



My Internship Experience in Ireland

OBCHODNÁ AKADEMIE D. M. JANOTU

PROGRAM ERASMUS +

TERMÍN A MIESTO MOBILITY:

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DUBLIN, ÍRSKO

ADRIÁNA ROVDEROVÁ



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My first day in Ireland

- We had an induction meeting organized by ADC College.
- We received information about transport, safety and Dublin attractions.
- The communication was excellent, friendly and clear, with regular feedback.

Host family:

- My host mother was kind and helpful.
- We had big breakfasts and warm dinners, the food was excellent.

Travelling in Dublin:

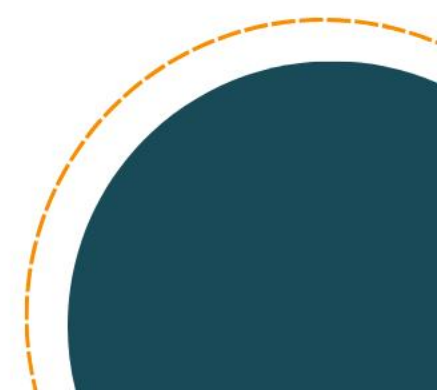
- I used buses, trains and Luas.
- Public transport was sometimes confusing, especially buses.





My Work Experience

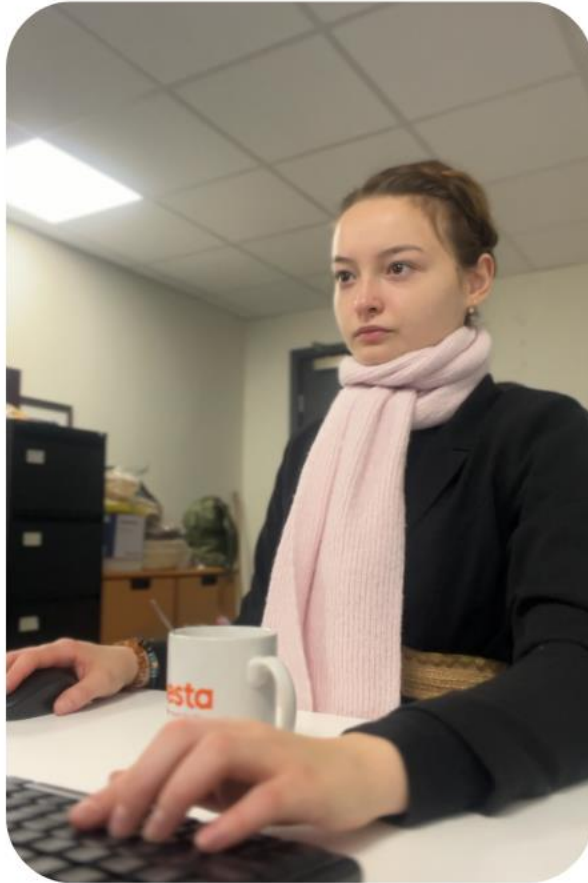
- I worked for BHC Agency, a staffing and services company based in Dublin, Ireland.
- BHC Agency specialises in providing temporary and permanent staff solutions throughout Ireland.
- They offer staffing support in areas such as healthcare, hospitality, homecare and cleaning services.
- The company focuses on reliable, qualified staff and flexible contracts to meet different business needs.



My Work Activities and Responsibilities

- I worked in the field of digital marketing.
 - My main tasks were working with a database and helping with small marketing tasks.
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- I worked on a computer in an office.
 - The work helped me understand how marketing agencies operate on a daily basis.





Supervisor and Skills

- My supervisor was a very straightforward woman.
- She focused on rules, precision and deadlines.
- She always helped me when needed.
- I received a task, asked additional questions, agreed on a deadline and then received feedback after completion.

Skills learned

- Learned to operate in a team
- Independence and responsibility
- Confidence in communication

Contribution to My Future Career and Study

- This work experience improved my professional English, which is important for my future career.
- I gained real work experience in an international environment.
- It helped me become more independent, confident and responsible.
- The experience will be useful both in my future studies and employment.



Diversity

- People in Ireland are generally more open and friendly.
- Communication is more informal and polite.
- Irish food culture is different – warm dinners and simple meals.
- Life in Ireland feels more relaxed, but still well organized.



Message for Future Students

- Do not be afraid to communicate and ask questions.
- Be open to new cultures and experiences.
- Use public transport confidently – you will learn quickly.
- Enjoy the experience and take it as a chance to grow personally and professionally.



Why Would I Recommend This Work Experience?

- Everything was fully funded by the project.
- Accommodation, work placement and organization were provided.
- It is a unique opportunity that many students do not get.
- You gain valuable international experience and new skills.



An aerial photograph of the Cliffs of Moher in Ireland. The image shows a vast, green, grassy plateau that drops off into a series of steep, dark, layered cliffs. A narrow road winds along the top of the plateau. The ocean is visible below the cliffs, with white foam from the waves crashing against the base of the rock formations. A prominent sea stack is visible in the water to the right. The sky is overcast and grey.

***THANK YOU FOR YOUR
ATTENTION***