For the participants:
• Please mute your microphone.
• Rename yourself: first name (or nickname) + faculty. NB! You can omit the "faculty of" part!
• You can ask questions in the chat.
• We recommend using headphones.

"HOW TO CHOOSE YOUR EXCHANGE DESTINATION" EVENT

International Exchange Services
University of Helsinki
January 26, 2021
TODAY’S AGENDA

The Why, the Who, the When and the What

• Eligibility for application
• Funding of the exchange
• COVID-19 situation
• How to choose an exchange destination
• How to apply: application dates, selection criteria and process
• These slides will be available after the session on our website.
A MORE INTERNATIONAL DEGREE

• You get a different perspective on your own field of expertise and studying in general. At the same time you deepen your knowledge in an international context.

• Broaden your field of expertise and find your academic identity.

• Develop your communication skills in different circles for instance academic, cultural or working environments.

• Enrich your cultural competency, a most valuable currency.

• Meet new people and enlarge your network.

• You'll learn to evaluate your skills and to develop them by acquiring new knowledge.

• You can further improve most of the above through internationalisation at home.
INSTRUCTIONS FOR STUDENTS

Your journey starts here!

STUDY ABROAD

Select degree programme
Bachelor’s Programme in Education Early Education Teacher (50)

Corona: Information for outgoing exchange students
The International Exchange Services has created this page for outgoing exchange students on COVID-19 issues and its influence on student exchanges.

Do you want to study abroad?
You should begin to consider your destination and timetable as early in your studies as possible.

Exchange opportunities around the world
Read more about the University’s exchange programmes and partner universities to find the right destination.

Information sessions about student exchange
Come to our information sessions and learn about the options for student exchange.

Application process for exchange studies
Find information about application periods and prerequisites, as well as the required documents.

Language requirements in student exchange
You will need appropriate language skills to succeed in your application for exchange studies and cope during the exchange.

Funding for the student exchange

Before your exchange

Returning home - instructions for
ELIGIBILITY FOR APPLICATION

- You need to hold the right to complete a degree at the University of Helsinki
- and you need to be registered as an attending student at the time of application and during the exchange.
- You need to have completed at least 30 credits worth of studies by the time of application.
- The exchange period has to be at least 3 months but less that 12 months and it has to be within the period stated on the Exchange opportunities around the world website.
- The courses to be completed need to be fully transferrable to your degree at UH. The planned exchange studies must not exceed the maximum credits allowed in the degree.
THE RIGHT TIMING FOR AN EXCHANGE

• If you’re studying an international Master’s programme, check with your programme’s planning officer 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!

• The host university may have restrictions regarding the study level of students applying. Check beforehand.
• You need to have completed at least 30 ECTS at UH, or show us the transcript of your previous degree.
WHAT CAN I STUDY ABROAD? 1/2

• As far as UH is concerned, you can take courses of your major, optional studies, elective studies or language studies.

• Yet, make sure to read about your faculty and degree programme specific instructions about how to recognise courses from your future exchange while completing your study plan to your exchange application.

• We require you to accomplish a minimum of 5 ECTS / month with a goal of 30 ECTS / study term.

• The courses to be completed need to be fully transferrable to your degree at UH. The planned exchange studies must not exceed the maximum credits allowed in the degree.
WHAT CAN I STUDY ABROAD? 2/2

When searching for course information

• Europe and Nordic countries: Check the host universities’ course lists on their own websites. Usually Erasmus+ exchange agreements are for a certain study programme / faculty and you need to plan your courses with respect to that.

• Outside of EU/EEA: Check the ”Instructions for students”, as we offer there links to the host university’s websites. Consider possible study field restrictions.
QUESTIONS ABOUT THESE TOPICS? 1

- A more international degree
- Eligibility for application
- The right timing for an exchange
- What can I study abroad?
FUNDING FOR EXCHANGES STUDIES

• An exchange based on an agreement is tuition free.
• UH offers different scholarship models depending on the programme and network.
• If you are entitled to KELA’s student benefits, you can also receive them during your exchange abroad.
• You can also apply for other scholarships or travel grants from, for example, foundations or organisations.
• Read more about funding for exchange.
• NB! Make sure to budget expenses such as insurance, vaccinations, language exams etc.
STUDENT EXCHANGE AND THE CORONAVIRUS SITUATION 1/2

• Your exchange is dependent on the decisions of the University of Helsinki and the exchange university and also on the decisions of the governments of each country.

• You can choose to cancel your exchange by your own decision. There is no time limit for the cancellation.

• Note that if you cancel your exchange, you are not entitled to the exchange grant. If you have had any expenses related to your exchange already, you are responsible for them.

• You have to cover the costs of a possible COVID-19 test yourself. It is also your own responsibility to pay for the housing costs of a possible quarantine.
If your exchange is cancelled by your exchange university, please note that, unfortunately, International Exchange Services cannot offer a compensatory exchange place.

Cancellations during the COVID-19 pandemic will not harm your chances of being selected during new application rounds in the future. If you wish to apply again to the same or other exchange destination, your application will be evaluated based on the same criteria as the other applicants.

If the exchange destination cancels the physical exchange and suggests an online alternative, and you wish to use the opportunity, please contact us right away. If the exchange is completely online, you will not get a scholarship for it.

Corona: information for outgoing exchange students
• Funding for exchange studies
• Student exchange and the coronavirus situation
HOW TO CHOOSE AN EXCHANGE DESTINATION? 1/2

- Think about your studies (study level) and skills (e.g. language skills)
- Take a look at 2-4 options based on your interest (max. 4 options)
- Check the study language.

- If you know Finnish/Swedish, you can read previous exchange experiences of UH students.
HOW TO CHOOSE AN EXCHANGE DESTINATION 2/2

• 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.
• 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. The host university will not accept an application with a lower GPA.
BREXIT

• You can apply to the destinations in the Great Britain just like to any other destination in EU/EEA area and you will be entitled to Erasmus+ grant still during the Academic Year 2021-2022.

• Yet, please note that even if you were an EU/EEA citizen, if you stay for more than 6 months, you need to apply for a student visa (and pay the health payment) which means additional cost of almost 1000 euros.
FACULTY LEVEL AGREEMENTS

- These are degree programme or faculty level exchange agreements which are study field specific.
- Most destinations are within the EU including some spots in Switzerland and outside of Europe.
- Primarily targeted to students of the specific study field or faculty.
- By selecting your degree programme from the drop down menu within the Instructions for students you get a list of faculty level agreement of said faculty.
UNIVERSITY WIDE AGREEMENTS

• Agreements open to all students.
• Destinations are primarily outside of EU with a few exceptions.
• Information about destinations, numbers of places, university specific restrictions or requirements can be found under each agreement at Exchange Opportunities.
SHORT COURSES AND TRAINEESHIP ABROAD

• We offer scholarship options for courses which last a short period of time.

• Scholarships are available:
  • At a few select partner universities offering short and summer courses
  • Courses you have found yourself

• Have you ever considered doing a traineeship abroad?
APPLICATION PERIODS

Tue 2.2. - Tue 16.2.2021, ending at 3 pm.

Exchanges taking place during the academic year 2021 – 2022

• Main call for applications to Europe
• Supplementary application round for applications outside the EU/EEA area: Asia, Latin America and Middle East & Africa (North America: only Faculty of Theology’s destination and Geology’s PhD level destination). In some places outside the EU/EEA exchanges during the calendar year 2022.
• Summer School courses at partner universities (summer 2021)
UPCOMING APPLICATION PERIODS

Mon 30.8. - Mon 13.9.2021 (ending at 3pm)

Supplementary application round for destinations in Europe

• Exchanges taking place in spring 2022

Exchanges taking place in 2022 – 2023

• Check the dates for application rounds
QUESTIONS ABOUT THESE TOPICS? 3

• How to choose an exchange destination?
  • Brexit
• Faculty level and University wide agreements (exchange places)
  • Short courses and traineeship abroad
  • Application periods
Before actually starting your application we recommend you to read about how to prepare yourself for the application and get to know the exchange destinations and language requirements. You cannot fill in the application until you know the destinations you are applying to.

Instructions for applying: Application process for exchange studies

- 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

You can apply to four (4) exchange destinations at the most. A single application form can be used to apply for exchange studies through several exchange programs. If you wish to apply for exchange studies through several Faculties / subjects, you must always register again by searching for your destination in the application form under the correct unit.
HOW TO APPLY? 2/2

- Apply by filling in the application form in the Mobility Online portal

**Mobility Online portal**

Select your faculty, department and subject to search for exchange destinations.

If you wish to study subjects other than your own programme, do selections according that.

If you fill in several applications, list your priority order.

- If you were not chosen for an exchange you have the possibility to receive an offer to a vacant exchange spot without handing in a new application if you indicate so in your application.
# MOBILITY ONLINE – APPLICATION WORK FLOW

**Application Details**
- **Last name**: [Redacted]
- **First name**: [Redacted]
- **Date of birth**: [Redacted]
- **Country of the sending institution**: Finland
- **Sending Institution**: HELSINKO1 - University of Helsinki
- **Country of the host institution (1st choice)**: Denmark
  - **Host institution (1st choice)**: NUUK01 - Ilisimatusarfik (University of Greenland)
  - **Stay from (1st choice)**: 23.01.2021
  - **Stay to (1st choice)**: 26.02.2021

## Necessary Steps

<table>
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<th>Done on</th>
<th>Done by</th>
<th>Direct access via following link</th>
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<td>Anne Hokkanen</td>
<td>Download application form</td>
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<td>Uploaded application documents (e.g., transcript, motivation letter, possible learning agreement and language certificate)</td>
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<tr>
<td>Application with attachments submitted</td>
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<td>Anne Hokkanen</td>
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<tr>
<td>Thank you for uploading all necessary documents. You will receive an e-mail when your application has been processed further.</td>
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<td>✅</td>
<td>15.01.2021</td>
<td>Anne Hokkanen</td>
<td></td>
</tr>
</tbody>
</table>

## After selection, before mobility

- **4 / 10**

## During the mobility

- **0 / 2**

## After the mobility

- **0 / 8**

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Miten valita vaihtokohde? / Liikkuvuuspalvelut
Compulsory attachments are returned (electronically) in Mobility Online and in Sisu

- **Study plan** (Learning Agreement): has to contain courses for at least 30 ECTS (Europe). Destinations outside Europe: depending the target university’s requirements.
  - More information regarding destinations outside Europe: [Exchange opportunities around the world](#)
  - Study plan has to contain at least 5 credits per month, the target is to complete 30 ECTS/semester.
  - Please note: you must indicate the credit transfer acceptance.
  - Study plan is drafted in **Sisu** for your primary destination. If you are applying to more than one university, make the study plan for each of these separately and attach these as PDF documents in your application. For the destinations 2-4, you can use an example form that is available on our website.

- **Motivation letter**
• University of Helsinki’s transcript of records
• If you have completed studies that are not on your UH Transcript of records, attach a separate transcript for these studies
  • For example Bachelor’s degree at a higher education institution other than the University of Helsinki or JOO studies at another Finnish University.
• Language certificate if needed
• More information: Study plan and other required attachments
LANGUAGE SKILLS

• Note the language skills required of applicants by the UH

• Your degree right to study at the UH is sufficient proof of your English proficiency for us during the first phase of application.

• Yet, be prepared to prove your level of English language during the second phase when you apply to the host university according to its instructions. Some destinations require a level higher than CEFR B2.

• More destination specific information about language requirements
SELECTION CRITERIA

- Selections are made on the basis of your personal study plan (how the exchange would fit into your studies) motivation letter, GPA and progress of studies (while considering the recommended phase).
- Fulfilling language requirements
- Host university’s or your study program’s there special criteria
- With interdepartmental agreements preference is given to students of the that department.
- University level agreements: exchange decisions are partly made on the basis of equal distribution of candidates amongst faculties/subject areas.
- Eligibility and criteria for selection
APPLICATION CLINICS

- Wed 3.2.2021 14-16 online
- Wed 10.2.2021 14-16 online
- Links to clinics can be found on our website: [Application clinics](#)
RESULTS

- Applicants will receive results of their applications at the latest by the end of March.
- If you get selected, the University of Helsinki will nominate you to your exchange destination as an exchange student -> you will apply to the exchange destination according to its application instructions.
- Students with a destination outside EU/EAA will receive further instructions about application deadlines and processes from the International Exchange Services.
- The final decision on acceptance is made by the receiving university. Please note the receiving university has the right to reject the application.
QUESTIONS ABOUT THESE TOPICS? 4

- How to apply
- Application and attachments
  - Language skills
  - Selection criteria
    - Results
SOCIAL MEDIA – GET INSPIRED BY UH STUDENTS’ EXPERIENCES!

Follow us on Instagram

Read exchange stories (mainly in Finnish or Swedish) in our blog

See our students sharing their exchange experiences
QUESTIONS?
CONTACT US!

International Exchange Services

• [studentexchange@helsinki.fi](mailto:studentexchange@helsinki.fi)
• Chat-service Mon 13-15 ja Thurs 10-12
• Online appointments: [Vihta booking system](http://www.example.com)
• Tel: +358 2941 22401, weekdays between 10-15
• [Contact International Exchange Services](http://www.example.com)