



WORLD CAMPUS

GOING ABROAD: INSTRUCTIONS FOR USE



UNIVERSITÉ
MARIE & LOUIS
PASTEUR



Nord
Franche-Comté
BELFORT - MONTBÉLIARD





GOING ABROAD

Studying, doing an internship or getting involved abroad is not only about "changing countries": it's about learning in another context, gaining autonomy and expanding one's network.

International mobility takes several forms (semester, internship, professional mission type VIE, network projects via university alliances), with very concrete benefits on skills and employability.

Erasmus+: the 'academic' mobility that counts in the degree

Erasmus+ is the European Union programme that supports mobility abroad (including studies and internships) and also encourages cooperation between institutions/organisations.

This framework allows you to live an international experience while keeping a clear path: you leave with a learning objective, you follow courses or a mission, then you return with valuable achievements.

Erasmus+ also highlights priorities such as inclusion and innovation, which is reflected in the spirit of the programme by the idea that more students must be able to leave and that projects must be more qualitative.

Why is it interesting?

To progress faster: languages, working methods, speaking out, intercultural ease.

For your file: international experience 'understandable' by a recruiter, because it is structured and recognized.

To create a network for you: friends, teachers, internship contacts, future opportunities.



VIE: an international professional experience (career accelerator)

The VIE (International Corporate Volunteering) allows you to carry out a mission abroad in a company in an official setting.

In a magazine, the VIE is told as a step "pro": you do not only go to learn, you also go to produce results, integrate into a team and gain responsibilities.

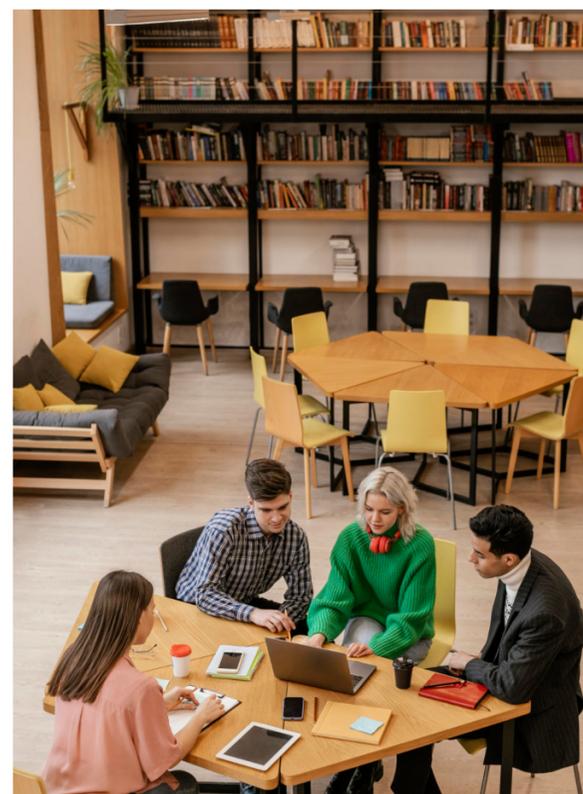
Depending on the missions, you can touch on various subjects (technical, commercial, support, project management), which makes it a relevant format when you want a real stepping stone after your studies or at the end of your journey.

What it really brings you

A higher level of autonomy: manage a subject, a schedule, interlocutors, sometimes in another language on a daily basis.

A 'strong signal' on your resume: adaptability, mobility, professional posture internationally.

A life-size test: a country, a sector, a way of working—before you settle sustainably.



STARS EU: the network that puts Europe in your path

STARS EU is an alliance of nine European universities aiming at an open campus and transnational collaborations.

The interest for students is access to a European dynamic: working with other countries, participating in common projects, and taking advantage of shared opportunities between institutions (according to what is proposed by the alliance).

Even without already being physically mobile, this type of network can expose you to international experiences (collaborations, projects, events), and facilitate a departure afterwards.



Mini-checklist

Clarify your objective: discover (semester), professionalize yourself (internship/VIE), build a network (projects + mobility).

Prepare 3 elements in advance: budget, documents, and a presentation sentence of your project (useful for applying).

Think "after": note what you learn (skills, achievements) for the CV/LinkedIn and interviews.



LEAVING, IT'S EASIER THAN YOU THINK.

Semester of studies, internship, volunteering... there are several ways to live an international experience, progress in languages, gain autonomy and build a profile that makes the difference.

Do you want to start?

Scan the QR code and discover:

- The possible programs and destinations
- The key steps to apply
- Useful contacts (international relations / internships)



Are you coming back from mobility?

Share your experience (photos + tips + budget) and help with upcoming departures.

Contact: mobilite.International@lut-nfc.fr | [@IUTNFC_international](https://www.instagram.com/IUTNFC_international)

