

Searching for Practical Training? General Information & Advice

Last updated: 3 October 2018, Bastian Fähnrich

Dear International Student!

A word of caution at the start: In general it isn't easy for foreigners to find a practical training position, as Finnish language skills are almost a must when searching and applying for placements in companies or public organisations.

Of course, this depends on the practical training tasks and the eagerness and abilities of placement seekers. As a rule of thumb, keep up your thumbs ;-) and make all possible efforts to develop and use your networking skills in English and Finnish – or even in other languages.

Remember to be pro-active and perseverant and, especially, present your skills and suitability for possible practical training positions in a convincing and realistic way. Oulu UAS doesn't usually offer or arrange practical training positions, but encourages students – as part of their learning process – to approach companies or possible organisations directly with their internship enquiries.

Company Databases

Feel free to contact companies or public organisations directly to find a possible placement position and to submit your application. Here's the Oulu Region Company Database:

<http://www.businessoulu.com/en/company-database/search.html>

Here's the company database for Finland (use Google Translate and search with field-specific terms):

<http://synergia.yrittajat.fi/Yritykset/Yrityshaku/>

When contacting companies, please (a) use their job recruitment or practical training portals and/or (b) send an open application with a targeted and creative letter of intent (cover letter) and short up-to-date CV including your personal information, academic/professional skill profile, and possible references. If possible, you may also include a transcript of records with your academic study results, and a portfolio showing and giving proof of your professional expertise.

Once you've made your application, we recommend to follow-up on it by phone and e-mail, or – if appropriate – by making an appointment and paying a visit to the HRM personell.

Tips & Links at Oulu Go Go Website:

<http://www.oulugogo.fi/?osio=students&alaosio=coming>

Did you Find Practical Training in Oulu/Finland?

If you manage to get a practical training position, don't ever start it without having a proper written practical training agreement including the conditions of the placement and work tasks, aims, supervision and possible payment! In addition, take care in advance of payment/grant, study and taxation matters, and check out your responsibilities as a student/trainee with your home higher education institution.

In case you find a suitable practical training position in Oulu, and if you are a student from Oulu UAS' partner institution, we may help you in getting accommodation and enrol you as an Erasmus/free mover student/trainee, as this will guarantee you the usual student benefits. For further information, contact incoming.students@oamk.fi.

All the best for your efforts!