

# INFORMATION

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

2024-2025

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# INTERNSHIP ABROAD

- PERFECT CV AND MOTIVATION LETTER
- APPLY VIA HZ-IO OR 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' (± € 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](mailto:csa@hz.nl) to sign.

Grants via HZ:  
Contribution travel and accommodation expenses

- Which grant?

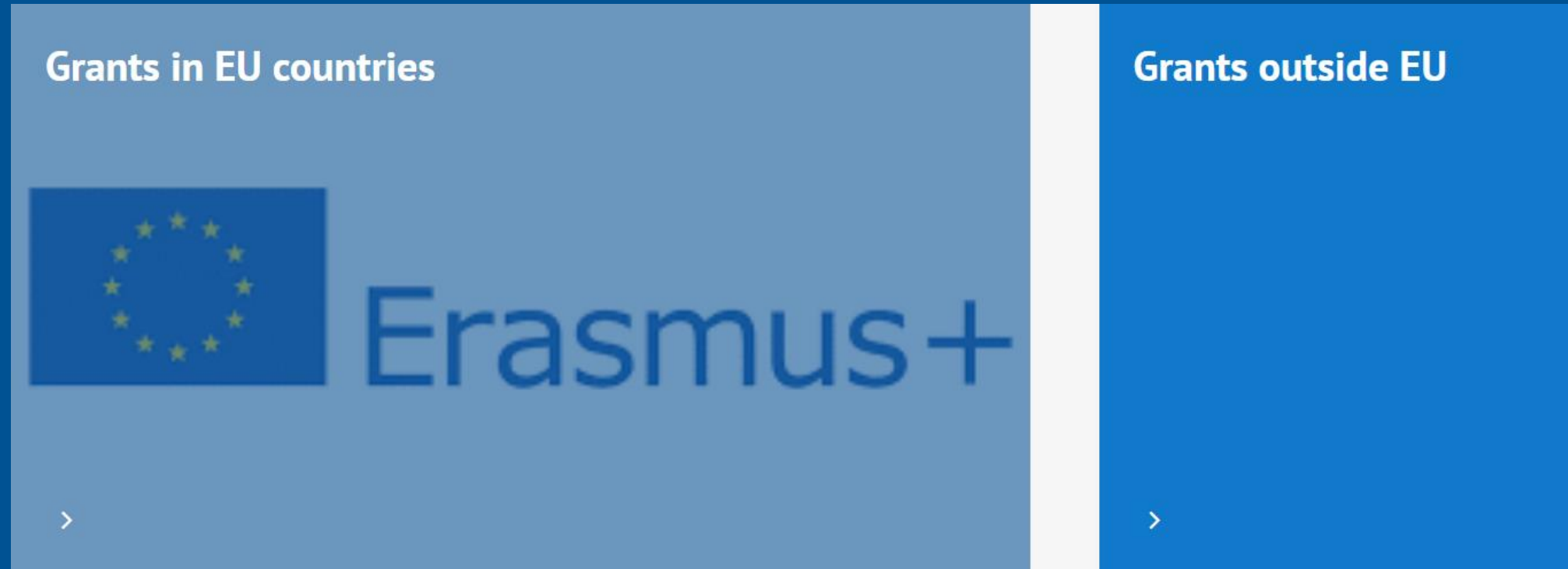
Within Europe: Erasmus+ grant

Outside Europe: HZ Grant

Outside Europe: NL Scholarship

Outside Europe: Erasmus+ grant (selected countries)

# Information Grants MyHZ



# ERASMUS+ GRANTS WITHIN EUROPE

Erasmus  
+ Grants  
within  
Europe

The European subsidy programme – managed by the Dutch National Agency, NUFFIC. Applies to programme countries

**Grant amount 2024-2025:** 2 country-groups.

- Studies: € 330 - € 360 per month (all students who have been selected for a study abroad will receive an e-mail in June 2024 with application deadlines and instructions)
- Internship: € 480 - € 540 per month

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

Focus on green travel- up to 6 days extra, plus travel contribution

**Contribution Intensive Language course:** up to € 250



# ERASMUS+ GRANT FOR INTERNSHIPS WITHIN / OUTSIDE EUROPE

- Application before the internship starts!



# GRANTS OUTSIDE EU STUDIES AND INTERNSHIPS

Erasmus  
+ Grants  
outside  
Europe

Study grants: all students who have been selected for a study abroad will receive an e-mail in June 2024 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](https://sustainabledevelopment.un.org);

Erasmus+ studygrant outside EU: for Japan, Korea, Chile, Mexico, USA, Canada.

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

Erasmus+ internshipgrant outside EU: for UK, Ghana, Tanzania, Nepal, Vietnam, Brasil, Chile, Australia, New Zealand

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

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