

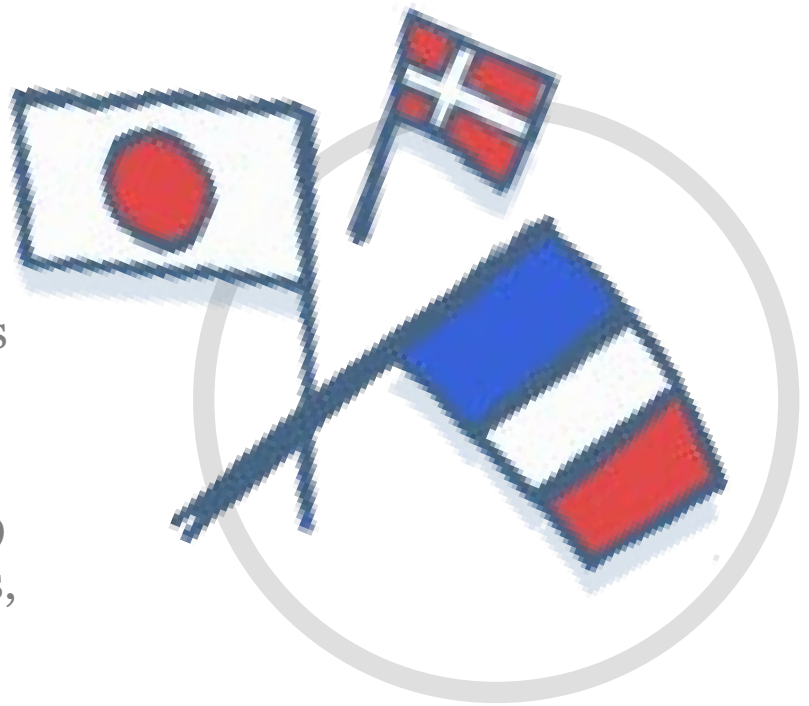
What Is a Virtual International Internship?

A new world of international experiences online

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Quick Guide

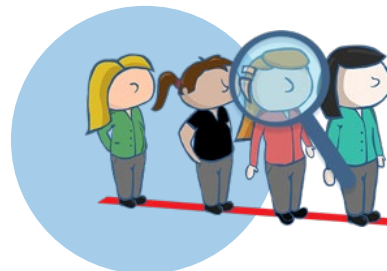
Internships abroad have always been a popular way of building global career skills.

But with the spread of Covid-19 and resulting travel restrictions, many students are turning to virtual internships to boost international experience without leaving home.



But is it possible to build quality cross-cultural experience from your laptop?

Luckily, the answer is a resounding “yes!” And as long as you have access to a computer and decent Wi-Fi, you’re a candidate for a virtual international internship.



Virtual opportunities are now available in a range of formats.

Universities and placement agencies are now offering a variety of virtual programs, from volunteering to study abroad and cultural exchange. Keep an open mind when searching for programs.

Benefits of Virtual International Internships

The future of work is online! Nowadays, remote work experience is an important addition to every CV. Virtual internships prove your ability to communicate, collaborate and manage projects online.



It's great value

At \$600 - \$3,000, virtual internships are far more accessible than in-person internships abroad, which can cost upwards of \$10,000.

Stand out from the crowd

A role with a company abroad will set you apart from your peers, who may be working online with North American companies, or simply taking time off during the Covid-19 pandemic.

Boost cross-cultural business skills

Although you'll be working from home, you'll be part of a foreign workplace, gaining insight into another country's professional culture and building your International IQ.

Network with global professionals

You'll be widening your network to include foreign experts in your field, who may mentor you or provide career assistance in the future.



Benefit from increased focus

As a virtual intern, you won't have to carry out menial office tasks. Instead, you and your employer will develop clear projects and goals, making it easier to focus.

Improved work-life balance:

The flexible nature of remote work makes it easier to continue coursework, maintain a part-time job, pursue hobbies or manage childcare.

Enhance communication skills

Working online, clarity of communication is crucial. You'll have to level up your written and verbal communication skills, which will then be transferrable to future professional opportunities.

Improve language skills

If your position is partially or fully conducted in a foreign language, you'll be surprised how quickly your language skills improve.

Boost self-discipline

As a virtual intern, you'll have to deliver results without constant supervision. You'll need to become disciplined, independent and self-motivated.

No visa required

You won't need to apply for a work visa, which removes some of the tedious paperwork often involved in interning abroad.

It's ideal for introverts

Anyone who naturally shies away from being super-social will find virtual opportunities to be a comfortable way of gaining experience.

Flexibility can boost productivity

Working across time zones, your employer's workday won't overlap fully with your own. This means you'll be able to manage your own schedule and focus on increasing your productivity.



Challenges of Virtual International Internships

Just as virtual international experiences offer unique benefits for participants, they also pose unique challenges – but nothing that can't be overcome with some awareness and preparation!



Less direct interaction

You won't be physically located in an office, so you'll miss out on casual interactions and face-to-face networking with colleagues. We suggest proposing a "virtual coffee break" with team members.



Sense of isolation

It's your responsibility to manage your personal wellness during your internship. If you start to feel isolated or overwhelmed, reach out and connect with colleagues or friends.

Cross-cultural immersion takes effort

When you're based abroad, it's easy to immerse yourself in local culture. But during a virtual internship, you'll need to undertake cultural immersion activities independently.



Lack of supervision

It may be a challenge to get instant feedback on questions, and to benefit from watching your manager in action. Combat this by scheduling frequent check-ins.



Difficulty understanding office culture and politics

It's a challenge to grasp the nuances of office politics. Consider asking your employer to connect you with an office mentor, office buddy or another intern working remotely.

Self-discipline can be tough

As a virtual intern, you'll be responsible for staying motivated, focused and on-task. Having a morning routine and a dedicated workspace will help with this.



Speak to Your Advisors about Virtual Opportunities!

Many schools are already engaged in virtual international programs. Reach out to support networks on campus to discover your options.



Speak to your study abroad advisor

Meet with your study abroad advisor to talk about virtual opportunities available through your school. If none are available, consider teaming up with your advisor to search for opportunities online. If travel restrictions, budget limitations or any other issue is keeping you from heading abroad, virtual opportunities are one of your best options for building cross-cultural experience.

Speak to your career advisor

Remote work is here to stay, and your career advisor can point you towards internship placements, co-op opportunities or other experience-building programs that will allow you to hone your virtual work skills. Meet with your advisor to ask about opportunities, specifically those with companies abroad, or with an international focus.

Make virtual opportunities work for you!

When it comes to virtual placements, your biggest asset is a go-getting attitude. Make the decision to apply for a virtual international internship, and use *MyWorldAbroad's* many articles and resources to help you make every second count. Good luck!

Nowadays, the world is online – and remote jobs are becoming more common. By completing a virtual international internship, you're not only building your global network and international skills, you're also proving that you're effective in the online workplace, which future employers will appreciate.

Don't let world events slow you down. Start researching virtual internships today!



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