



How to get the **Internship** of your dreams

in **Research Management/** the **Research Lifecycle**

Phase 1 Reflection

Ask yourself:

Who are you?

What are your strengths?

What do you know?

What do you want (for your professional future)?

Create your **personal portfolio**
to get a more perceived overview
of **your skills**.

→ your **educational path**

- focus in school time
- study program
- extra courses/further education
- internships

→ **soft skills**

- teamwork
- communication
- flexibility
- problem solving

→ **hard skills**

- languages
- technological knowledge
- management skills
- writing skills

→ your **interests**

Phase 2 The Search

Ask yourself:

What exactly do you want to do?

Where do you want to work?

In which area of Research do you want to work?

Strategies to find an internship

- search for **old calls/ tenders** and contact them, perhaps they are open for applications
- look for **open job offers**, if they are searching for RMAs maybe they are open for interns as well
- contact **Universities/ Research Institutes**
- contact **RMAs** directly (<https://www.earma.org/>)
- networking and contacts

Phase 3

The Application Process

Ask yourself:

*How can you best **present yourself**?*

Which of your skills/ knowledge can you bring to the internship?

*How will the organization/ university **benefit** from you?*

→ be clear, honest and direct about your expectations/wishes for your internship

→ stay persistent, don't lose your motivation when you get a rejection