



Bachelor International Studies (BAIS)

Why internships shape your future career



**Universiteit
Leiden**

The Netherlands

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FIVE REASONS WHY INTERNSHIPS SHAPE YOUR FUTURE CAREER

The discretionary space during students' third year on the BAIS programme is their chance to shape their education and future career path by choosing between an internship, an international exchange at a university abroad, or in-depth study of a specialised topic during a minor study. Each choice offers particular benefits. So why choose an internship?

An internship is a solid investment in your future.

Why? Well, a BAIS internship:

1 Informs you on what career suits best

An **internship** is a unique chance to 'test-drive' a specific industry, organisation or role. For many students this inside look can have a profound effect on the direction they choose. Many internships provide a foot in the door at a company. All internships help students refine their ideas about which roles best reflect their interests through real world business experience.

2 Develops your network

The **managers** and **professionals** can become valuable contacts who can help with advice and job leads, connect them to other people in different organisations or industries, and provide references which can make all the difference to students' future job applications.



3 Builds your resume and experience

All **employers** value previous professional experience. Spending a period of time at a company as an intern allows students to add experience to their resume – and that involves much more than running errands. Internships within the BAIS programme meet strict criteria including usage of students' intellectual capacities. Depending on students' initiative and the company they choose, they could well get hands-on experience at the tasks they might expect as a paid employee, giving them a valuable edge in the job market.



“An internship builds a students’ resume, their network, their personal and professional skills and assists them in making better career-path decisions.”

Dr. Sarita Koendjiharie,
Academic Internship Supervisor.

4 Builds confidence, time management skills plus more

Personal and **professional skill development** is a key benefit of any internship. When students are surrounded by professionals and working in a fast-paced, international environment, they learn how to communicate in a professional way, manage their time, be part of a team – and further develop their language skills. At the conclusion of the internship they are a great deal more confident in their abilities to find and successfully handle a real job.

5 Applies classroom knowledge

An **internship** is students' chance to put into practice what they've learned in their academic courses, whether it is knowledge of a world region, or simply their ability to apply critical thinking to come up with their own solutions, show initiative, and rise to the challenge of having to acquire new information.

How does it work?

Students choose their own role, industry and company for their internship, but are well-prepared to do so with the pre-requisite course Organisational Theory, Culture and Behaviour. Next to their work as interns they write an academic paper on a topic related to their internship. Supervision and support is on hand from our academic internship supervisor Dr. Sarita Koendjiharie – and of lecturers of the BAIS programme.

What sort of internship?

Marifer Aguirre Broca is working as a junior consultant at Transfer Latin Business Consultancy at their Rotterdam office. She is responsible for several projects including organizing a trade mission to Holland by a Canadian delegation that includes government officials. She is solely responsible for establishing contacts between the Dutch and Canadian companies and coordinating all the necessary meetings.

Jonatan Buttet is working at LoGolf, the leading supplier of promotional golf products in Europe, located close to Amsterdam. He organized the internship himself through the director of the company. He's now implementing his own plan to expand the business into the French market.

“An internship gives you so much confidence about how to enter the job market and what will be expected of you.”

Jonatan Buttet, third-year BAIS student

Why companies choose BAIS students?

Juany Murphy from the Otra Cosa Network, a Peruvian non-profit NGO and Registered UK Charity chose BAIS student Joe Blackett to be an intern in their office in Peruvia: “Students in the BAIS programme are interested in becoming global citizens and these are the people we want in our organisation. Joe’s responsibilities have included creating a database that will include all our contacts and liaising with universities to create more placements. He has been simplifying my life immensely.”

How faculty helps?

Professor Giles Scott-Smith is a supervisor of a student currently working at a newspaper in the Dominican Republic: “The research component is a very important part of every internship. My student came up with the idea himself and asked if I would fill the role of faculty supervisor. He has developed a very good research plan that will provide a good analysis of the current situation of inter-Caribbean trade relations that will involve a series of structured interviews talking to the stakeholders on the ground.”