HOW TO CHOOSE MY EXCHANGE DESTINATION?

Info session 4.9.2019
PLEASE JOIN US ON PRESEMO

https://presemo.helsinki.fi/infosessionfall19/
TODAY’S AGENDA

* Why go on an exchange and when?
* What to study there?
* Exchange destinations
* Selection criteria, application dates, funding for exchange studies
* Application process and "clinic"
* These slides will be available after the session at:
  https://guide.student.helsinki.fi/en/article/information-sessions
INSTRUCTIONS FOR STUDENTS

https://guide.student.helsinki.fi/en/study-abroads
1. Student exchange

2. Traineeship abroad
   - Career Services [1]
   - Erasmus or scholarship for traineeships [2]
   - Finnish National Agency for Education [3]

3. Short-term study abroad such as intensive courses (summer schools)

4. Internationalisation at Home
   - Courses in English
   - (International) student organisations
   - International tutoring
   - Language Centre: ALICE programme,
     Helsinki Summer School

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WHY GO ON AN EXCHANGE?

You get different perspectives on studying and life

* Intercultural competences
  - Multilingual/-cultural teams
  - Understanding people from different backgrounds
  - Language skills
* Leaving your comfort zone, becoming more independent, navigating different environments
* Networking and making friends
If you’re studying an international Master’s programme, check with your programme’s planner about your options and limitations to applying for an exchange.

Include the exchange in your personal study plan (HOPS).

In some programmes only a short exchange/summer course is possible!

**Intercultural Encounters (ICE) and Russian Studies:** only short exchanges possible, semester-long exchanges wouldn’t fit into the degree.

**Global Politics and Communication (GPC):** semester exchanges possible if you can replace your degree courses directly. Best timing: the spring of your first year, or the second year if you’re able to work on your thesis with a local supervisor. Short are exchanges easier implement.

**Contemporary Societies (COS):** focus on short exchanges.

**TRANSMED:** semester-long exchange is mainly possible if the thesis is made during the exchange, or if the student intends to do the degree in more than 2 years. Short exchanges recommended for spring semesters.
WHEN TO GO ON AN EXCHANGE?

- Make sure the exchange doesn’t interfere with your thesis seminar schedule
- Check how the semesters run at your planned destination
- Check whether the host university has limitations on the degree level of a student
- Credits from your exchange have to be used as a part of your degree at the University of Helsinki.
- You must be a degree student at the University of Helsinki and enrolled as attending (also during your exchange)
WHAT CAN I STUDY THERE?

- As far as UH is concerned: Courses in your major, optional studies, elective studies, language studies
- As far as the receiving university is concerned: they may have limitations – Erasmus and Nordplus agreements are connected to a study field
- Read instructions for credit transfer when planning your studies
- Check the intended destination’s web site for their course offer (and contact their international coordinator if necessary)
- For destinations outside EU/EEA (1)
- You must complete at least 5 ECTS/month.

FUNDING FOR EXCHANGE STUDIES

- Erasmus exchange: 360-420 €/month grant
- Nordplus/Nordlys exchange: 200 €/month + travel grant
- University bilateral agreements: 1000-2200 €/semester
- Short courses 500-900 €
- Freemover scholarship: 300 € (to Europe or Russia) or 900 € for further away
- Study grant from KELA (1), and housing grant

- You can apply for other scholarships or travel grants for example from foundations or organisations, which grant scholarships for students

(1) http://www.kela.fi/web/en/financial-aid-for-students-if-you-study-abroad
HOW TO CHOOSE AN EXCHANGE DESTINATION? 1/2

- Think about your studies (study level) and skills (e.g. language skills)
- See what is offered, based on your interest
- Take a closer look at 2 or 3 options
- Contact the destination’s international office if the info you are looking for isn’t available
- Ask advice from your fellow students and teachers who have been on an exchange
- Check out Exchange opportunities around the world (1)

Check the partner university’s information about the available degree level for exchange studies and whether they have restrictions on what fields of study are available. Erasmus and Nordplus agreements are connected to specific study fields.

When applying for a Master-level exchange, you generally need to be at Master level yourself in your degree by the time you apply.

If the partner university has a GPA requirement (mainly concerns destinations outside Europe), make sure you meet it.
DESTINATION: EUROPE

- **Erasmus** is the largest programme at UH with the most students and destinations
- Includes EU / EEA countries and Turkey
- Application period for non-EU/EEA places in Europe is in October (not Erasmus)
- 12 is the maximum number of Erasmus grant months per degree study level (Bachelor, Master, PhD), both for studies and traineeship.
- Students of all faculties can apply. Majoring students of the agreement holding degree programme will be chosen first. Placements can also be offered to students of other fields with discretion. The decisions are made case by case.
- There are also a few Erasmus University wide-agreements (Edinburgh and Nordic countries) that are open for all Faculties
- Read more on Instructions for students (1)

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Nordplus networks concern a particular field of study and its students.

- You can find the networks that UH is part of in the Mobility Online portal (1).
- The networks determine the grant amounts, which are often not confirmed before June / November.
- Read more on Instructions for students (2).

(1) https://kvl.it.helsinki.fi/mobility/MobilitySearchServlet?sprache=en&identifier=helsinki01
Nordlys-network is open for all UH degree students and is not connected to any particular field of study. There are 37 multidisciplinary partner universities in the Nordic countries. Nordlys is suitable for:

1) students who can’t go on a Nordplus or Erasmus exchange through their major.
2) students who wish to study a minor during their exchange.
3) students whose intended destination is not in their major’s Nordplus network.

Information (1), also about partners who limit the fields of study they take students from.

DESTINATION: SWITZERLAND

Switzerland is not a part of the Erasmus+ programme. Funding is provided by the Swiss government.

Application for Swiss destinations are made through Mobility Online but through the specific Swiss-European Mobility programme scheme.

The same application procedure applies to the Swiss programme as to other European destinations.
Another option are **Short Courses**. These are courses you look for yourself after which you can apply for a scholarship from our university.

Continued application (1.9.-15.6.).

- **Short courses**
  With a short course we mean any course taught at another university abroad. The course must be of high quality and support your studies at the University of Helsinki. Duration 1 week to 3 months.

- **Grant**
  You can apply for a grant for Short Courses. Apply independently for Short Courses and then for a grant.

- Chosen Summer schools will be available during the call for applications in February 2020.
HAVE A CHAT

Now you have been listening to us for a while. Please introduce yourself to the student sitting next to you and share your thoughts or plans about exchange studies. You have 5 minutes to discuss.
• Language requirements depend on what you want to study during your exchange.
• Good skills in the teaching language are required.
• Start studying the language early enough.
• The Language Center offers a multitude of courses in various languages.
• Many universities use the local language as their teaching language, but sometimes (especially on Master’s level) it’s also possible to take courses in English. Some universities may still require knowledge of the local language also.

• **to study in English**: Your degree study right is sufficient proof of your English proficiency for us. However, if you are selected to apply to your destination, be prepared to prove your level of English to them according to their instructions.

• **to study in Swedish**: You do not need to prove your level of Swedish, if you are studying in a Swedish/bilingual degree programme at the University of Helsinki.
Other study languages (e.g. French/ German/ Spanish):

- The minimum requirement for the University of Helsinki application is B1 level (intermediate level)
- Please note that some exchange partners require a higher level

Studying the local language during your exchange, e.g. Russian

- You must, already during the application phase have at least 10 ECTS of completed studies at the University of Helsinki in the language, or an equivalent proficiency.
HOW TO APPLY FOR A STUDY EXCHANGE?

The application process has two phases

1) first you apply through us (the University of Helsinki)
2) then once we have accepted your application you apply to the host university as an exchange student

- Always start by reading carefully the application instructions and requirements in the application (1) information published by the International Exchange Services in the Instructions for students.
- Apply by filling in the application in the Mobility Online system (2) during the announced application period.
- With one application you can apply at the most for three (3) exchange destinations. You can make more than one application, however no more than six (6) destinations are allowed.
- If you have not been chosen for exchange you have the possibility to receive an offer to a vacant exchange spot without handing in a new application.

(2) https://kvl.it.helsinki.fi/mobility/MobilitySearchServlet?sprache=en&identifier=helsinki01
## MOBILITY ONLINE

### Before the mobility

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<th>Action</th>
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<td>Online-Application</td>
<td>21.12.2016</td>
<td>Mari Annikki Lauk</td>
<td>Display Application Data</td>
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<td>Confirmation E-Mail Online-Application</td>
<td>21.12.2016</td>
<td>Mari Annikki Lauk</td>
<td>Upload passport photo for the application (optionally)</td>
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<td>Learning Agreement completed</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
<td>Complete Learning Agreement</td>
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<td>Learning Agreement printed</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
<td>Print Learning Agreement</td>
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<td>Application Form printed</td>
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<td>Application rejected</td>
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### Decision about the allocated exchange placement

- Mari Annikki Lauk
- Helsinki Administrator

### During the mobility

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<td>Notification of changes printed</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
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### After the mobility

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<tbody>
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<td>Letter of Confirmation received and checked</td>
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<tr>
<td>Number of completed credits at the host university (ECTS or an estimation of the ECTS)</td>
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<tr>
<td>Learning Agreement received</td>
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<td></td>
<td></td>
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<tr>
<td>Student exchange cancelled after scholarship has been processed</td>
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APPLICATION PROCESS

• Return all compulsory application documents by uploading them to Mobility Online

  ✓ **Study plan** (Learning agreement): the most important document. It has to contain at least 5 ECTS credits / exchange month, the target is to complete 30 ECTS credits / semester

  ✓ **Motivation letter** max. 400 words in English, if you apply to several universities write one motivation letter, but tell the reasons why you apply to these destinations. Remember to prioritise the universities.

  ✓ **Transcript of records (issued by UH)** unofficial transcript from Weboodi is accepted in this application phase.

  ✓ **Language certificate** if needed.

• More information about the application process (1). Return all compulsory application documents by uploading them to Mobility Online

APPLICATION DEADLINES

29.8.-12.9.2019
Additional application round for the spring semester 2020

Erasmus, Nordlys and Nordplus additional round for spring 2020

24.10.-7.11.2019
For the Academic year 2020-2021

Asia, Middle East, Russia, Serbia, Canada, Mexico, USA, ISEP, North2North

31.1.-13.2.2020
for the academic year 2020-2021

- Europe (Erasmus, Nordplus, Nordlys)
- Additional application for destinations left over for destinations:
  Asia, Middle East, Russia, Serbia, Canada, Mexico, USA, ISEP, North2North

Year 2021
Australia, New Zealand, Latin-America and Africa
SELECTION CRITERIA

• The selections are made on the basis of the learning agreement, motivation letter, grade point average and progress of studies.
  
  o pay special attention to consistency and relevance to your studies as well as the host university’s requirements and possible special criteria
  o make sure you fulfil the language requirements
  o the exchange should not delay the completion of your studies

• University-level agreements: exchange decisions are partly made on the basis of equal distribution of candidates amongst faculties / subject areas
• With interdepartmental agreements (Erasmus+, Nordplus, Faculty and unit bilateral agreements) preference is given to students of the department in question.
• More information on the selection criteria (1).

Applicants will receive the results by 12 Oct 2019.

If you are chosen you will be nominated by the International Exchange Services to the exchange destination as an official exchange student.

You then will apply to the exchange destination according to their instructions.

Students with a destination outside the EU/EAA will receive further instructions about application dead lines and procedures from the International Exchange Services.

The final decision about the acceptance of the application is made by the receiving university/institution. Please note the receiving university/institution has the right to reject the application!
APPLICATION CLINICS

We will assist you in your Mobility Online application and related questions. You can join us during these following sessions:

- Tue 10.9.2019: 14.15-16 pm City centre: Aleksandria, room K130, Fabianinkatu 28

https://guide.student.helsinki.fi/en/article/information-sessions
SOCIAL MEDIA

Make sure to visit our Instagram account
https://www.instagram.com/studyingabroad_uh/?hl=en

Our blog site
https://blogs.helsinki.fi/vaihtokertomuksiamailma

And to watch our promo video
- in Finnish.
https://www.helsinki.fi/fi/unitube/video/76a2ed20-fa93-4753-9c45-f2c1b9c1768b
We are awaiting your application!