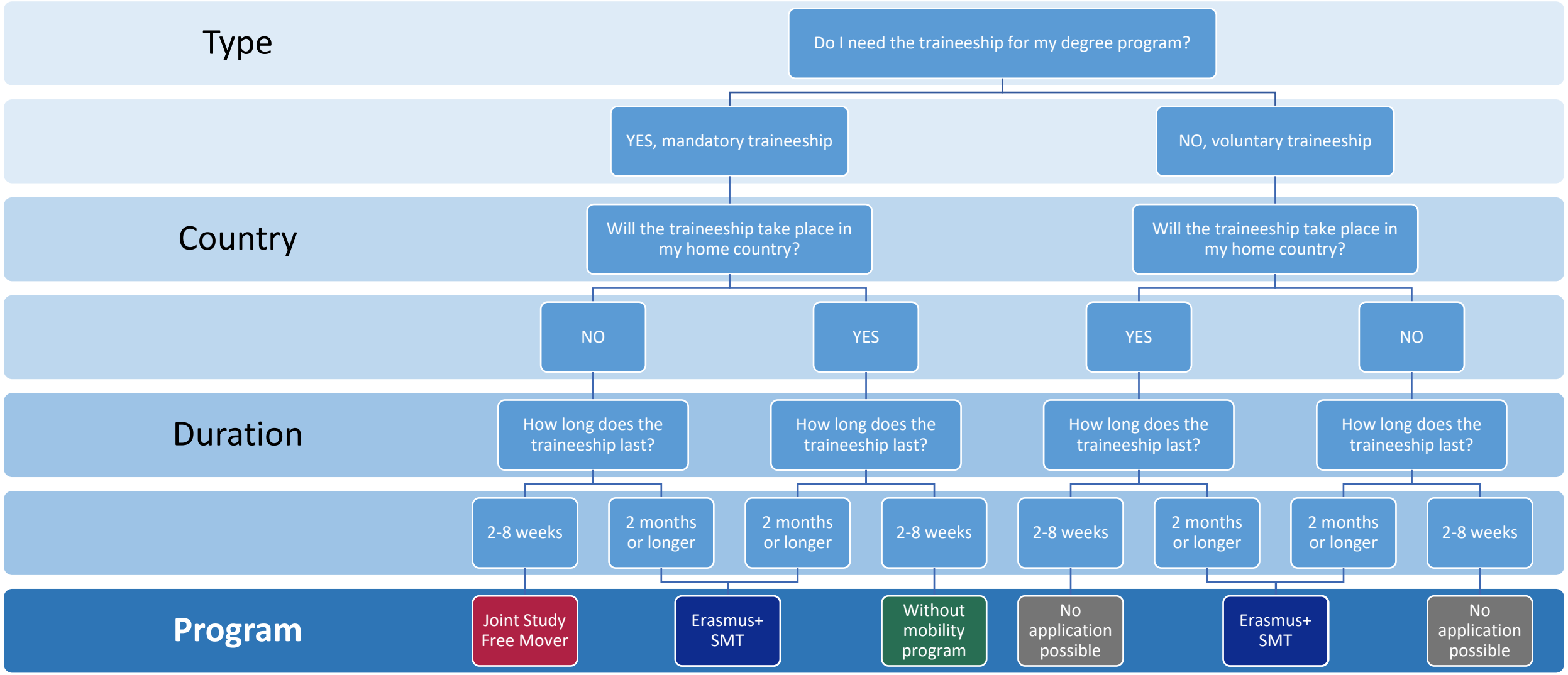Traineeship abroad – Which program should I apply for?