

Final traineeship report **[C1]** ERASMUS traineeship – Academic Year 2025 / 2026

Version: February 2020

Please fill this form out on a computer, not by hand, and send it as an email attachment to the EU-ServicePoint: eu-servicepoint@international.uni-mainz.de

Your report will be made available to other students looking for traineeships. Therefore, please make sure to provide important websites and other helpful information!

GENERAL INFORMATION

Host country:	France
Program of study:	M.A. European Studies
Home university:	JGU
Professional field of traineeship:	Humanitarian Aid and Interventions
Language of work:	French
Duration of traineeship:	from 01/04/2026 (to 15/06/2026)

ORGANISATION/ENTERPRISE OF THE TRAINEESHIP

Name of receiving organization/enterprise	Red Cross Organization (Croix-Rouge)
Street/P.O. Box:	9 Bd du Champ aux Métiers
Postal code and city:	21800/ Quetigny
Country:	France
Website:	https://www.croix-rouge.fr/unite-locale-de-dijon
Email:	ul.dijon@croix-rouge.fr

BEFORE – Information about preparing for the traineeship abroad

Please fill the following fields ~~in~~ in a detailed manner and give exact information about your search and preparation (websites, tips, contacts, etc.) for the traineeship.

Search for traineeship:	I had some difficulties and challenges before finding this traineeship in March 2026. I finally found this offer thanks to some networks I have made through my social engagement in Dijon Campus.
Application (process, unsolicited application, interview, etc.):	I have applied for some offers. Due to the high competition and the age limit, I was not able to get accepted.

Search for accommodation:	For the traineeship I pursued, accommodation was not one of the obstacles since my traineeship took place in the same city where I pursued my third semester.
Insurances:	Initially, StudyAssu, as a student insurance, was the insurance I was using before getting <i>Carte Vitale</i> , the French insurance.
Telephone/Internet access in the host country:	It was generally good
Bank/opening an account:	I was using my Polish bank account and German online bank account (Revolut), but I opened an account in France for administrative reasons.
Helpful websites / Other things:	LinkedIn https://programmes.euodesk.eu/en https://european-union.europa.eu/live-work-study/jobs-and-traineeships-eu-institutions_en

INFORMATION ABOUT THE TRAINEESHIP

Please fill the following fields in a detailed manner and give exact information about the traineeship as such (websites, tips, contacts, etc.).

Type of traineeship:	Humanitarian work mainly based on fieldwork
Tasks within the traineeship: Could you apply learned skills and knowledge? Were the tasks too much / not enough? etc.	• Humanitarian Mission (Food Distribution to homeless people) • Humanitarian Mission (Maraude) • Social Work (Student Solidarity Missions) • Providing integration courses for asylum seekers (Basic French courses and other activities) The tasks were sufficient. The skills and knowledge I gained, were successfully applied on fieldwork. Additionally, I acquired new skills such as the rapid reaction to emergencies and the ability to adapt in different situations
Supervision (introductory/concluding conversation, weekly/monthly feedback, etc.)	My supervisor was professionally communicative and able to explain to me everything related to the tasks

	I needed to accomplish. We used to have some missions in common and organize monthly sessions to discuss some details regarding specific events of the organization or evaluate the progress of work.
Social contacts during the traineeship:	Besides my social contact with the supervisor, I also had the chance to build strong social contacts with many volunteers during different activities with asylum-seekers and homeless people.
Language skills (benefits, improvements, etc.):	French is my second language as a student from a Francophone North African country. For this reason, I did not have major problems in terms of communication, but I acquired some technical vocabulary related to work.
Short overall evaluation of your stay abroad: Private ~~+~~ professional benefit? What were your expectations? Were these fulfilled? What was particularly good / not so good?	Personally, this experience was useful for me and enabled me to build strong social contacts and be socially engaged through my active participation in different volunteering work etc. Professionally, I learnt how to adapt to different situations and be punctual as well. During my internship with the French Red Cross, I successfully achieved the main objectives set at the beginning of my placement. I gained valuable practical experience in humanitarian work and developed a deeper understanding of the challenges faced by homeless people and asylum seekers. Through my involvement in various activities, I strengthened my communication, teamwork, adaptability, and interpersonal skills, while learning how humanitarian organizations support vulnerable individuals in accessing essential services and integrating into society. Overall, this experience allowed me to connect theoretical knowledge with practical field-work and to develop a greater awareness of the principles and realities of humanitarian action.
Duration of the traineeship: Too short, just right, too long? Recommendations for an optimal length of time?	The duration of the internship was just right, taking into account my work on my M.A. thesis in parallel with it.
Average monthly expenses abroad in €; Additional costs in contrast to expenses in Germany:	Quite the same average (around 850 euros monthly)

What should one absolutely know ~~+~~ keep in mind?	It is highly important to consider other alternative options to find internship offers, such as building strong professional and even social networks (if necessary) through attending conferences and events, instead of just keeping applying for offers published by different organizations or NGOs
Are you of the opinion that the traineeship will benefit you in your future professional career? If yes, how? If not, why?	Absolutely yes. This benefit can be direct if it is completely compatible with the student's future professional plans and endeavours. At the same time, it can be indirect because some skills one learns through the traineeship could be valid and effective for dealing with different challenges.
Can you recommend this traineeship? (Please be sure to elaborate) If yes, would the organization/enterprise accept trainees in the future?	Yes, I can absolutely recommend it because it is primarily based on fieldwork, which enables trainees to discover the extent to which humanitarian aid and interventions are significant in building a strong sense of co-operation and empathy towards people who are in need of help and support at different levels. Yes, the organization accepts trainees generally.
Helpful websites / Other things:	https://www.croix-rouge.fr/unite-locale-de-dijon

Do you agree with the anonymous publication of your report on the www.eu-servicepoint.de website?

Yes ☐ No ☐