

Working abroad

BEFORE MAKING A DECISION

Working abroad is an **opportunity to develop yourself professionally** and personally. This decision can be driven by different reasons, so it is necessary to analyse your motivations and what they respond to, and become aware of them. With this information, you will be able to define how, and through which channels, you will choose the new destination country and also the procedures you have to prepare before the trip.

‘Define what your motivation

or motivations are

to find out where to go’

There are a number of things to keep in mind:

- **Know what your motivation is** to go (professional growth, learning languages, etc.)
- **Know your profile** (language level, professional profile, studies, etc.)
- **Know the job market**, in a broad sense, of the different destinations you have in mind (unemployment rate, development of companies in the sector, etc.)

Based on the answers in these sections, you have to decide upon the destination region (European Union, western countries ...), because depending on this you will have to prepare in one way or another. Similarly, choosing whether to go there for a limited period of time, or for a long time, will influence procedures and management.

So, once you’ve thought about these initial aspects, it’s time to **decide where to start looking**. We offer several useful resources to make your search easier.

NOW THAT I KNOW WHAT I WANT AND WHERE I WANT IT, WHAT CHANNELS DO I USE? WHERE DO I START?

Depending on your motivation, the first aspect to consider is, are there any channels or others?

If your motivations are:

- **Learning languages**
- **Discovering new cultures**
- **Personal growth**

You may be interested in the resources in the following tables, on [temporary work](#) or on [international volunteering](#).

If your motivations are:

- **Professional development**, getting experience
- **Improving your conditions**
- The need to open up new opportunities due to better job expectations in the destination country

You may be interested in the resources in the following tables, on [work contracts](#) or on [practice](#).

WHAT PROCEDURES AND DOCUMENTS DO I NEED BEFORE LEAVING?

Before leaving, you must take into account what documents and procedures you have to take care of in Catalonia or abroad. The legal procedures required differ if it is a country in the European Union or if it is a non-EU country. In addition, they will also be conditioned by the length of your stay.

Visas and permits:

As we told you, these will either be necessary or not depending on the destination. In some European countries a **work permit** is requested, so the first step will be to request information from the Spanish consulate in the destination country.

There are **different laws** for non-EU countries **depending on the region**. We recommend reviewing the paperwork in advance, as often obtaining the required permits can be a lengthy process that takes months.

You can find more information at the following [link](#).

Healthcare cover:

With regard to **social security**, keep in mind that some countries have signed an agreement with Spain, so the first step is to check if the chosen destination has this in order to take advantage of its public health system.

If you decide to take out **private cover**, check the terms and conditions of each health insurance, as some offer other additional services.

And, if you're young, your bank account or membership card for a public entity or agency may include private insurance or medical coverage abroad. Check before you leave.

You can find more information at the following [link](#).

Validation of studies or higher level training cycle diplomas or university degree:

If your decision to leave is to work or do an internship, you should also check the validity of your studies abroad.

On the one hand, your **academic transcript** is necessary for a foreign country to accept it, and on the other hand, it is also useful for you because if you train abroad, the course or courses will be easily recognised when you return.

Before leaving, check:

- Your training centre, if you want to continue studying abroad
- The Ministry related to your profession for the recognition of your degree to work abroad (for example, that of [Health Professionals](#) or that of [Education Professionals](#))
- The [Ministry of Education](#) for the management and validation of academic degrees
- The [National Academic Recognition Information Centres](#) (NARIC)
- The [University Recognition Support Service](#) (SARU)

When you return, please contact:

- The [Ministry of Education](#) for the management and validation of academic degrees
- The [Education Consortium](#) of Barcelona (non-university studies)
- The government delegation of [Higher Education Inspectorate](#) (university studies)
- The [University Recognition Support Service](#) (SARU)

Unemployment benefit:

Depending on the length and conditions of your stay abroad, you will need to find out what formalities need to be carried out and what challenges you may encounter.

If you are receiving unemployment benefits and want to leave

If you receive a contributory benefit, unemployment benefit or active insertion income (RAI) and move abroad, the conditions of the benefit will vary depending on the reason and duration of your move.

- **If you move for less than a year for work**, international cooperation or professional development reasons, you are obliged to communicate it to the SEPE and they need to authorise it. Please note that if your move is for less than 12 consecutive months, the benefit is suspended. In addition, if you do not notify SEPE of your move abroad, this will constitute an infringement and the termination of your right to the benefit.
- **If you move for one year or more for work**, international cooperation or professional development, the benefit or subsidy expires. If RAI is received, the aid expires after six months.

Check the necessary procedures and conditions at the nearest [SOC office](#). You can also find more information at SEPE, through the following [link](#).

If you want to receive unemployment benefits for time worked abroad

If you intend to work in the country you are going to, find out how this work experience will be reflected when you return, and if you have to manage any documents in order to be able to apply for unemployment benefits.

- **Benefits for returning emigrants.** If your employment relationship has expired abroad, when you return you may be entitled to a benefit if you meet the necessary requirements. These benefits are different depending on whether or not you are returning from a state that belongs to the European Union. They are managed by the State Public Employment Service, and to access them it is mandatory for you to register with the Public Employment Service of Catalonia (the SOC) as a job seeker. You can find more information through this [link](#) or consult the SEPE through the following [link](#).
- **Return Aid Plan (PAR)** of the Government of Catalonia. Upon returning, in order to establish your residence, if you find yourself in a situation of need or lack of protection, consult the PAR. This includes actions and support measures, such as a single payment financial benefit for cases where a lack of financial resources can be proven, or information and guidance in various areas. You can find more information using this [link](#).

IF YOU ARE LOOKING FOR TEMPORARY WORK:

Channels and offers		
Area	Resources	Goal
AU PAIR	Au Pair International IAPA Au Pair Childcare International Connect Au Pair	Websites to connect families and au pairs around the world, dedicated to taking care of children.
CRUISES	All cruise Jobs Princess cruises	Websites with a seasonal job market on cruises around the world.
SEASONAL	Season workers Fish4jobs	Website offering an international temporary job board.
SUMMER WORK	SummerJobs Summer Job Finder Cool Works	Websites that give job vacancies for the summer only.
HOSPITALITY	Me voy al extranjero Euro-practice Euro Hotel Jobs Trabajar por el Mundo	Websites that offer jobs for hospitality work around the world.
SPANISH TEACHERS	Me voy al mundo	Job board for working as a Spanish teacher.

IF YOU ARE INTERESTED IN INTERNATIONAL VOLUNTEERING:

Channels and offers		
Area	Resources	Goal
ENVIRONMENT	Wwoof Eco tur	Volunteering on farms and ecological establishments or cooperatives.
SOCIAL SERVICES	European Voluntary Service International Civil Service Cocat	Organisations for volunteering for human rights and social rights.

IF YOU CHOOSE TO GO FOR STABLE WORK:
Channels and offers

Area	Resources	Goal
PUBLIC INFORMATION	Europa.eu/youth	Centres, organisations and public information entities that can advise you on the procedures and tasks to be carried out before leaving...
	Europa Jove Centre	
	Ec.europa/Eures	
	Embassies/Consulates	
HEALTH AND TECHNICAL SECTOR	Mobilitat BCN offices	Websites of associations, federations, etc., of a specific field of study, that offer a job board with offers from all over Europe (and sometimes the world) in the sciences sectors of health and technical careers.
	European Nurses	
	Pharmaceutical EU	
	Federation Veterinarians	
	European Dentists	
	Biologists Association	
	Biophysical Societies	
	European Ophthalmology	
	Confed. Physical Therapy	
	Industrial Engineer	
SOCIAL, LEGAL AND ARTISTIC SECTOR	Fed. of Psychologists	Job market websites with offers from all over Europe (and sometimes the world) in the social sciences, law and arts sectors.
	Teaching Jobs	
	Cultural Mobility	
	Circostrada network	
	ACM Jobs	
	Law Careers.Net	

IF YOU WOULD LIKE TO DO PROFESSIONAL INTERNSHIPS ABROAD:
Channels and offers

Area	Resources	Goal
FUNDED PUBLIC PROGRAMMES	Erasmusplus.gob.es	The various public administration bodies, from the Government of Catalonia to the European Commission, fund public internship programmes, which require higher education – usually university – in a specific field.
	IAESTE.es	
	Universia.es	
	Eurodissea	
	AECID.es	
	Euraxess	
	ICEX	
PRIVATE ENTITIES PROGRAMMES	AGAUR.gencat	Public companies with public co-financing that offer mobility programmes around the world.
	AIESEC.org.es	
	Leonardo	