

CAREER TRAINING INTERNSHIPS

2023-2024



I R E L A N D

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CTI DIRECTOR KATHY

Career Training Internships Director Kathy O'Dwyer

Having spent five years training and working as a career and employment officer in London, Kathy O'Dwyer returned to college to formally complete her training and accreditation in Career Guidance.

On her return to Ireland, Kathy worked on a variety of projects that focused on women and youth unemployment working with the Irish Government during the 1980s.

After years of successfully training and guiding many women and young people, she became an entrepreneur and founded an AuPair agency and she later founded Career Training Internships in 2010.

Since that time, Kathy and her dedicated team have been forming partnerships with local families and Irish businesses, as well as managing immersive internship experiences for many years.

CTI looks at each individual from their unique goals and needs, provides a secure, immersive environment where interns can gain valuable work experience, and learn English appropriate for the workplace.

Over the years we have innovated our processes to provide our interns with a great experience abroad and our local partners with the extra help they need in their companies.

We are focused on being lean and sustainable, while providing a boutique service to our customers and supporting the growing number of Cork companies that partner with us.

The results have been worth the effort! Trainee feedback has been consistently positive and enthusiastic, while businesses have told us how important trainees have been to their success. CTI has achieved Business All-Star Accreditation from the All-Ireland Business Foundation.

CTI was honoured to have been nominated for several prestigious awards, including most recently The Cork Business Services Company of the Year 2021: Training & Education by Business Cork and the Cork Business Association's Cork Business of the Year: Best in Professional Business Services. Kathy has also been recently nominated as Business Person of the Year 2021.

CORK, IRELAND



Ireland is a world-famous destination and there are endless reasons to choose Ireland. Career Training Internship's head office is based in Cork city centre!

Cork city's tech heritage goes back to the 19th century when University College Cork's then-professor of mathematics, George Boole, laid the groundwork for modern-day computer science by inventing Boolean algebra, the foundation of today's computers.

Cork is the main hub in Europe for multinational tech companies. With over 150 overseas companies employing more than 35,000 people, many leading brands such as Apple, J&J, Depuy Synthes, Ferrero, AirBnB, Marriot International, Dell, Pfizer and many more are building global success in Cork.

Being one of the main tourist destinations in Ireland, Cork city has an extensive network of bars, hotels, restaurants, cafes and tourist attractions, providing endless opportunities

for young, inexperienced or unskilled workers in the hospitality and tourism industry. Young, vibrant and exciting, Cork is filled with friendly people, prestigious institutions and unforgettable opportunities. Hugely popular with language and University students. Cork is a city on the move and the ideal place to start your internship or even your career.

Cork is often touted as the real capital of Ireland. It is the perfect location for music lovers, theatre-goers and sports fanatics. Well known for culture and nightlife, Cork is also the food capital of Ireland, check out the English Market for some unique shopping and dining experiences.

While our head office is based in Cork city, we also facilitate immersive programmes in other towns and cities throughout Ireland. Speak with our team to discuss the requirements of your project contact@careertraining.ie

OTHER LOCATIONS WE OPERATE IN

DUBLIN



Dublin is one of Europe's most vibrant capital cities. The Irish metropolis has a population of more than 1,300,000 citizens and hosts some of the world's leading technology companies and financial institutions. Life sciences, gaming, financial services and food & beverages are other popular industries in Dublin.

Dublin is one of the most innovative and forward-thinking cities in Europe. Thanks to the Smart Dublin initiative, the city is well on its way to becoming a shining example of just how smart a smart city truly can be.

Dublin is one of Europe's most vibrant and exciting cities and is home to global technology companies, large financial institutions, and world-class learning centres. Companies such as Microsoft, Google, Amazon, eBay, PayPal, Yahoo!, Facebook, Twitter, Accenture, TikTok and Pfizer now have European HQs & operational bases in the city.

WEXFORD



Wexford is a coastal county on the M11 motorway. From Dublin, it takes only one hour to reach north Wexford. Wexford is also known as the "Sunny South East" because it has the most sunshine hours and the least rainfall in Ireland. Wexford has something for everyone, with a variety of attractions, activities, and events taking place throughout the year.

Wexford has beautiful beaches and lovely towns and villages and has been a sanctuary for water sports enthusiasts throughout the years, thanks to its numerous coastal towns and rugged shorelines. Throughout the year, windsurfing, sailing, and kayaking are popular. During the summer, an inflow of people to the coastal districts flock to the water for a swim or a fishing trip.

The traditional economies of the Wexford region are built on manufacturing, agriculture, tourism, fishing and aquaculture sectors. Multinational corporations are concentrated primarily across Life Sciences and Medical Technology, Internationally-Traded Financial Services, ICT and Engineering.



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2023 SERVICES

Internship & Career Training Programmes

Coordination of immersive internship programmes across multiple technical industries in Ireland. Experienced Erasmus+, European Social Fund ESF+ and VET professional partner.

Full-Day Excursions

The organisation of full-day excursions. We will book, coordinate and pay for the trip and inform students of the itinerary. The trip does not include an accompanying staff member. Please contact the office if you require this service.

Study & Work Packages

Non-EU students eligible to enter Ireland for this programme will study between 16-20 hours per week at our partner English school University College Cork Language Centre while benefiting from our career guidance and technical industries experience

Guardianship Support

An outsourced professional guardianship service covers any unaccompanied minors (17 years and under) travelling without a supervising leader/teacher. Guardians can stand in place of legal guardian ad litem in medical emergencies and other circumstances

Virtual Internships

Virtual internship with Irish organisations. offers an exciting opportunity for students and young professionals to gain real-world experience and enhance their skills from the comfort of their own home.

Safe Pass Course & Documentation

The Safe Pass is a safety requirement for many tradespeople who may be working on building sites in Ireland including but not limited to plumbers, tilers, electricians, architects, engineers etc. It includes a full-day course, usually held on Saturday

General English Language Classes

International classes and closed group classes are available with our partner University College Cork Language Centre (18+ only for individuals and international mixed classes. Closed groups available for minors)

Visa Administration Support

Processing of non-EU candidates' applications. Securing a host family and providing a supporting visa letter with host family information. Note: Ireland is not a member of the Schengen Zone

Host Family Accommodation

Full board accommodation including continental breakfast, packed lunch & evening meal. Laundry service. Wi-Fi or Internet Access. Sufficient bed linen.

CLIL Teacher Training Courses

In cooperation with the Language Centre at University College Cork (Groups of 8+ teachers only). Trains teachers in language-integrated learning methodology.

Local Transfers to Accommodation

Return transfer to accommodation from Cork Airport, Cork train station or Cork bus station/stop

4* Hotel Accommodation - Single Occupancy

Four-star hotel in accommodation ideal for business or as a base to explore the surrounding area. Breakfast included.

Intercity Airport Transfers

Return public coach transport transfers between Dublin Airport, Cork and Wexford

B&B Accommodation - Single Occupancy

The more intimate B&B accommodation is a popular choice in Ireland. Includes breakfast.

Public Transport Card

Purchase, register, insure, update and monitor travel cards (or "LEAP Cards") for local/city bus and train services. Regular topping-up of every Leap Card. Replace LEAP Card within 24/48 hours, (one time), if lost.

Directory of Industries & Roles

Arts, Culture & Design

Culture

Sociology
Historian
Librarian
Archivist
Cultural Heritage Research
Diversity and Inclusion

Design

Photography
Fashion & Apparel
Product Design

Fine Arts & Crafts

Art
Printmaking
Jewellery
Textiles
Restoration
Gallery Curation

Business

Administration/Support

Administration
Personal Assistance
Executive Assistance
Front of House
Financial Accountancy
Reception
Programme Coordination
Client Relations
Data Entry
Database Management
Program Administration

Sales & Marketing

Graphic Design
Digital Marketing
Social Media
Market Research
SEO & SEM
UX & UI
Relationship Marketing
Public Relations
Brand Management
Product Marketing
Communications
Content Marketing
Marketing Automations
Copywriting

Care & Assistance

Social & Education

Community Centre
Youth Work
Classroom Assistance
Speech & Language
Childcare
Social Work
Housing Support

Healthcare

Palliative Care
Eldercare
Special Needs Care
Animal Care

Humanitarian & NGO's

International Aid & Development
Humanitarian & Disaster Relief
Rehabilitation
Community Supports
Education & Research

Hospitality

Event Planning

Event Planning
Event Marketing
Event Designer/Decorator
Event PR Specialist
Event Production & Technical Assistant
Event Sales/Business Development
Event Staff Coordinator
Event Security & Safety

Food & Beverage

Chef
Kitchen Porter
Food & Beverage
Bar & Restaurant
Reservations
Host
Waiter
Sommelier
Barista

Hotels & B&B's

Reception
Guest Relations
Guest Services
Concierge
Landscaping
Maintenance

Leisure

Spa Attendant
Leisure Centre Attendant
Gym Instruction

Travel & Tourism

Reception
Tour Guide
Travel Advisor

ICT

Information & Communication Tech

Cyber Security
Cloud Computing
Software Development
App Development
Ad Specialist
Electronics/Hardware Repair
Service Technician
User Interface & User Experience
IT Support
Database Administration
Network Administration
Network Engineering
Programming
Systems Administrator
Systems Engineering

Sales

Retail Sales

Sales
Stock Room
Cashier/Teller
Customer Service
Retail Analysis
E-Commerce
Assistance

Sale of Services

E-Commerce
Telecommunications
Pharmaceuticals
Real Estate
Financial Services
Legal Services
Technology
Automotive
Media
Entertainment
FMCG
Industrial
Manufacturing
Education

STEM

Science

Chemistry
Biology/Physiology
Agricultural Science
Agronomy
Biochemistry
Botany
Climate Science
Conservation Science
Ecology
Epidemiology
Food Science
Geology
Hydrology
Marine Biology
Meteorology
Microbiology
Nanotechnology
Optometry
Pharmaceutical Science
Pharmacology
Physics
Urban Planning
Wildlife Biology

Technology

Air Quality
Artificial Intelligence
Computer Science
Information Technology
Electronics
Telecommunications
Robotics and Automation
Data Science & Analytics
Biotechnology
Renewable Energy
Internet of Things (IoT)

Engineering

Mechanical
Chemical
Biomedical
Environmental
Industrial
Structural
Automotive

Mathamathics

Mathematics
Statistics
Actuary
Financial analysis
Data analysis
Risk analysis
Pricing analysis
Investment analysis

Trades & Skilled Crafts

Specialist Trades

Architecture
Engineering
Sustainability/Clean Energy
Agricultural Mechanics
Interior Design
Law/Legal

Construction Trades

Electrical
Plumbing
Technician
Plastering
Tiling
Mechanics
Welding
Carpentry
Refrigeration
Air Conditioning
Painting & Decorating
Bricklaying/Masonry
Agriculture

Skilled Crafts

Hair & Beauty
Dress Making
Blacksmith/Forging
Bookbinding
Watchmaking
Wood Crafts
Confectionary
Cobbling/Shoemaking
Locksmith
Butcher
Floristry

CTI'S IMMERSIVE GROUP INTERNSHIP PROGRAMMES

HOW IT WORKS!

If you have an enquiry for a group project whom you wish to send to Ireland, our team will send you a link to complete a short form with the information. If the team are happy that they can effectively service the group, you will receive a detailed estimate and offer for the project. On confirmation of the project, the team will send you the application forms for the group members, the list of documents required for your group and the final invoice for the stay, which will be due 14 days prior to the group's arrival in Ireland.

1

WE RECEIVE THE APPLICATIONS

Resumé, cover letter, application form etc. from the participants. The team will inform you which other documents you might need for your upcoming stay.

2

WE SECURE THE INTERNSHIPS

We will match the candidate's skills, experience and requests with the most suitable host company and ensure the hosting organisation understands the trainees learning requirements and needs.

3

WE SECURE THE ACCOMMODATION

We will consider logistics and other factors to book a host family in close proximity to the trainee's workplace. During the summer period, we also offer self-catering apartment options for adult participants.

4

WE COORDINATE THE STAY

We offer a number of services to complement our packages such as airport transfers, public transport cards, cultural & social events, full-day excursions, English language classes, group leader accommodation and activities and more for the programme

5

WE WELCOME THE GROUP

The trainees will be warmly welcomed to Ireland by our team, their host families and subsequently their host companies. We will provide a full orientation of arrival to prepare them for their work placement.

6

WE MONITOR THE PROGRAMME

We monitor interns closely with weekly feedback forms, company visits & end of programme meetings. We correspond with and assist interns throughout their internship.

7

WE FINALISE THE PROJECT

We work closely with our international partners, local host companies, and trainees to complete all project paperwork to a high standard in order to finalise the project!

STUDY & WORK

P R O G R A M M E I N F O R M A T I O N

Class Size

Maximum 15 students,
minimum of 6 students

Requirements

Age 18 years +

Course Structure

6 months of classes +
2 months of holidays

Schedule Options:

20 Hours: Monday- Friday or
16 Hours: Monday - Thursday

2023 Start Dates

Choose your own start
date - any Monday

Locations

UCC Campus,
Cork City

Some non-EEA students may be granted permission for a maximum of three (8 months) language courses. This amounts to total immigration permission of two years. Students can choose to study for either 20 or 16 hours per week for 25 weeks, and use the remainder of their time to work or holiday. Non-EU students can choose to work up to 20 hours per week while attending class and up to 40 hours per week while on school holidays. UCC's Careers Service have a range of digital tools available. These resources will help you prepare and review your CV, get ready for interviews and learn more about transitioning to the workplace. Please note that University College Cork is closed for 2-3 weeks over the Christmas Holiday period each year.



STUDY & WORK PACKAGE INFORMATION

CTI's Study & Work package is aimed at career-focused individuals interested in coming to Ireland on a Study & Work visa. CTI has over 12 years of experience providing immersive career training and internship experiences in Cork and Ireland to international participants. Our team will provide soft-landing training & support for international Study & Work visa holders by organising everything required for arrival in Cork including English classes, temporary local accommodation, airport transfers or arrival and more.

During the programme participants will attend international classes in one of the best English language schools in Ireland, UCC Language Centre, located in the historic University College Cork campus in the heart of Cork city. To complement the course, CTI attaches a unique career training element to the programme which empowers participants to advance in their professional careers while studying English in Ireland. Furthermore, participants who take part in our internship package will benefit hugely from immersive work placements in technical industries such as IT, Engineering, Science & Research, Skilled Crafts, Design, Communications, Media and more within Irish organisations.

English (16hrs) +
Accommodation

€5,650.00

- 16 hours of English classes per week for 25 weeks at UCC Language Centre
- 6 weeks of Full-Board Host Family Accommodation
- One-way transfer to accommodation on arrival in Cork city
- Orientation & training session on arrival at the CTI Cork office
- CTI Welcome Pack with detailed information about Cork
- Access to CTI's CV & cover letter career training material

English (20hrs),
Professional
Internship,
Accommodation &
Public Transport

€7,650.00

- 20 hours of English classes per week for 25 weeks at UCC Language Centre
- 6 weeks of Full Board Host family accommodation
- One-way transfer to accommodation on arrival in Cork city
- 1 or 2-month unpaid internship in a professional sector of your choice
- 6 weeks fully managed Public Transport Card
- 3 x Full Day Excursions
- CTI Welcome Pack with detailed information about Cork & Ireland
- Orientation session on arrival at the CTI Cork office
- Career Guidance Session with a qualified professional

English (20hrs) +
Accommodation

€6,650.00

- 20 hours of English classes per week for 25 weeks at UCC Language Centre
- 6 weeks of Full Board Host family accommodation
- One-way transfer to accommodation on arrival in Cork city
- CTI Welcome Pack with detailed information about Cork & Ireland
- Orientation & training session on arrival at the CTI Cork office
- Access to CTI's CV & cover letter training material

VIRTUAL CTI

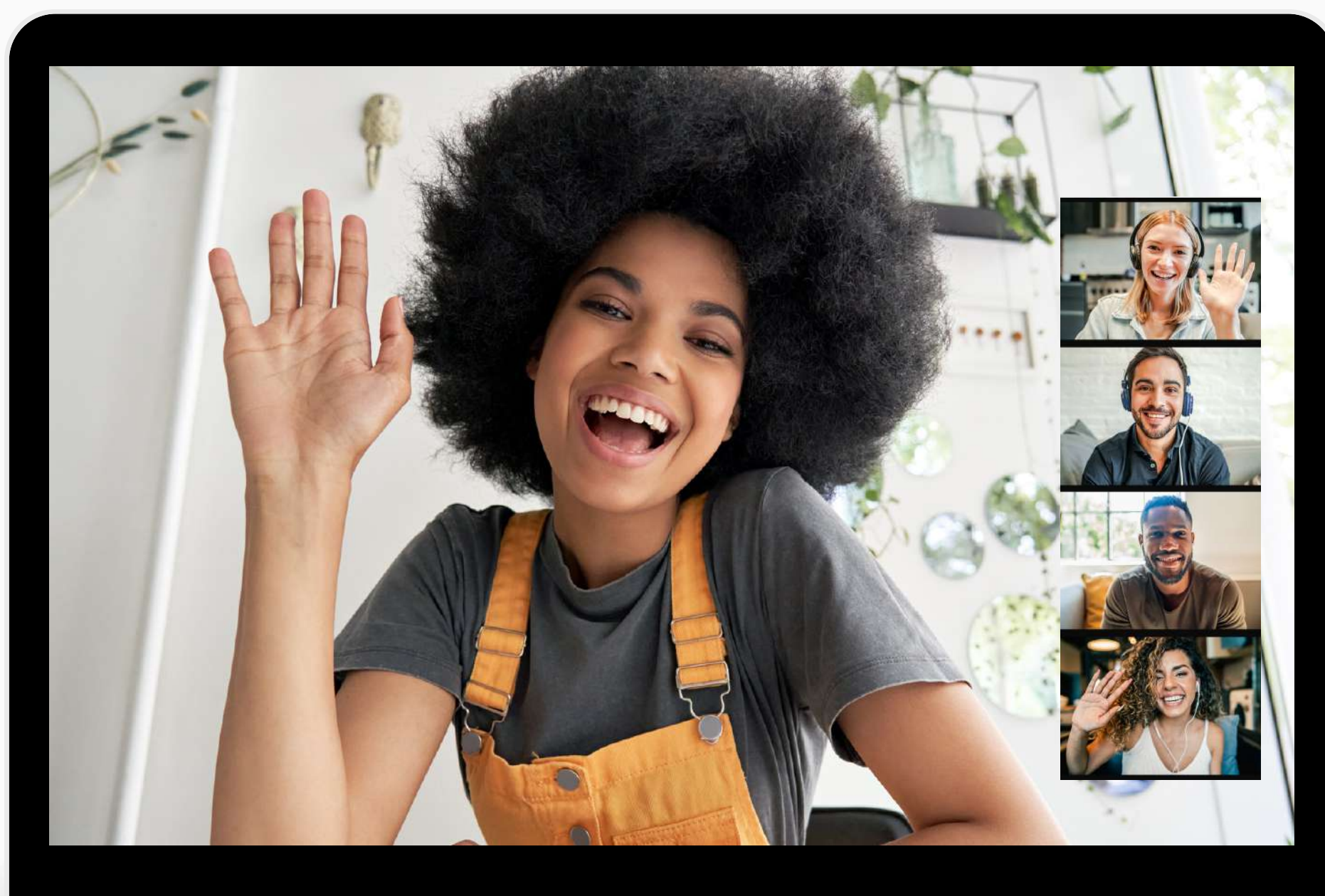
Virtual Internship with Irish Organisations

THE PACKAGE

Virtual Internship
Orientation Training
Welcome Resources
Prof. Career Guidance
Support from CTI
Written Reference
Certificate of Completion
Alumni Network Access
Optional 1 to 1 English
Lessons

THE INDUSTRIES

Administration
Business Development
Data Analytics
Design
Digital Marketing
Finance
Humanitarian
PR & Communications
and more...



VET Vocational Education & Training



Job Shadowing

Short-term immersive job shadowing experiences for VET professionals. Opportunities available in a variety of industries including business management, hospitality management, education and more!

 Individuals

Schedule of Activities

Full schedule of industry-appropriate activities which could include industry visits, training institution visits, workshops & seminars, skills demonstrations, networking and cultural experiences

 Groups & Individuals

TESTIMONIALS

Tonje from Norway

CUSTOMER SERVICE & RECEPTION INTERN

It was a great experience and learned a lot from it. I met a lot of people and would definitely come back. I liked the city and Little Island.

Ali from Spain

IT SOFTWARE INTERN

Incredible experience, a great opportunity to get to know Ireland, they made me feel at home, they were very aware of everything, and they solved all the problems quickly.



Amedina from Italy

TOURISM & HOSPITALITY INTERN

This experience has totally changed me, I left Italy with a head that I now struggle to recognise, I wish everyone to have such an experience because it really allows you to go home totally changed.



Michal from the Czech Republic

BUSINESS ADMIN INTERN

Everybody was friendly and helpful, and the city is beautiful.

Clemence from France

BUSINESS ADMIN & MARKETING INTERN

I am so glad to take part of this journey with CTI. This internship is an opportunity for me and it's really a pleasure to feel good vibes and professionalism from the team.

Mia from Croatia

MARKETING INTERN

I have grown personally and professionally, and now have a clearer idea of what career path to take. I am extremely happy to have had such a wonderful experience here in Ireland!



Michal from the Czech Republic

BLACKSMITH INTERN

A beautiful city that has a lot to offer and I am happy to have this opportunity to live through it. They even told me they would hire me for a part-time job.



Giorgia from Italy

BUSINESS ADMIN INTERN

It was the most beautiful 4 months I have ever spent in my life, this experience has made me aware of anything, even the smallest, experience that I would do again a thousand times.

Nils from Switzerland

BUSINESS ADMIN INTERN

My 6 months stay in Ireland was incredible. Cork and especially the region is picturesque and have loads that have to be explored. Irish people are generous and very easygoing.

Sam from Germany

BUSINESS ADMIN INTERN

CTI made it possible for me to have an amazing experience in Ireland. Even if the start was complicated I had a really nice time in my host family and in my host company.

Jakub from Poland

SOUND ENGINEER INTERN

I've never thought an internship will be so interesting, I met interesting and talented people, and thanks to trips I saw many cool places in Cork and Ireland. Overall, this was a very nice experience and I will miss this place, my host company and the people from there.

Alexander from Austria

MECHANICAL ENGINEERING INTERN

My two weeks of internship in Cork were one of the best times of my life. After gaining some incredible working experience at a garage, I could visit and explore Cork in the evening. I can proudly say that I have not only grown linguistically but also personally and I will never forget these two weeks.

Career Training Internships is a

PROUD PARTNER OF

Skilled Crafts Chambers

Apprenticeship Boards

City & County Councils

Social Organisations, Non-Profits and NGO's

Employment Services - Public & Private

Local Authorities & Government Agencies

Vocational and Technical High Schools

Private Study, Travel & Work Abroad Agency

Research & Innovation based Organisations

Universities & Tertiary Education Providers





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