HOW TO CHOOSE YOUR EXCHANGE DESTINATION

INTERNATIONAL EXCHANGE SERVICES
UNIVERSITY OF HELSINKI
Info session autumn 2020
TODAY’S AGENDA

• The Why, the Who, the When and the What.
• How to choose a destination.
• Funding an exchange.
• How to apply.
• Application dates, selection application dates criteria and process.
• Exchange destinations and programmes.
• Faculty level agreements.
• These slides will be available after the session at Information sessions
INSTRUCTIONS FOR STUDENTS
Study abroad

STUDY ABROAD
Select degree programme
Bachelor’s Programme in Languages

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.

Application process
Find information about application periods and processes as well as the required documents.

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

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

Before your exchange - Instructions for those chosen for student exchange
The checklist includes the most important tasks.

Returning home - instructions for returning exchange students
You should prepare for your return to Finland even before the end of your exchange studies.

Funding for the student exchange
Students who participate in a student exchange can receive a mobility grant as well as student financial aid for their stay abroad.

Short courses and summer courses abroad
Short courses give you the opportunity to internationalise in a shorter time.

Your journey starts here!
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.
ELIGIBILITY FOR APPLICATION

• You need to hold the right to complete a degree at the University of Helsinki and you are 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 three months but less that 12 months and it has to be within the same study year.
  • exceptions: Nordplus programme or summer and short courses can be shorter
  • additionally the autumn term in Great Britain is slightly shorter that 3 months.

• Once more, 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.
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 before hand.

You need to have completed at least 30 ECTS at UH, or show us the transcript of your previous degree.

**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.
WHAT CAN I STUDY ABROAD?

- As far as UH is concerned: Courses of your major, optional studies, elective studies, language studies.
- Europe and Nordic Countries: Check with host universities’ course lists on their own sites.
- Outside of EU-/EEA: Check with our Instructions for students as we offer links to the host universities’ sites: Instructions for students exchange destination
- Make sure to read about your faculty and degree programme specific instructions about how to recognise courses from your future exchange while compiling your learning agreement.
- 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.
• Think about your studies (study level) and skills (e.g. language skills).

• Take a closer look at 2 or 3 options based on your interest (max. 6 options).

• Study language? Which language would you prefer?

• Check out: Exchange opportunities around the world
• 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 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.
• Our most competitive destinations are eg. Australia, New Zealand, Canada.
FUNDING FOR EXCHANGE STUDIES

• An exchange based on an agreement is tuition free.
• UH offers different scholarship models depending on the programme and network:
  • A scholarship varies from 200-470 €/kk to 1000-2200 €/ study term.
• You can apply for
  • additional financial support offered by KELA
  • other scholarships or travel grants from for example foundations or organisations.
• Make sure to budget expenses such as insurance, vaccinations, language exams etc.
• More about funding
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.
• 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?
Now you have been listening to us for a while. Please if you feel like it get up, stretch, jump, do push ups or what ever makes you feel comfortable. We'll continue while you are at it!
How to apply - Application process for exchange students

Before actually starting your application we recommend you read about how to

1. Prepare yourself for the application

2. Make a rough first selection of destinations

3. Get to know the language requirements

4. Only then head over to the description of the application process which we briefly discuss next.
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

- Apply by filling in the application in the Mobility Online platforms during the announced application period, see next slide.
- With one application you can apply for three (3) exchange destinations at the most. You can make more than one application, however no more than a total of six (6) destinations are allowed.
- If you were not been 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.
APPLICATION DEADLINES

Thu 27.8.2020 - Thu 10.9.2020, ending at 3pm

• Europe (Erasmus, Nordplus, Nordlys and Switzerland).
• These exchanges will take place in the spring term 2021.
OTHER UPCOMING APPLICATION ROUNDS

Thu 15.10. - Thu 29.10.2020, ending at 3pm

• Destinations outside EU/EEA
• Those exchanges will take place in 2021 – 2022.

Tue 2.2. - Tue 16.2.2021, ending at 3pm

• EU/EAA destinations (Erasmus, Nordplus...)
• Destinations outside EU/EEA that were not taken in the October 2020 round.
How to choose your exchange destination / International Exchange Services

Here you choose your destinations!
### Before the mobility

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<th>Step</th>
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<th>Notes</th>
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<td>Mari Annikki Lauri</td>
<td>Display Application Data</td>
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<td>Upload passport photo for the application (optional)</td>
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<tr>
<td>Learning Agreement completed</td>
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<td>Complete Learning Agreement</td>
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<td>Learning Agreement printed</td>
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<td>Print Learning Agreement</td>
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<td>Application Form printed</td>
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<tr>
<td>Application rejected</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
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</table>

#### Application allocated
- Stay from: 01.12.2016
- Stay to: 31.01.2017
- Duration in months: 2
- Duration in days: 60

#### Decision about the allocated exchange placement
- 21.12.2016 | Helsinki Administrator | Accept/Decline |

#### Personal Data completed
- 21.12.2016 | Mari Annikki Lauri | Complete Personal Data |

#### Stay from/Stay until changed
- 21.12.2016 | Helsinki Administrator | Change stay from/stay until if needed |

#### Student exchange terms and conditions read (and saved/printed as pdf)
- 21.12.2016 | Helsinki Administrator | Read student exchange terms and conditions |

#### Scholarship payment processed
- Payment date: 11/11
- 21.12.2016 | Helsinki Administrator | |

### During the mobility

<table>
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<td>Fill in local contact phone number (optional)</td>
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<td>Notification of changes printed</td>
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<td>Helsinki Administrator</td>
<td>Print notification of changes (if needed)</td>
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### After the mobility

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<td>Helsinki Administrator</td>
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<tr>
<td>Number of completed credits at the host university (ECTS or an estimation of the ECTS)</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
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</tr>
<tr>
<td>Learning Agreement received</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
<td></td>
</tr>
<tr>
<td>Student exchange is cancelled after scholarship has been processed</td>
<td>21.12.2016</td>
<td>Helsinki Administrator</td>
<td></td>
</tr>
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</table>

This is what your application workflow looks like!
APPLICATION PROCESS

• Compulsory attachments (handed in electronically) are returned in Mobility Online:
  • **Study plan:** the most important document. It has to contain at least 5 ECTS credits/exchange month, the target is to complete 30 ECTS/semester. Please note: you must indicate the credit transfer acceptance.
  • **Motivation letter**
  • University of Helsinki **transcript of records** – unofficial weboodi version is accepted
  • PDF version of the **application**
  • **Language certificate** if needed
  • Your **personal study plan** – optional/if requested
  • More information at [Application process](#).
• Take note of the language requirements the host universities communicate on their sites.

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

• Be however prepared to prove your level of English during the second phase to the host university according to their instructions. Some destinations require a level better than CEFR B2.

• More 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, progress of studies and GPA.
• Fulfilling language requirements
• Host university’s or your study program’s 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.
• More information on Selection criteria.
Supplementary application round to Europe

Mon 7.9.2020, 14.15-16, held online.
Check for Zoom link at Information sessions.

Destinations outside the EU/EEA

Thu 22.10.2020 13.15–15, held online.
Check for Zoom link at Information sessions.
• Applicants will receive results of their applications within six weeks of the application deadline.

• If you get selected University of Helsinki will nominate you to your exchange destination as an exchange student-> you will apply to the exchange destination according to their 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.
In addition to the decisions of the University of Helsinki and the host university, the implementation of the exchange is affected by the decisions of the authorities (for example, the Ministry for Foreign Affairs) in Finland and the host country.

You can cancel the exchange yourself if you wish. There is no time limit for canceling the exchange.

Please note that cancellation of the exchange means that the grant awarded by the International Exchange Services will not be paid. If your exchange is canceled, you will be responsible for your own exchange costs already incurred.

On April 3, 2020 the University of Helsinki decided that it is not possible to transfer the exchange beyond the academic year limit. Those selected for the exchange for the academic year 2020-2021 cannot therefore transfer their exchange to the academic year 2021-2022.
• Please note that due to the COVID-19 pandemic, the International Exchange Services will unfortunately not be able to provide a replacement exchange place for students selected for the 2020-2021 exchange period in this exceptional situation.

• Exchanges canceled for whatever reason during a COVID-19 pandemic do not adversely affect the chances of being selected for subsequent exchanges. If you later want to reapply for an exchange to the same or a different destination, your application will be evaluated according to the same selection criteria as other applicants.

• No exchange grant will be paid for an exchange that takes place entirely online.

• Stay up to date by reading our Covid-19 info page.
SOCIAL MEDIA
GET INSPIRED BY OTHERS’ EXPERIENCES!

Follow us
On Instagram

Read our exchange stories in our blog
Vaihtokertomuksia maailmalta

See past exchange experiences at Unitube
Student Exchange

- **studentexchange@helsinki.fi**
- **Chat hours** on Mondays (13-15) and Thursdays (10-12)
- Make a **one-on-one online appointment**
- Tel: +358 2941 22401, weekdays 10-15
Exchange semester is usually during your 4th or 5th year.
You will mostly take classes in your own field eg legal studies during your exchange.
Your studies during your exchange will usually be counted towards your OTM optional studies.
Exchange semester is somewhat popular so there is a fair amount of competition for the places offered.
Europe: for example Leiden, Utrech, Glasgow, Edinburgh, Italy, Lyon, Zurich, KU Leuven, Amsterdam, Uppsala

You can study in English also in Ireland, Belgium (for example Ghent, Rotterdam) and various Eastern European destinations

There are a lot of good faculty destinations also in the Netherlands, France, Germany, Nordic countries and Switzerland

Australia: Numerous destinations in various universities both among faculty and university wide agreements

Africa: Stellenbosch University and Cape Town (new destination)

Chinese English language destinations for faculty of law students: faculty agreements and CUHK ja City U. Hong Kongissa, Wuhan

Russia (faculty agreement, instruction in English): HSE

Among the destinations requiring language competency of the destination: Russia (St. Petersburg State University, Lomonosov Moscow State University), Universidad de Chile, Universidad de los Andes Colombia, Universidade de São Paulo (USP)
FACULTY OF SOCIAL SCIENCES
POLITICAL SCIENCE

- Popular time to go for an exchange is either 3rd or 4th year, other times however are also possible
- Studies completed during exchange are most often at bachelor or Master level optional module and other optional studies. Some master level studies have studies that can be subsituted ( usually at higher level optional courses)
- Popular destinations in Europe include Amsterdam, Glasgow, London, Madrid, Paris and Prague. Please note variances among study programs at these destinations.
- One can study in English also in Ireland, Belfium ( for example Ghent, KU Leuven) and various destinations in Eastern Europe
- Numerous good faculty destinations exist in the Netherlands, Italy, France, Germany and Swizerland
- Faculty’s own destinations in Chulalongkorn in Thailand, Externado and PU Javeriana in Columbia
- Popular universitywide destinations at faculty are for wcamele destinations in Oceania, English language destinations in Africa and Asia: Stellenbosch South Africa, Namibia, Sambia, Hong Kong and Singapore in addition to the Nordic destinations
- Among destinations requiring domestic language competency : Latin America destinations, Russia and continental China
Numerous destinations, among most popular are:

- Europe is most popular, especially the faculty specific destinations: Netherlands (Amsterdam and Utrecht), Sweden and Iceland, Charles University in Prague, Pedagogic universities in Austria, Wien, Innsbruck, Linz and Thessaloniki in Greece.
- Australia-university wide destinations: Deakin University, Monash University, University of Sydney, University of Western Australia
- At the time being students complete optional studies during their exchange, substituting compulsory courses will get easier hopefully in a few years time
- Timing: please pay attention that your exchange will not coincide with your research seminar or practical training periods. Most popular time for exchange is during the 3rd year in bachelor level or 1st year in master level studies.
Every study program has a recommendation for the best time for an exchange semester. For example if your study program is French the best time might be already in your second year whereas in some others the test time to go for exchange is 3rd or 4th year.

When planning please not the courses you are not able to study during your exchange for example the timing of a prosemninar

During your exchange you can:
- Subsite your compulsory or secondary subject
- Study optional subjects
- Complete all classes required in your secondary subject, 15-20 or 30-35 ECTS in Arts, 25-30 ECTS in Theology.
  This does not have to correspond to the secondary subject study package offered at University of Helsinki.
- Or combination of the above
Faculty of Arts students often choose destinations requiring language proficiency of the destination.

During year 2018 most popular destinations for faculty of Arts students were France and Japan. South Korea and Spain have gained popularity in recent years.

Exchange agreements in Erasmus program have been made based on study program. This is the reason why Erasmus program does not have destinations that could be seen as the most popular. You will increase your chances in being chosen if you find many destinations that support your application as a whole.

Please note you can also apply through university wide agreements for example Russia, Asia, Ediburg and the Erasmus university wide agreements in the Nordic countries.
FACULTY OF THEOLOGY

- Africa: Namibia, Stellenbosch University in South Africa
- English language destinations in Asia: for example Chinese U. of Hong Kong, City University of Hong Kong
- Please note faculty of Theology destination in USA, Emory University
- New destination – Faculdades EST in Brazil, please note language requirement to this destination is competency in portuguese.
FACULTY OF SCIENCE
HOW DOES AN EXCHANGE SEMESTER FIT INTO YOUR DEGREE?

• You can substitute the minor subject (sivuaine) in your study program by a study unit completed abroad (ulkomailla suoritettu kokonaisuus).

• You can also substitute compulsory studies, but this requires more comprehensive planning.

• In Kumpula campus we have more Erasmus destinations available than applications received.

• You can also work on your graduate theses during your exchange.

• Planning for exchange is a bit easier for the geography students than it is for the chemistry and physics majors.
Europe: Svalbard, Stockholm, Lund, Copenhagen, Berlim and Munich, Prague, Padova, Bath, Exeter, Leeds, Innsbruck

Oceania: Australian National University, University of Sydney, Victoria University of Wellington, University of Waikato

Asian English language destinations Korea University, Hong Kong, Singapore, Japan, Taiwan

Africa: Sambia, Namibia, Stellenbosch in South Arica (geography students)

Latin America: Universidad de Chile, Universidad de Costa Rica, Universidad de los Andes Colombia
FACULTY OF MEDICINE

- Psychology students choose mostly European destinations, where students study their optional studies, 20-30 ECTS at bachelor level and theory and methodology studies at Master level, ca 20-25 ECTS.

- Medical students choose mostly northern European destinations where students study mostly obgyn and pediatrics.

- Medical students also choose 10 ECTS optional studies modules in their learning agreements.

- Logopedia students do not currently have any exchange agreements but in some cases they can apply on existing psychology agreements should the destination offer suitable courses.

- Please note also the university wide agreement options beyond Europe.
VIIKKI CAMPUS

• Most Biology, environmental and agricultural studies majors have an exchange window included in their bachelor level studies.

• Pharmaceutical studies majors can go on exchange during their third year or during their licenced pharmacy studies.

• For veterinary studies students we recommened planing their exchange for their second or fifth year to assure the best outcome.

• A new English language destination suitable for Viikki and Kumpula campus students is National Tsing Hua University in Taiwan. This destination does not require competency in local language.

• Hong Kong is very popular for the following subjects: food science, food science technology, forest science economy, particularly at Chinese University of Hong Hong.

• Agriculture and Forestry students often apply and go to destinations requiring proficiency in Spanish or Russian languages.
Europe: University of Glasgow, University of Iceland, University of Exeter, University College – Cork, National University of Ireland Galway, UiT The Arctic University of Norway (Tromsø), ETH Zürich, Charles University, University of St. Andrews, Alicante University, in addition to ca 70 other universities throughout Europe and four in Russia.

Asia: Korea University, Ritsumeikan Asia Pacific University, National Taiwan University, National University of Singapore, English speaking destinations in Hong Kong, numerous destinations in Japan

Africa: Stellenbosch University, University of Namibia

North-America: York University is most popular, additionally there are applications to 14 additional destinations throughout North America.

South-America: Argentina, Brazil, Chile, Costa Rica, Ecuador

Oceania: University of Otago (NZ), University of Melbourne, Australian National University, University of Sydney, Monash University (AU) are most popular, in addition to applications to other destinations.
PHARMACY WHERE HAVE THE STUDENTS BEEN?

Europe: University of Bath, Universität Basel, University of Ljubljana, Kobenhavns universitet, Uppsala universitet, San Jorge University, Università degli studi di Padova, Yeditepe University, University of Nottingham, Heinrich-Heine University Düsseldorf, Universität Wien, University of Veterinary and Pharmaceutical Sciences Brno, Universidade de Lisboa, Universiteit Antwerpen, University of Leiden, Bayerische Julius-Maximilians- Universität Würzburg, Universitetet i Oslo, University of East Anglia.

Asia: National University of Singapore, Peking University, Yonsei University.

North America: University of Montana, York University.
FACULTY OF VETERINARY MEDICINE WHERE HAVE THE STUDENTS BEEN?

- **Europe:** University of Liverpool, Universiteit Gent, SLU, Nantes, University of Veterinary Medicine Budapest, Norwegian University of Life Sciences, Szent István Egyetem, Ecole Nationale Vétérinaire D'Alfort, Hannover, University of Zürich.

- **Asia:** National Taiwan University
  - Please note: studies completed in Asia cannot be substituted for University of Helsinki required Veterinary Medicine studies.

- Short, eg maximum 2 month exchanges: Kobenhavns universitet, Norwegian University of Life Sciences, Sveriges Lantbruksuniversitet, South Africa, Chile, Eesti Maaülkool, Japan, Justus-Liebig-Universität Giessen, Latvijas Lauksaimniecības Universitete, University of Liverpool.
FACULTY OF AGRICULTURE AND FORESTRY
WHERE HAVE THE STUDENTS BEEN?

- **Europe**: Wageningen University, BOKU, Università degli studi di Torino, Czech University of Life Sciences Prague, Universiteit Gent, SLU, Università degli studi di Padova, Universidad Politécnica de Valencia, Norwegian University of Life Sciences, Albert-Ludwigs-Universität Freiburg, Universidad Autónoma de Madrid, Kobenhavns universitet, Mendel University in Brno, Szent Istvan University, Eesti Maaülikool, Warsaw University of Life Sciences, Humboldt-Universität zu Berlin, Universidad de Huelva, Inverness College, KU Leuven, Universität Hohenheim, in addition to applications to ca 30 additional destinations

- **Asia**: National University of Singapore, National Taiwan University, City University of Hong Kong, in addition to applications to ca 7 additional destinations throughout Asia.

- **Oceania**: University of Melbourne, University of Sydney, in addition to applications to ca 10 additional destinations

- **North-America**: University of Saskatchewan, University of Calgary, University of British Columbia, in addition to applications to ca 10 additional destinations

- **Russia**: St. Petersburg State University, in addition to applications to two additional destinations