Changing lives for 70 years – outcomes of traineeship exchange

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IAESTE CHANGED MY LIFE

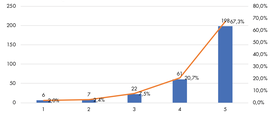
Career Capital Development Model

Knowing WHY (av. 4.1)

Professional & cultural experience during traineeship abroad enhanced mostly the aspiration to work in an international context, work and travel abroad and helped to crystallise the view of values and identity

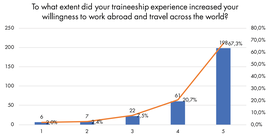
ASPIRATION TO WORK IN AN INTERNATIONAL CONTEXT (4.5)

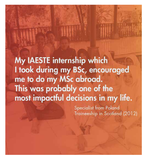
To what extent did your traineeship experience increased your willingness to work abroad and travel across the world?



ASPIRATION TO WORK ABROAD & TRAVEL (4.5)

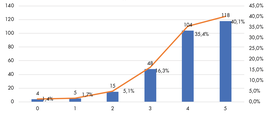
To what extent did your traineeship experience increased your willingness to work abroad and travel across the world?





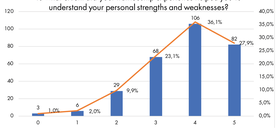
CRYSTALISED VIEW OF VALUES AND IDENTITY (4.2)

To what extent did your traineeship experience helped you to understand what things do you value in your life?



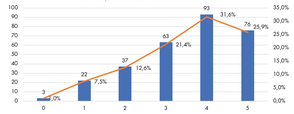
UNDERSTANDING OF PERSONAL STRENGTHS AND WEAKNESSES (3.9)

To what extent did your traineeship experience helped you to understand your personal strengths and weaknesses?



CLEARER CAREER INTERESTS AND AIMS (3.5)

To what extent did your traineeship experience helped you to define your career interests and aims?



Knowing HOW (av. 3.9)

Increased self confidence, global mindset and intercultural and interpersonal skills development were reported as the significant outcomes of the traineeship abroad

SELF CONFIDENCE (4.3)

To what extent did your traineeship experience improved your ability to handle new situations, problems and obstacles?

GLOBAL MINDSET (4.3)

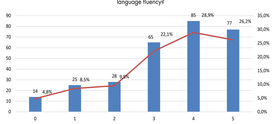
To what extent did your traineeship experience improved your ability to work with people from other cultures?

INTERCULTURAL AND INTERPERSONAL SKILLS (4.2)

To what extent did your traineeship experience motivated you to seek additional information to understand why people from other cultures behave as they do?

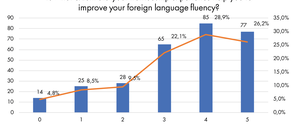
FOREIGN LANGUAGE FLUENCY (3.4)

To what extent did your traineeship experience help you to improve your foreign language fluency?



PROFESSIONAL SKILLS (3.3)

To what extent did your traineeship experience help you to improve your foreign language fluency?

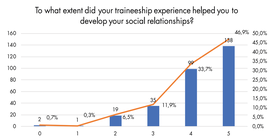


Knowing WHOM (av. 3.6)

Social relationships established during the traineeship were reported as one of the main outcomes of the international experience

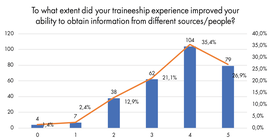
SOCIAL RELATIONSHIPS (4.2)

To what extent did your traineeship experience helped you to develop your social relationships?



QUICKER ACCESS TO INFORMATION (3.6)

To what extent did your traineeship experience improved your ability to obtain information from different sources/people?

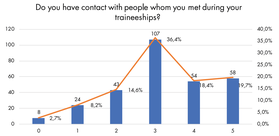


PROFESSIONAL RELATIONSHIPS (3.4)

To what extent did your traineeship experience helped you to develop your professional relationships?

DEVELOPMENT OF WORLDWIDE NETWORK (3.3)

Do you have contact with people whom you met during your traineeships?



RESPONDENTS GROUP

294 respondents from 76 countries

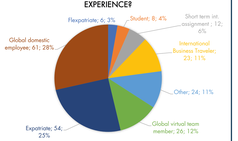
95% have been on the IAESTE traineeship

Traineeships were between 6 and 52 weeks long

Traineeships took place in 86 countries between 1970 – 2017

73% respondents work now in the international environment

WHAT IS YOUR CURRENT JOB INTERNATIONAL WORK EXPERIENCE?



Scale: 0 – not at all, 1 – to a small extent, 2 – to some extent, 3 – to a moderate extent, 4 – to a great extent, 5 – to a very great extent

The research has found that traineeships abroad provide opportunities to develop knowing why, knowing how and knowing whom career competencies.

References:
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