The decision to expand your horizons abroad can be realized through a variety of work, study and travel opportunities that are available for students and new graduates. The wealth of data, both in print and on the Internet, can be overwhelming — the search for the right opportunity for you requires time and effort.

Before you decide to take the plunge, there are several things to consider.

- **Why do I want to work abroad?**
- **What are my expectations?**
- **What skills do I have and what skills will I gain through an experience abroad?**
- **Do I have the financial means to go overseas?**
- **What work visa, citizenship requirements and health insurance coverage will I need?**
- **How long do I want to work abroad?** Work ranges from short term (2 months or less) up to one year or more.

Working abroad can take many different forms: paid, volunteer and internship, career related or not. By determining your priorities, you can target your search more effectively. **Note**: internship is used as a broad term and includes both paid and volunteer positions, short term and longer term, for students and recent graduates. Leave yourself time to investigate and plan for your work, whether volunteer or paid. For some organizations, the application and preparation process takes 3-8 months. For some programs, there are age and citizenship requirements.

**HELPFUL RESOURCES AND SERVICES**

- **GoinGlobal**, a website available in the Career Learning Network (CLN) under Resources, provides career guides, internship and job listings, and key employer directories for countries around the world.
- **UTM’s Career Centre** website includes links to other sites with information about working abroad: [https://www.utm.utoronto.ca/careers/jobs/resources-links](https://www.utm.utoronto.ca/careers/jobs/resources-links) (scroll to “Work Abroad”)
- **Visit UTM’s International Education Centre for academic & co-curricular opportunities:** [http://www.utm.utoronto.ca/international](http://www.utm.utoronto.ca/international)
- **The Centre for International Experience at St. George campus offers resources and services related to work, study, and travel abroad. Visit them online at [http://cie.utoronto.ca](http://cie.utoronto.ca)
- **CampusAccess has an internship database for students and grads at:** [http://www.campusaccess.com/internships/](http://www.campusaccess.com/internships/)
- **Travel guidebooks can be invaluable – take your time and look around to get one that deals with your travel and budget needs.** Some travel e-resources include: [http://www.lonelyplanet.com](http://www.lonelyplanet.com); [http://www.tntmagazine.com](http://www.tntmagazine.com) or [http://www.vergemagazine.com](http://www.vergemagazine.com/)

View library resources in the **Study Abroad & Teach / Work Abroad** section of the **UTM Career Centre**. Here are some examples:

- Work Your Way Around the World
- The Big Guide to Living and Working Overseas
- The Global Citizen
- Projects Abroad & GlobaLinks magazines
- Work Abroad Binders – for opportunities
- Teach Abroad Binders - for opportunities
- The GAP Yearbook … plus many more!

**SOME PROGRAMS OF INTEREST**

  Provides youth the opportunity to travel and work abroad. Also available for foreign youth that want to travel and work in Canada.


- **International Association for the Exchange of Students for Technical Experience (IAESTE Canada):** ([https://iaestecanada.org/](https://iaestecanada.org/)) is an international student exchange program that enables Canadian post-secondary students to combine travel with a career-related job overseas. Students must be enrolled fulltime in any of the following areas: science, engineering, business or applied arts subjects.
BUSINESS EXPERIENCE ABROAD CONTINUE

AIESEC (http://aiesec.ca), Volunteer, work or intern abroad with an issue-based organization and develop entrepreneurial and socially responsible leadership skills. Students may be required to pay for their own room, board and travel expenses, as well as arrange for their own visa.

SWAP Working Holidays promotes short term paid and volunteer cultural exchange opportunities globally. Examples include teaching English, animal care and research, as well participating in community development projects. There is an application fee for the program which typically pays for your visa, short term accommodation, some local travel or sight-seeing and orientation upon arrival. For more information visit http://www.swap.ca

STUDY ABROAD

A list of study / research / work abroad programs that are sponsored by the University of Toronto are available at the Centre for International Experience at http://cie.utoronto.ca/

Additional UofT programs that provide students with international opportunities include:

- Complete summer courses abroad: summerabroad.utoronto.ca/
- Engineering students: paid internships & career development programs available at the Engineering Career Centre (St. George campus): http://engineeringcareers.utoronto.ca/students/
- Arts & Science Co-op Programs: http://www.utsc.utoronto.ca/askcoop/students
- Exchange opportunities for Graduate Students (internship / study / research): http://www.sgs.utoronto.ca/prospectivestudents/Pages/Exchange-Opportunities-International-Domestic.aspx
- International Programs for Undergrad and Graduate Students (in the Faculty of Arts & Science): http://www.artsci.utoronto.ca/international-programs/students

VOLUNTEER EXPERIENCES IN DEVELOPMENT

Whether you are interested in a long-term career in development or want experience in grassroots development projects, you might start your research with two well-known Canadian programs. It is usual for applicants to have to raise part of the cost of the program, but fundraising assistance is provided by some organizations.


TEACHING ENGLISH OVERSEAS

This is another method to gain paid international experience especially with paid positions in East and Southeast Asia. Some programs accept any Bachelor’s degree while others expect specific Teaching English as a Second Language experience. Find out beforehand who pays airfare, if an orientation is provided, hours of work, if placement is urban or rural and what the cost of living is in the host country.

- An example is the Japan Exchange and Teaching (JET) Programme http://www.jetprogramme.org
- Another site, with job links as well as resources for teachers and students, is Dave’s ESL Café http://www.eslcafe.com

View resources in the Teach / Work Abroad section of the UTM Career Centre library.
Examples: Teaching English Abroad (book); Teach Abroad (binder)

LANGUAGE STUDY AND CULTURE IMMERSION PROGRAM

Explore (http://www.myexplore.ca) is a five-week intensive language-learning course to improve your knowledge of French language by visiting another region of Canada. Participants receive a $2,200 bursary covering tuition fees for the course, instructional materials, meals, and accommodation from the Council of Ministers of Education of Canada. Courses are adapted to your level of language knowledge.

- For information on learning languages abroad visit http://www.languagesabroad.com
- Directory of European Language courses can be found in http://www.europa-pages.co.uk

Please note that this information is subject to change. It is best to refer to the original sources for the most up to date information. (Updated May 2018)