



Empowering Students Through International Development Programs

Providing internships in top hotels and development programs
for students worldwide since 2015.



iPractice

INTERNSHIPS AND MANAGEMENT

by **ITEM**
BUSINESS SOLUTIONS

i **INTERNSHIPS**

T **TRAINING**

E **EVENTS**

M **MENTORING**

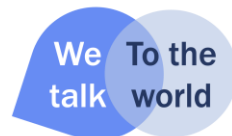
www.ipracticeinternships.com

ABOUT US

Born in 2015 with our iPractice Costa Brava brand, specialized in the management of internships in TOURISM & HoReCa in hotels and tourist complexes throughout the Costa Brava area.

2020 we adapt our name to iPractice Internships, inside the NEW BRAND ITEM Business solutions

As ITEM Business solutions we also provide services in **Events, Teaching and Mentoring**





ABOUT US

We are born with the aim of reaching the highest level of **quality and exclusivity**.

We grow with the idea of transversality and transparency and education in **values**.

With an office in Santa Susanna, we established ourselves with the main objective of being able to give internships to students from all around the world in the amazing hotels and restaurant businesses in **Catalonia**.

Since 2022 we have been developing projects in the **Pyrinees, Almeria and Mallorca**.



CEO & FOUNDER JOSEP TORRENT

- A professional with more than 20 years of experience in Hospitality, Tourism, Events and HR services.
- Specialist in talent management, mentoring and education.
- Teacher and tutor in TOURISM and BUSINESS schools in Barcelona developing various educational projects.
- Participation in seminars in collaboration with European universities.
- Management and musical design for Events, Professional Speaker.

WHAT CAN WE GIVE TO YOU?



*"We offer you a **life's grand adventure** with working holidays, where career meets experience, creating the **best time of your life**"*



THE THEORY OF THE 10.000 HOURS



According to the theory of expertising of **Malcom Gladwell**, one person needs 10.000h to become an expert at any field.

Our projects offer the possibility to accumulate **from 10 weeks up to 12 months (400 to 2000h) of practices** at reputed companies of our area under the best possible conditions and according to the Spanish labor law.

1	0	0	0	0
H	0	U	R	S

DEVELOPEMENT PROGRAMS

Providing internships in top hotels for students from EU and around the world since 2015.



OUR MISSION

Contribute to the happiness of the participants in our programs by organizing internships with the best possible conditions.

OUR VALUES

With passion, commitment, and proximity, we empower people through integrity, honesty, and respect, fostering a community where values shape every action and interaction

OUR VISION

To be an international reference for the management of people and create future professionals

BECAUSE IS ALL ABOUT TRUST..



Students

+1200



Hotels & Resorts

+40

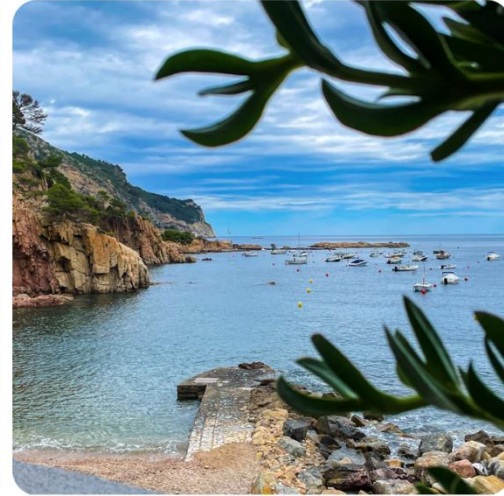


Schools

+50

Internship Opportunities

Exciting development programs for students in best hotels
in the amazing SPAIN



YOU PRACTICES IN AN AMAZING AREA

- COSTA BRAVA
- SALOU - TARRAGONA

80/100 PLACEMENTS



BARCELONA

+10 MILLIONS
TOURISTS

25 HOTELS WITH US



PYRINEES

4* Hotels ready to give
placements during winter
and summer period

8/10 PLACEMENTS





MALLORCA

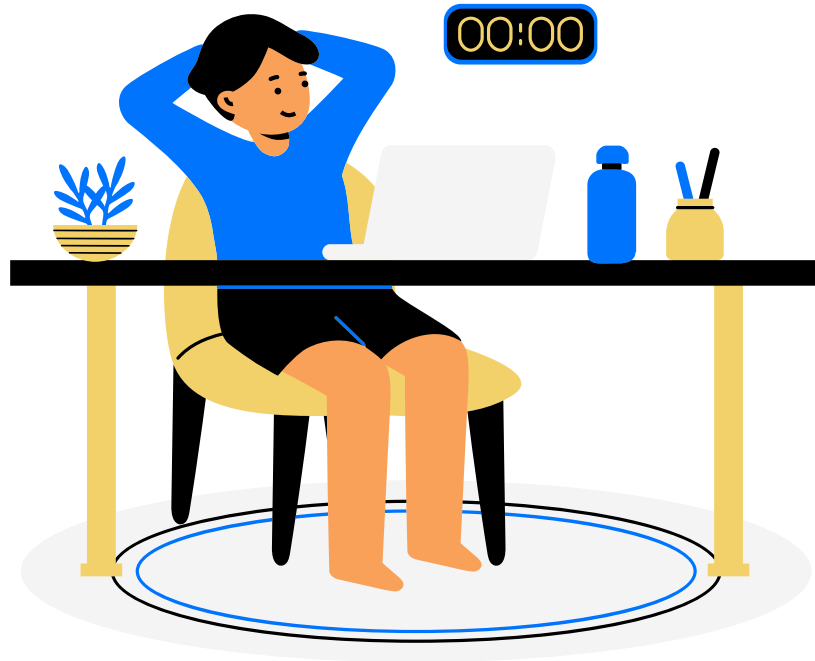
From 2024 we are excited to start a new project at a hotel-foundation in the **North of Mallorca and in Can Picafort**



ALMERIA AND ROQUETAS DE MAR

We have launched a remote coordination service in the Roquetas de Mar area, with our first 5 projects from 2024





Why iPractice Internships?



**YOUR
HAPPINESS,**

**OUR
SATISFACTION!!**

**Because we care
and we love to do a
good job.**

**Because we are
specialists with
more than 10 years
experience**

**Because we know
your needs and all
parts protocols**

**Because we know
how to handle
issues and find the
best solution**

WHY CHOOSING US? WHY SPAIN?



El español, la cuarta lengua más hablada del mundo

Lenguas con el mayor número de hablantes* a nivel mundial en 2025 (en millones)



1.528
Inglés

1.184
Chino
mandarín

609
Hindi

559
Español

335

Árabe
estándar

312

Francés

284

Bengalí

267

Portugués

253

Ruso

252

Indonesio

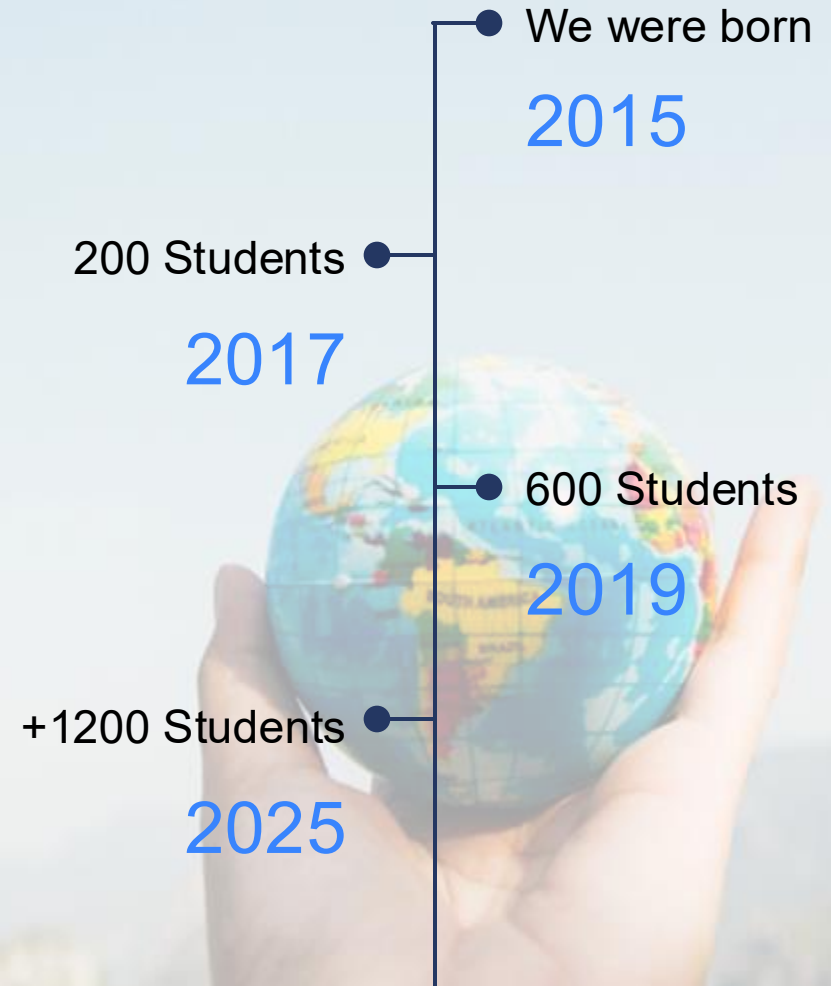
* Hablantes nativos o que utilizan el idioma como segunda lengua.

Fuente: Ethnologue

- "We strongly advise students to carefully select the **most beneficial investment** for their future growth, emphasizing that proficiency in **Spanish language** will empower them"

INTERNATIONAL PARTNERS

- LATVIA
- ESTONIA
- LITHUANIA
- NETHERLANDS
- CZECH REPUBLIC
- ITALIA
- SLOVAKIA
- POLAND
- RUMANIA
- BULGARIA
- MARROC
- COLOMBIA
- MEXICO
- SPAIN



SCHOOLS AND UNIVERSITIES



UNIVERSITATEA
„ALEXANDRU IOAN CUZA”
din IAȘI



Universidad de
La Sabana



UNIVERSITÀ
DEGLI STUDI
DI MESSINA



curio



UMCS
UNIWERSYTET MARIII CURIE-SKŁODOWSKIEJ





Co-funded by the
Erasmus+ Programme
of the European Union

- All hotels follow Erasmus and Erasmus + projects.
- This is an additional value to the benefits offered to you.
- We will give support with the al process.

BENEFITS FOR THE STUDENTS

- A guaranteed place for practices for the whole signed period.
- Registration into the Spanish Social Security* *if proceeds to your status*
- Legal agreement
- Working shifts of 40h a week
- 2 free days a week in almost all of the placements.
- Pocket money from 400€ to 700 € + Bonus
- Free meals per day.*
- Free accommodation.*

* *Not guaranteed in the city of Barcelona*





OUR SERVICES

FREE SERVICE iPRACTICE INTERNSHIPS

- **Human Selection** process & Managing of documents.
- Preparation of the **NIE** and Social security documents: **Total Cost of NIE 70€** (including TAX and our transportation costs)
- **Welcoming** at the airport **and Free shared transfer** (groups of at least 5 students)
- **Personal introduction** to the management.
- 24h/7 Telephonic assistance for medical **emergencies**.
- **Assistance** in case of sickness
- Phone or Whatsapp available **Monday to Friday** from 10 to 19h for not urgent matters.

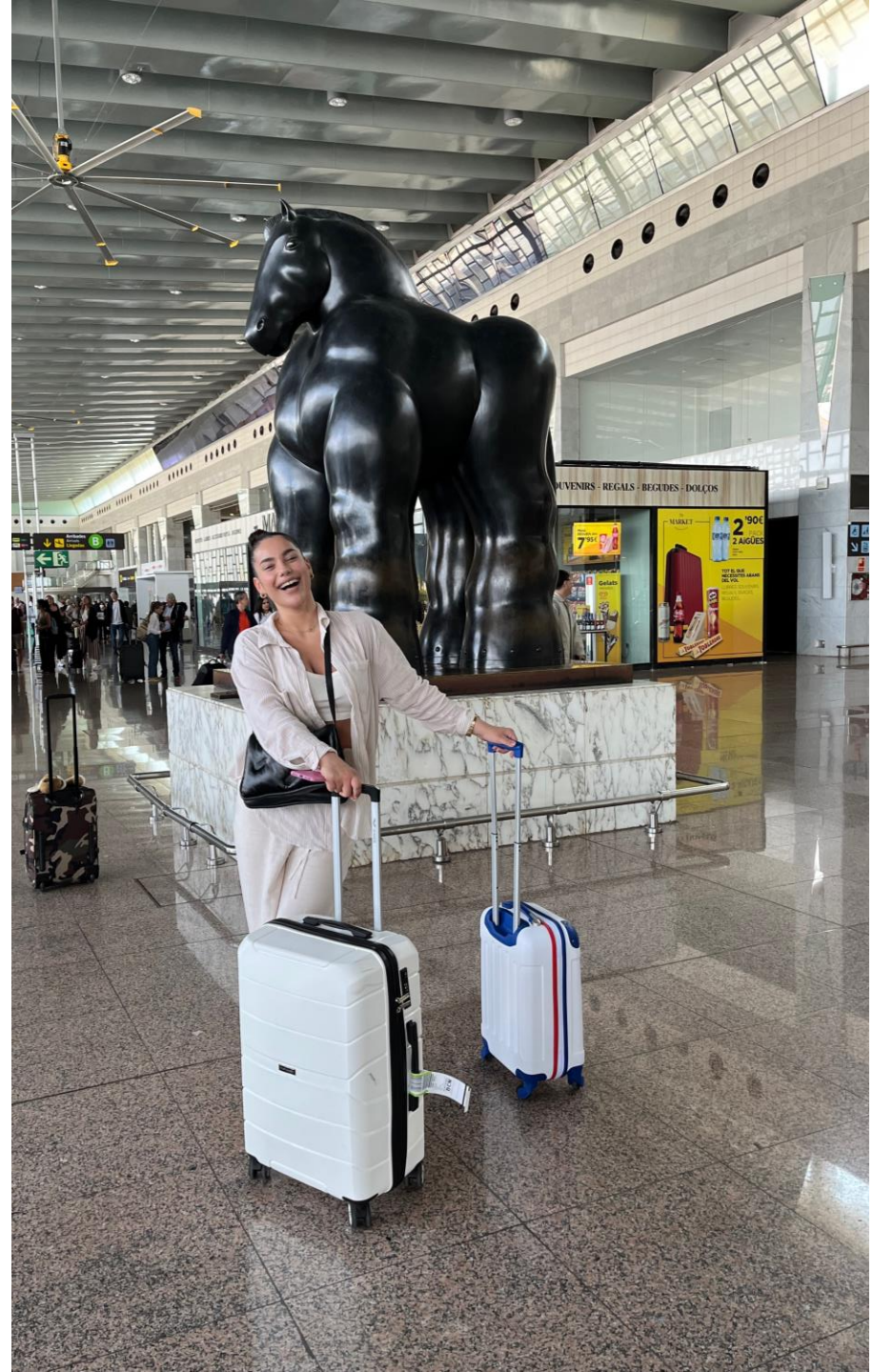
This service is FREE OF CHARGE when the student accomplish 100% the terms and period established in the agreement.



DO YOU NEED A PREMIUM ARRIVAL SERVICE?

🚗 **INDIVIDUAL CAR TRANSFER – SPECIAL SERVICE:** Enjoy a private, door-to-door transfer. 🚗

FEEL FREE TO ASK US ABOUT IT!!



THE ESSENCE OF THE V.I.P SERVICE

- Since 2015, **iPractice Internships** has been offering a **comprehensive FREE package** of services — a commitment we will proudly continue in the future.
- This free service includes adapting arrival dates, airport pick-up times, follow-up procedures, and medical assistance according to iPractice's requirements.
- At the same time, we now also offer **two additional PREMIUM and FULL VIP service packages** for students who prefer a more personalized welcome, 24/7 availability, and enhanced flexibility with added services.
- You'll be asked to select one of these 3 packages before your arrival. Once chosen, our team will prepare a **private agreement** between you and us, ensuring full commitment from both parties.

PREMIUM WELCOME PACKAGE

- **Human-led selection process** and document management.
- Preparation of NIE and Social Security documents — **INCLUDED**, (includes VAT, TAX FEE and transportation to/from the police station).
- Airport welcome and **TRANSFER** (individual or shared max 4 persons) - **You choose the day and time**
Personal introduction to the management team of the hosting company..
- **24/7 Phone support** for emergencies
- **Illnesses:** Support in case of need of medical assistance
- **Phone or WhatsApp support** for non-urgent matters (Monday to Friday, 9:00–19:00).
- **Return transfer** to the airport **NOT included** to airport included

PRICE OF THIS SERVICE 250€ - including 21% VAT and taxes





FULL VIP SERVICE PACKAGE

- **Human-led selection process** and document management.
- Preparation of NIE and Social Security documents — **INCLUDED** (includes TAX FEE and transportation to/from the police station).
- Airport welcome and **transfer to your accommodation** (individual or shared, max. 3 persons). **You choose the day and time.**
- **Personal introduction** to your management team.
- **24/7 Phone support** for emergencies.
- **Illnesses:** Personal support with pick-up and **accompaniment** to the doctor, or doctor sent to your accommodation.
- **Phone or WhatsApp support** for non-urgent matters (Monday to Sunday, 9:00–21:00).
- **Return transfer to the airport INCLUDED** (Individual or shared, max. 4 persons) to airport included

PRICE OF THIS SERVICE 450€ - including 21% VAT and taxes



SERVICES PACKAGES AVAILABLE

SERVICE	FREE SERVICE PACKAGE	PREMIUM WELCOME PACKAGE	V.I.P. FULL SERVICE
Human-led selection process and document management.			
Preparation of NIE and Social Security documents	70€		
Receiving at the airport and transfer to the hosting company	 NOT INCLUDED (JUST PROVIDED FOR 5 OR MORE STUDENTS TOGETHER)	INDIVIDUAL OR MAX 4 PERSONS	INDIVIDUAL OR MAX 3 PERSONS
Personal Introduction to the management of your hosting company	NOT GUARANTEED (MAY BE ONLINE)		
24/7 Telephone support for EMERGENCIES			
Support in case of medical assistance low importance sicknesses	 ONLINE	 ONLINE	 PERSONAL
Phone or WhatsApp support for non-urgent matters	MONDAY-FRIDAY 9-19h	MONDAY-FRIDAY 9-19h	MONDAY- SUNDAY 9-21h
Transfer back to the airport at the official end of the internship	 NOT INCLUDED	 NOT INCLUDED	 INCLUDED

EXCEPTIONS CAN BE MADE FOR
4 OR MORE STUDENTS

HEALTH & INSURANCES

You can purchase any medical travel insurance that includes **coverage in Spain**. However, we offer a specialized health insurance plan for international students in cooperation with FIATC, providing comprehensive medical coverage beyond standard travel insurance. Unlike typical travel insurance, this plan covers **all medical needs, not just emergencies**.



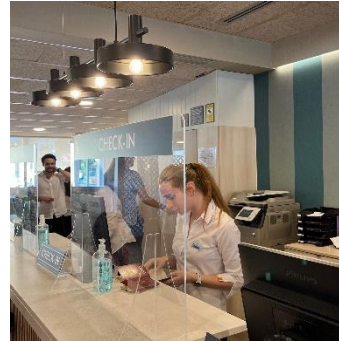
Key Benefits:

- ✓ Available for students aged **18 to 35 years**.
- ✓ Purchase from your home country with a **passport, proof of enrollement, and Spanish residence address**.
- ✓ Coverage period: **3 to 12 months**, with renewal options.
- ✓ **Full Medi-Fiatc healthcare**, including hospitalization and guaranteed **repatriation** to your home country.
- ✓ Access to a dedicated **CORP-ESTUDIANTES** medical team.
- ✓ **No waiting periods** – coverage starts immediately.
- ✓ **Affordable**: €48.00/month **with no co-payments**.
- ✓ **One-time payment** for the entire contract duration via **debit/credit card (POS system)**.
- ✓ Easy online registration with a **health questionnaire via Teladoc** (available in Spanish, English, and German).

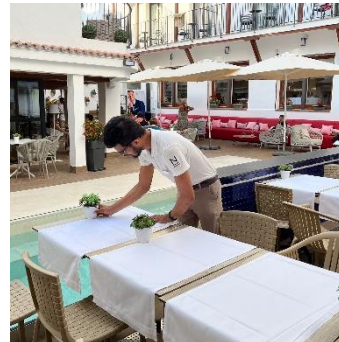
Choose you CAREER PATH

Hotels & Resorts
Restaurants
Tourism Sector

“Front of the house”



FRONT OFFICE: RECEPTION –
RESERVATIONS, MARKETING.



FOOD AND BEVERAGE:
BARCOCKTAIL BAR , GUEST
ATTENTION AND BUFFET-
RESTAURANT.



ANIMATION: GENERAL
ENTERTAINMENT, DJ,
MINICLUB, SPORTS, PPRR.

“Back of the House”

Internal management,
organization and
cleaning departments



LAUNDRY - CLEANING
INTERNAL ORGANIZATION
MAINTENANCE



KITCHEN - PREPARATION
MAINTENANCE - CATERING



HOUSEKEEPING
MINIBAR
ROOM DIVISION

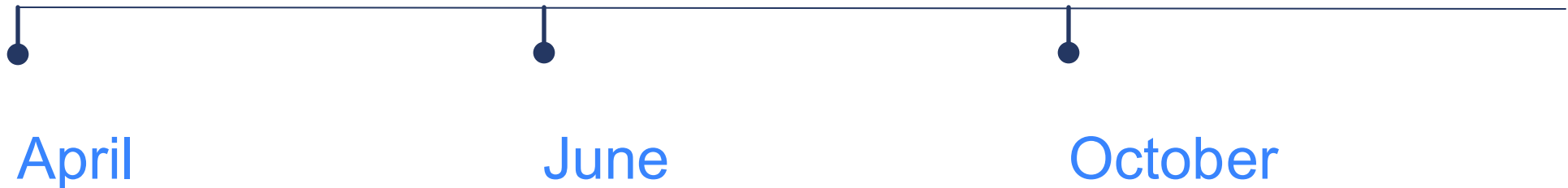
Periods available

3 months: June to September

5 months, May to October

4 months: May to September

6 months: April to October



Ask us about the **whole year projects** available!!!

Requirements

Step 1

To be enrolled to the current academic year school program

Step 2

Approval by the University/School required

Step 3

Have reached the age of majority (18 y.o.) at the arrival

Step 4

Minimum A2 English.

Step 5

Motivation in personal growth

Step 6

Send us the cv and motivation letter to:



iPractice@itembs.com



TRUST US

**and our team will
take care to make
this journey the best
it can be!!**



Contact Us



+34 722 693 292



iPractice@itembs.com

iPracticeinternships@gmail.com



www.ipracticeinternships.com

