

INFORMATION

- **INTERNSHIPS**
- **GRANTS**

2025-2026

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INTERNSHIP ABROAD

- PERFECT CV AND MOTIVATION LETTER
- GET INFO FROM IO & APPLY BY YOURSELF
- APPROVAL CONTENTS INTERNSHIP BY PROGRAMME INTERNSHIP COORDINATOR
- DRAW UP HZ-INTERNSHIP AGREEMENT VIA ON-STAGE
- More information on [MyHZ](#)

FINANCE

Request DUO for the OV-allowance if you have a 'travel product' (\pm € 100 pm). See information at 'step 6' – Minor Study Abroad

Download the necessary form ('Aanvraag OV-vergoeding buitenland en/of uitwonendenbeurs') at DUO:

<https://www.duo.nl/particulier/ov-vergoeding-buitenland.jsp>

Ask student office csa@hz.nl to sign.

Grants via HZ:
Contribution travel and accommodation expenses

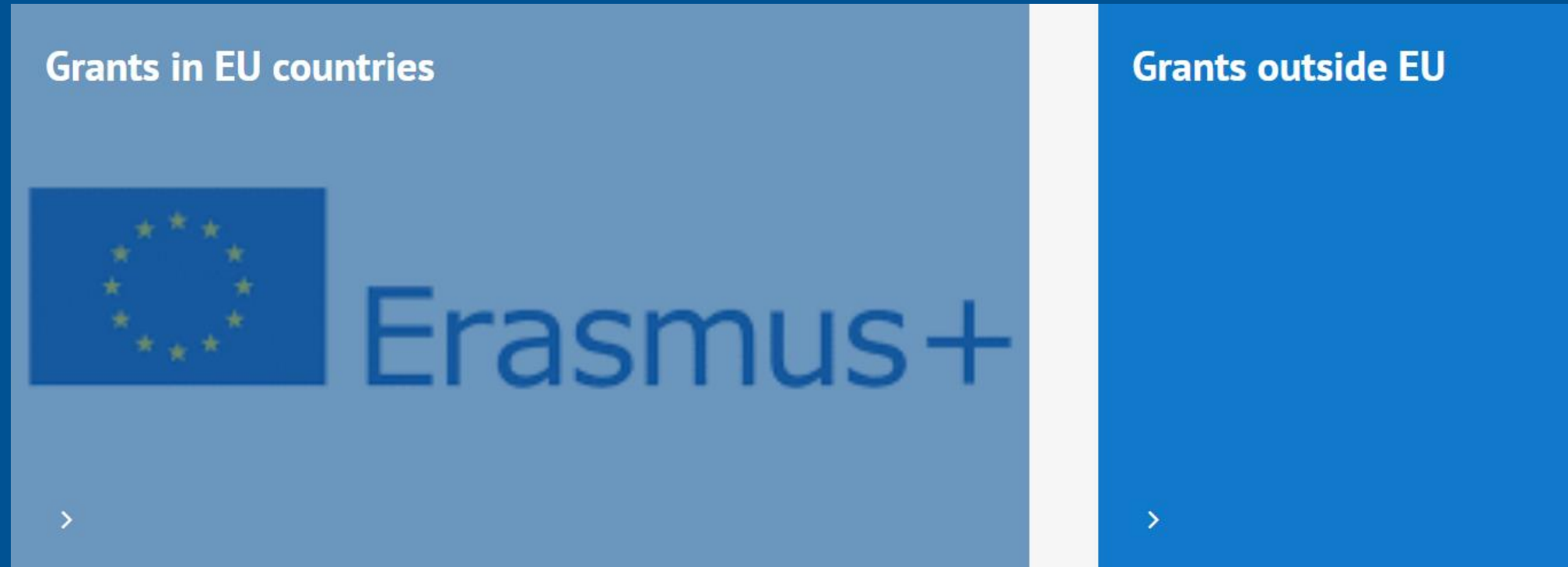
- Which grant?

Within Europe: Erasmus+ grant

Outside Europe: HZ Grant, Erasmus+ grant (selected countries) & NL Scholarship

Information Grants: MyHZ

This information is provisional and will be updated in the coming weeks





ERASMUS+ GRANT FOR INTERNSHIPS WITHIN / OUTSIDE EUROPE

- Application before the internship starts!

This information is provisional and will be updated in the coming weeks



GRANTS OUTSIDE EU STUDIES AND INTERNSHIPS



Study grants: all students who have been selected for a study abroad will receive an e-mail in June 2025 with application deadlines and instructions.

HZ-grant for study/internship: focuses on one or more of the sustainable goals determined by the UN; see sustainabledevelopment.un.org;

Erasmus+ study grant outside EU: for specific countries

Additional amount for students from underrepresented groups (limited financial resources / health problems/ functional impairment +/- € 250 per month.

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NL Scholarship for study/internship: for students with limited financial means.

More detailed info and selection criteria op [MyHZ](#).