation).



## LEISURE

I was lucky enough to experience a month of festivities in Lisbon: the week of the "Festas dos Santos Populares" (Festivals of the Popular Saints). Portugal is still a very Catholic country, and during the month of June many saints are celebrated, including Saint Anthony. Do what you want and what makes you happy: spend time alone or with the people you meet, visit and you'll see that you're going to have an incredible time!



## MY ADVICE-TIPS

Get ready to go up and down Lisbon's cobbled streets - it's a sport! It's very important to have good, comfortable, non-slip shoes (the cobblestones are very slippery).

Party with the locals and discover the culture: June is perfect for this

Visit Sintra Castle and stroll through the gardens.

Admire all the azulejos adorning the buildings (and why not the museum).

As this is a Catholic country, it's a good idea to visit the surrounding monasteries, which are full of history and magnificent cloisters (Jeronimo Monastery in Belém, Batalha Monastery and Tomar Monastery), not forgetting the Christo Rey, which opens its arms in Lisbon.

Go to the beach and enjoy the good weather, swimming and surfing



## MY MONTHLY BUDGET

**Housing:** 400-700€ room in shared apartment

**Internet & telephone:** keep your French subscription

**Food:** Grocery shopping is cheaper than in France.

**Transportation:** 40€/ monthly pass

**Leisure:** nearly everything is cheaper than in France in Lisbon, meals drinks etc.!



MAY - JULY 2023



MASTER MARKETING



## MY INTERNSHIP SEARCH

I obtained this internship through a spontaneous application



## MY MISSIONS

My main task was to implement the marketing strategy for the company's digital channels (Mon Coach Marketing). This involved managing the company's emailing campaigns, website, Google My Business page and LinkedIn page. I also wrote articles for the company blog, created social media posts and set up an advertising campaign on LinkedIn to generate new leads.



## LEISURE

There are many things to visit in Barcelona, including museums, monuments (such as the Sagrada Familia, Casa Batlló, Casa Vicens), music festivals, etc. The culture is very rich, and even just walking around the city, there is a lot of interesting architecture. The Gothic Quarter, La Rambla and Gràcia are particularly well known for this. There were also many neighborhood parties. The evening of June 21st marked the start of the summer festivities.



## MY ADVICE-TIPS

I chose the Spotahome platform to find accommodation in Barcelona (<https://www.spotahome.com/fr>).

Check your mobile plan before you go so that Spain is covered.

For transport, I took the "T-jove" pass, which lasts three months. It includes all transport in Barcelona: metro, buses, trams and trains, for 40 euros. This exceptional and temporary price was introduced in response to the economic crisis.

Organise a bank card with no extra charges



## MY MONTHLY BUDGET

**Housing:** 450€ room in family apartment

**Internet & telephone:** keep your French subscription

**Food:** Grocery shopping costs about the same as in France.

**Transportation:** 22€50 for a monthly pass

**Leisure:** eating out is cheaper than in France!



APRIL - AUGUST  
2023



MASTER SYSTEMES  
D'INFORMATION



## MY INTERNSHIP SEARCH

I found my internship on Grenoble IAE Community.



## MY MISSIONS

I worked as a full-stack developer, i.e. at front-end design level (the part visible to the user) but also at back-end level (the part encompassing business logic and data processing, which is not visible to the user). I worked both on side projects and on product functionalities that are now integrated in the latest updates.



## LEISURE

You can try some of the great local specialties (Köttbullar, Kanelbulle, etc.).

There are many activities on offer, but the proximity to nature makes it easy to go hiking, camping, etc. Sweden is also known for its saunas, so give them a try!

Culturally, you'll always find something new to visit in Stockholm, which is a very beautiful city. Take advantage of events such as Kulturnatt (Night of Culture) to visit some of the places you'd normally have to pay for.

If you like to go out, there are some great bars and clubs on Södermalm (an island to the south of Stockholm), which are very lively, at least in summer.



## MY ADVICE-TIPS

There are a number of ways to find accommodation, but the Facebook group for French people in Stockholm or Sweden is a good place to start, as the French community is very active. Alternatively, you can use sites such as Blocket (equivalent to Le Bon Coin). In Sweden, Social Security does not reimburse medical expenses as it does in France. The European Health Insurance Card offers partial coverage, which is why it's so important to have it.



## MY MONTHLY BUDGET

**Housing:** 800€ -1200€ room in shared apartment

**Internet & telephone:** keep your French subscription if you are there less than 4 months

**Food:** Everything is more expensive than in France.

**Transportation:** 3.75€ for one ticket

**Leisure:** eating out is more expensive than in Grenoble!



MAY - AUGUST 2022



MASTER GPLA



## MY INTERNSHIP SEARCH

I found my internship through my uncle who has been working there for 25 years now.



## MY MISSIONS

The work pace is intense, from Monday to Saturday, with people often doing overtime. The Thais do not count their working hours and the 40-hour week is widely exceeded. My role was to understand and participate in the tasks of the direct and indirect purchaser in an international environment and to take charge of production purchasing (consultation/sourcing, analysis of offers, negotiations, contractualization). I found that the core business of purchasing remains the same around the world, although the practices and processes are different.



## LEISURE

I visited the many beaches on the island of Phuket and its beautiful sunsets, fed an elephant, visited the Big Buddha statue, visited the night markets to taste many Thai specialties.



## MY ADVICE-TIPS

You will need an ED Visa for a 3-month internship. The whole procedure is online, you don't have to go to the embassy anymore.

I signed up for a new account with MaFrenchBank so that I wouldn't have to pay fees at each checkout, as the fees are high with a standard bank card.

You should be aware that in Thailand, if you do not have insurance, hospitals reserve the right not to take care of you, even in serious cases.

If you drive, be careful as they drive on the left.



## MY MONTHLY BUDGET

**Housing:** 300-650€

**Internet & telephone:** 15€/2-week local SIM card

**Food:** Food is cheaper

**Transportation:** 80c/bus ticket

**Leisure:** Cheaper than France (5€ for a meal out)



APRIL - AUGUST 2022



L3 MANAGEMENT



## MY INTERNSHIP SEARCH

I found my internship through Grenoble IAE's alumni.



## MY MISSIONS

I contributed to project management and took part in communication for international events in Dubai. I quickly realized that the locals preferred to use Arabic in commercial exchanges. I felt at a disadvantage due to this. Even if, due to the large number of foreigners present in the sector, English is still very present.



## LEISURE

Leisure activities are similar to those in France: bowling, cinema etc., but there are some unusual things: the longest zip line in the world, the biggest Ferris wheel, etc.



## MY ADVICE-TIPS

It is better to stay in a hotel at first and find accommodation once you are there to avoid fraudulent offers.

It is important to choose the right private insurance if you want to reduce your health expenses in the Emirates.

A general practitioner's appointment costs from 50€ to 110€. For an appointment at home by a French-speaking doctor, the rate would be around 150€.

In the Emirates phone provider costs are very expensive. I chose to use "Etisalat" SIM cards with not much data, 3h of calls and 500 messages.



## MY MONTHLY BUDGET

**Housing:** 700-1000€ room in shared apartment

**Internet & telephone:** 20€ prepaid SIM card

**Food:** slightly more expensive than in France (alcohol is more than twice as expensive)

**Transportation:** 1 ticket = 1,65€

**Leisure:** 35€ meal for one in a restaurant



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