

Monthly Newsletter

✦ From Internship to Long-Term IT Career: A Journey in the Making



IT internships are often seen as short-term learning opportunities, but when designed effectively, they can become powerful starting points for long-term career journeys. For many young people, especially those in vocational education and training (VET), an internship represents the first real contact with the digital labour market. It is during this initial experience that motivation, professional identity, and future aspirations begin to take shape.

A high-quality IT internship goes beyond basic task completion. It allows young people to apply theoretical knowledge in real working environments, develop practical digital skills, and understand workplace culture. Exposure to real projects, mentorship from professionals, and constructive feedback help interns gain confidence and clarity about their career paths. These elements are essential in transforming an internship into a meaningful learning experience rather than a temporary placement.

Internships also play a crucial role in helping young people identify their strengths and areas for growth. Through hands-on experience, interns can explore different IT roles, such as software development, cybersecurity, or digital support, and make informed decisions about their future learning and career steps. This process supports smoother transitions from education to employment and reduces uncertainty at early career stages.



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From the perspective of companies, well-structured internships contribute to sustainable workforce development. IT SMEs gain the opportunity to nurture talent, transfer practical knowledge, and build long-term relationships with motivated young professionals. When internships are embedded in a clear development pathway, they benefit both interns and employers, creating a win-win situation.

Within Erasmus+ projects, integrating IT internships into a long-term journey is especially valuable. By combining international cooperation, quality guidance, and shared best practices, Erasmus+ supports innovative approaches that turn internships into stepping stones for lifelong learning and employability.

Investing in quality internship experiences today means empowering young people to build resilient and future-oriented careers in the digital sector.



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