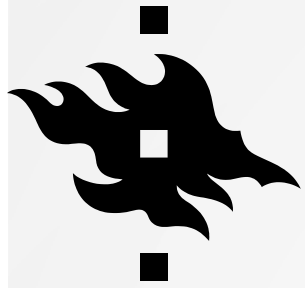


Meeting etiquette:

- Please mute your microphone when you are not speaking
- Please be patient and listen to each part carefully before we take a question break
- You can write your questions in the chat in Finnish, Swedish or English
- Alternatively, use the “Raise hand” function during the breaks for asking questions

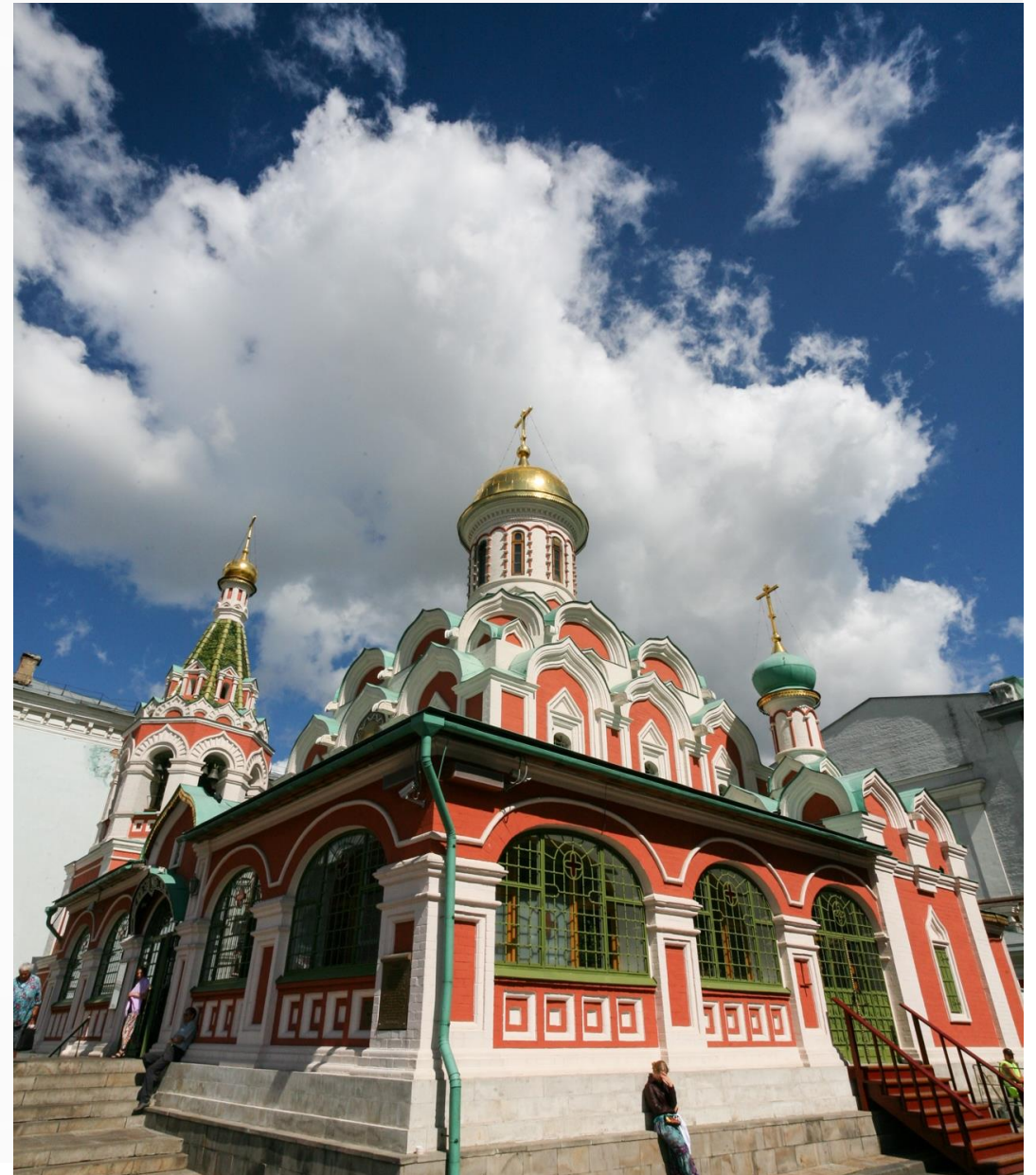
”HOW TO CHOOSE YOUR EXCHANGE DESTINATION” EVENT

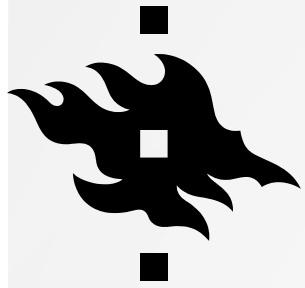


TODAY'S AGENDA

The Why, the Who, the When and the What

- Eligibility for application
- Funding of the exchange
- How to choose an exchange destination
- How to apply: application dates, selection criteria and process, application clinic
- These slides will be available after the session on our website: [Information sessions for university of Helsinki students going abroad](#)

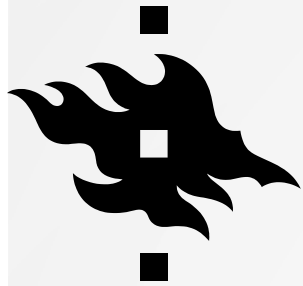




BROADEN YOUR PERSPECTIVES

- You get a different perspective on your own academic field of expertise and studying in general.
- 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.





INSTRUCTIONS FOR STUDENTS

STUDY ABROAD

Select degree programme

By selecting a degree programme you are able to see the general content as well as the possible degree programme-specific content. You do not have to select a degree programme to see the Open University's instructions.

Master's Programme in Genetics and Molecular Biosciences



INSTRUCTIONS

Do you want to study abroad? Start here!

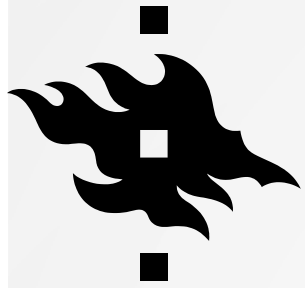
You should begin to consider your destination and timetable as early in your studies as possible.

Application periods

Find information on the application periods for exchange.

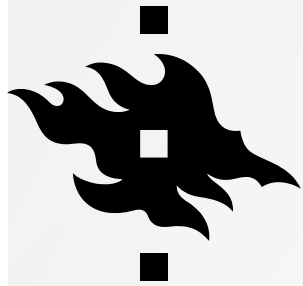
PLANNING AND APPLYING FOR AN EXCHANGE

Your journey starts here!



ELIGIBILITY FOR APPLICATION

- You need to be **registered as an attending student** at the time of application and during the exchange
- If applicable, you need to pay tuition fee to University of Helsinki during your exchange.
- Bachelor's degree students need to have completed **at least 30 credits** worth of higher education studies by the time of application.
- The exchange period has to be at least 2 months, but less than 12 months and it has to be within the destination's semester dates.
- 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 (Bachelor's 200 ECTS/ Master's 135 ECTS).



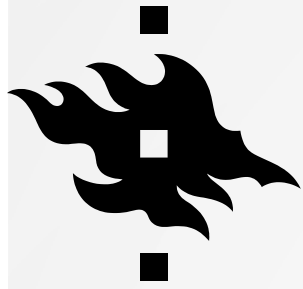
THE RIGHT TIMING FOR AN EXCHANGE

- If you're studying in an international Master's programme, check with your programme's planning officer about your options and limitations to applying for an exchange.
- Some degree programmes have listed more information on this on the [Do you want to study abroad page](#).
- Include the exchange in your personal study plan (PSP/HOPS) in Sisu.
- 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.
- Check the academic term dates of the exchange destinations, so that you can plan your studies before/after the exchange.
- Exchange on the spring of the last year of studies requires special care in planning



WHAT CAN I STUDY ABROAD?

- As far as the UH is concerned, you can take courses in your major, optional studies, elective studies or language studies.
- However, make sure to read in your faculty and degree programme specific instructions about how to transfer credits from your future exchange while completing your study plan for your exchange application.
- We require you to accomplish a minimum of 5 ECTS / month with a goal of 30 ECTS / study term.
- However, for destinations outside the EU/EEA you need to check the required amount from our destination pages.



FUNDING FOR EXCHANGE STUDIES

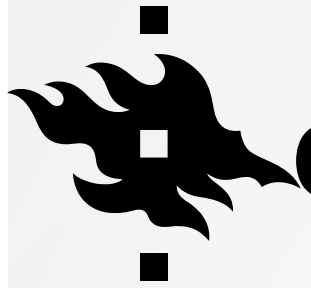
- An exchange based on an agreement is tuition free (does not exempt from tuition fee to UH).
- If you are entitled to [KELA](#)'s student benefits, you can also receive them during your exchange abroad.
- You can also apply for other scholarships or travel grants from, for example, foundations or organisations.
- NB! Make sure to budget expenses such as insurance, vaccinations, language exams etc.
- Inflation rate high in many countries. Flights also more expensive than before.
- In some destinations it is difficult to find inexpensive accommodation.





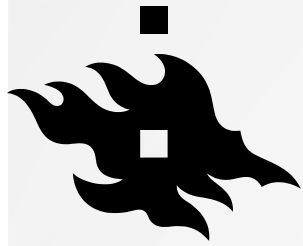
EXCHANGE SCHOLARSHIPS

- University of Helsinki offers grants for those selected for exchange
 - You don't need to apply for the mobility grants separately
- Examples of grant amounts:
 - Erasmus+ : 490 – 540 euros / month
 - University bilateral exchanges: EUR 1400 - 2200 / semester
 - Erasmus+ global: 700 € / month + travel costs
- Read more about [funding for exchange](#).



QUESTIONS ABOUT THESE TOPICS? 1

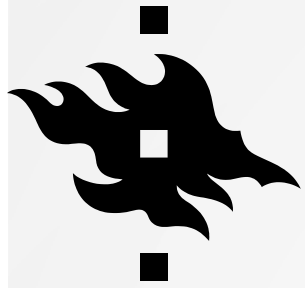
- Eligibility for application
- The right timing for an exchange
 - What can I study abroad?
- Funding for exchange studies



HOW TO CHOOSE AN EXCHANGE DESTINATION?

- Think about your studies (study level) and skills (e.g. language skills).
- Take a look at 2-4 options based on your interest (you can apply for up to 4 destinations).
- Check the study language and language requirements
- Check [Experiences of studying abroad](#)

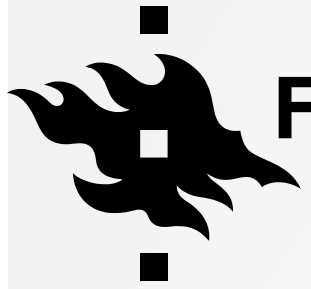




UNIVERSITY WIDE AGREEMENTS

- Agreements open to all students.
- Information about destinations, numbers of places, university specific restrictions or requirements can be found under each agreement at [Exchange Opportunities around the world](#)





FACULTY AND STUDY PROGRAMME AGREEMENTS

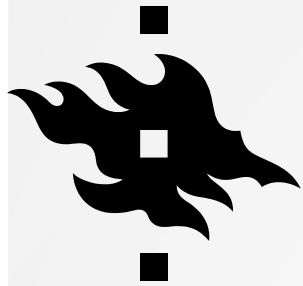
- Europe: Primarily targeted to students of the specific study field or faculty.
 - Students of the specific field or faculty have priority.
- Outside Europe: only for students of the faculty or study programme that has made the agreement
- [Exchange opportunities around the world](#)





UNITED KINGDOM

- Not open for applications in the fall 2023. You can apply to UK for the academic year 2024 / 2025 in February 2024.
- BREXIT: EU/EEA citizens staying for less than 6 months, do not need to apply for a student visa.



APPLICATION PERIODS

29 August – 12 September (3pm) 2023

- Supplementary application round for spring 2024 to the EU/EEA area

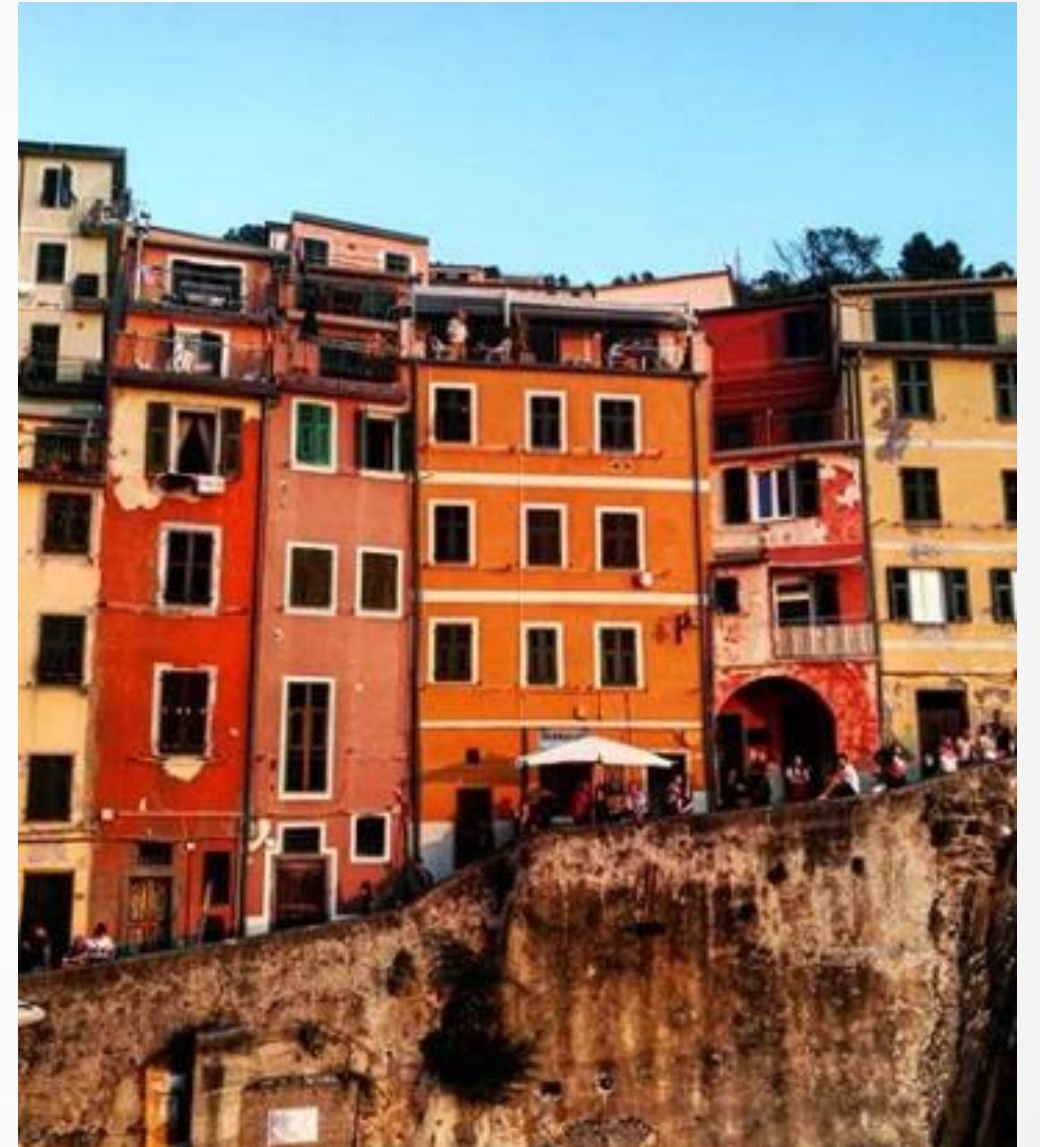
October

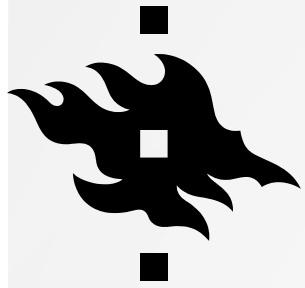
- Applications for outside the EU/EEA, academic year 2024-2025 (and calendar year 2025)

February

- Applications for 2024-2025 to the EU/EEA area (+ Great Britain) and a supplementary application round for applications outside the EU/EEA area

[Application periods](#)

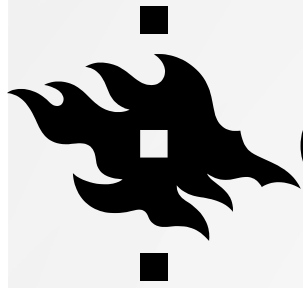




SHORT COURSES AND TRAINEESHIPS ABROAD

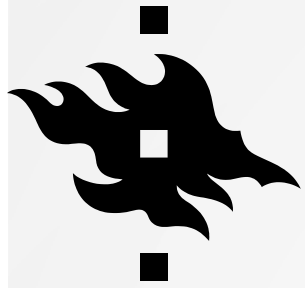
- We offer scholarship options for [short and blended mobility and summer courses abroad](#) :
 - At a few select partner universities offering summer courses abroad (application in February)
 - Short courses you have found yourself
 - Blended mobility (online + short stay)
- Have you ever considered [doing a traineeship abroad](#)?





QUESTIONS ABOUT THESE TOPICS? 2

- How to choose an exchange destination?
- Faculty level and University wide agreements (exchange places)
 - Short courses and traineeship abroad
 - Application periods



HOW TO APPLY? 1/4

Before starting your application, 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.

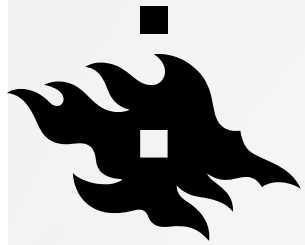
Instructions for applying: [Application process for exchange studies](#)

- **The application process has two phases**
 1. First you apply through us for the exchange (the University of Helsinki)
 2. Once we have accepted your application, we will nominate you for exchange and you apply to the host university as an exchange student



HOW TO APPLY? 2/4

- Register as an applicant by filling in the [application form in Mobility Online](#).
- Select the Faculty
- Select the country of the host institution and the host institution.
- Select the Planned Field of Study of host University according to which study field you will study at the exchange university. Remember to check which study fields are available for exchange students at the exchange university.
- If you were not chosen for an exchange, you have the possibility to receive an offer of a vacant exchange spot without handing in a new application if you indicate so in your application.

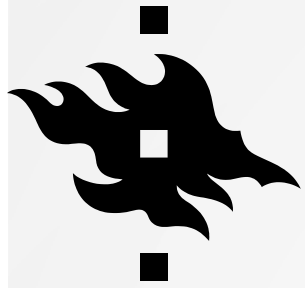


HOW TO APPLY? 3/4

- You can apply to **university level destinations** with the same form as to your own faculty's destinations.
- If you want to apply to places offered by **two different faculties**, you will need to fill in two different applications.
- If you fill in several applications, remember to make your priority selection in each one of them.

Data concerning the stay abroad (NB! the stated order is binding!)

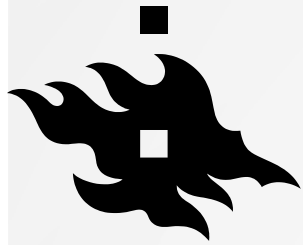
Faculty	H50 - Faculty of Science	?
Department	H528 - Department of Physics	?
Subject	<-- No choice -->	?
Country of the host institution (1. choice)	<-- Please select -->	*
Host institution (1. choice)	<-- Please select -->	*
Planned field of study at the host institution (1. choice) - see help (?) for instructions	<-- Please select -->	* ?
Stay from (1. choice)		*
Stay to (1. choice)		*



HOW TO APPLY? 4/4

- Total number of credits retrieved automatically from Sisu
 - We check the actual amount from the transcript of records
- Weighted Grade Point Average (GPA)
 - Copy the average found on the transcript of records
 - All grades on your transcript taken into consideration - can not be changed
- Stay from / Stay to: estimate by googling the academic calendar

[Detailed instructions for competing application in Mobility Online](#)



MOBILITY ONLINE – APPLICATION WORK FLOW

Applicant details

Enable tool icon

Last name [REDACTED]
 First name [REDACTED]
 Date of birth (dd.mm.yy) [REDACTED]
 Country of the sending institution Finland
 Sending institution HELSINK01 - University of Helsinki

Country of the host institution (1. choice) Denmark
 Host institution (1. choice) NUUK01 - Ilisimatusarfik (University of Greenland)
 Stay from (1. choice) 23.01.2021
 Stay to (1. choice) 26.02.2021

Necessary steps		Done	Done on	Done by	Direct access via following link	10 / 27
Application stage						6 / 7
Online application	<input checked="" type="checkbox"/>	15.01.2021			Display application data	
Confirmation e-mail on online application	<input checked="" type="checkbox"/>	15.01.2021		Automatically generated		
Application form downloaded	<input checked="" type="checkbox"/>	15.01.2021		Anne Hokkanen	Download application form	
Application documents uploaded	<input checked="" type="checkbox"/>	15.01.2021		Anne Hokkanen	Upload application documents (e.g. transcript, motivation letter, possible learning agreement and language certificate)	
Application with attachments submitted	<input checked="" type="checkbox"/>	15.01.2021		Anne Hokkanen		
Thank you for uploading all necessary documents. You will receive an e-mail when your application has been processed further.						
Application documents received (this will be marked by the International Exchange Services after deadline)	<input checked="" type="checkbox"/>	15.01.2021		Anne Hokkanen		
After selection, before mobility						4 / 10
During the mobility						0 / 2
After the mobility						0 / 8



APPLICATION AND ATTACHMENTS 1/3

- Make the study plan in **Sisu in your primary study plan** for your first choice of exchange destination.
- For 2nd – 4th destinations attach the study plans as PDF documents in your application, see the example in the link above under the title: Creating a study plan (learning agreement).
- See the detailed instructions on how to place your exchange studies in Sisu: Elective studies as [study drafts](#) in your primary study plan, compulsory studies [to the timeline](#) .



APPLICATION AND ATTACHMENTS 2/3

Optional study modules Selections done min. 0

PAP-val Other studies 20 | -

Study module completed in a foreign university Selections done 15-20

PAP450 Other studies 20 | -

5 cr	Study draft VAIHTO: Predictive Modelling	5 cr	Study draft VAIHTO: Human Computation and Analytics
5 cr	Study draft VAIHTO: Fundamentals of Data Science	5 cr	Study draft VAIHTO: Current Research in Data Science

Autumn 2022			
Completed	Planned	Completed	Planned
-	30 / 15 cr	-	- / 15 cr
1. period		2. period	
5	KEK210 Subject studies labwork	I will complete KEK210 with ...	
5	KEK205 Biological chemistry	I will complete KEK205 with...	
5	KEK207 Subject studies labwork	I will complete KEK210 with ...	
5	Study draft EXCHANGE: Fundamental		
5	Study draft EXCHANGE: Introduction		
5	Study draft EXCHANGE: Current topic		



APPLICATION AND ATTACHMENTS 3/3

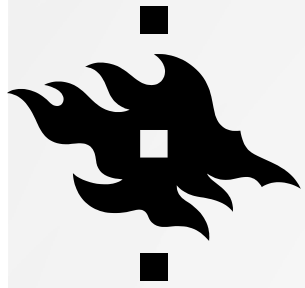
- **Motivation letter**
- University of Helsinki **transcript of records** (download a PDF from SISU).
- If you have completed studies that are not on your UH Transcript of records, attach a separate transcript for these studies
 - For example, Bachelor's degree at a higher education institution other than the University of Helsinki or JOO (flexible right) studies at another Finnish university.
- **Language certificate**, if needed
- More information: [Study plan and other required attachments](#)



LANGUAGE SKILLS

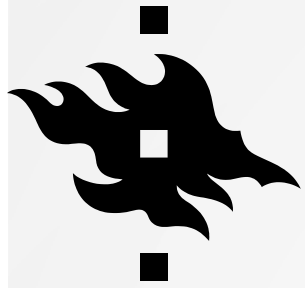
- Note the language skills required of applicants by the UH.
- Your degree right to study at the UH is sufficient proof of your English proficiency for us during the first phase of the application.
- However, be prepared to prove your level of English language during the second phase when you apply to the host university according to their instructions. Some destinations require a level higher than CEFR B2.
- More destination specific information about [language requirements](#).





SELECTION CRITERIA

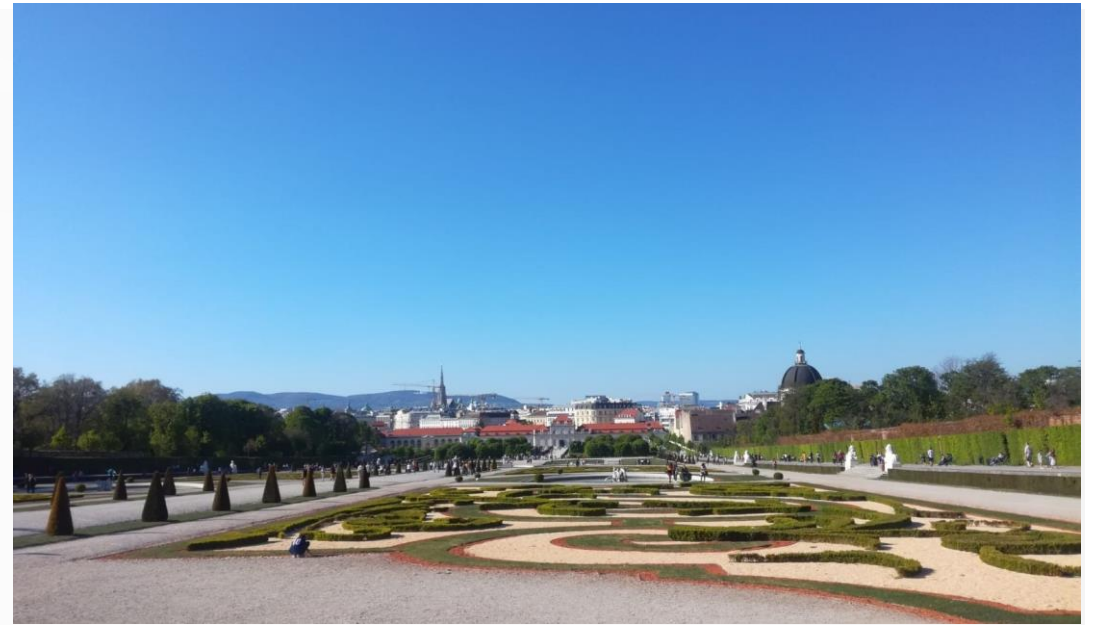
- Selections are made on the basis of your personal study plan (how the exchange would fit into your degree) motivation letter, GPA (of all your studies in Sisu) and progress of studies.
- Fulfilling language requirements.
- Host university's or your study programme's special criteria.
- University level agreements: exchange decisions are partly made on the basis of equal distribution of candidates amongst faculties/subject areas.
- [Eligibility for application and criteria for selection](#)



APPLICATION CLINICS

Europe: exchange places not filled in the February application round:

- Thu 7.9.2023 14.15 - 16.00 Aleksandria K130





RESULTS

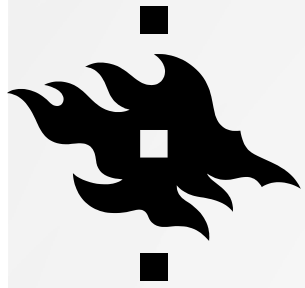
- Applicants will receive results of their applications in about 6 weeks after the application deadline.
- If you get selected, we will nominate you to your exchange destination as an exchange student-> you will apply to the exchange destination according to their application instructions.
- The final 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? 3

- How to apply
- Application and attachments
 - Language skills
 - Selection criteria
 - Results



SOCIAL MEDIA – GET INSPIRED BY UH STUDENTS' EXPERIENCES!

[Follow us on Instagram](#)

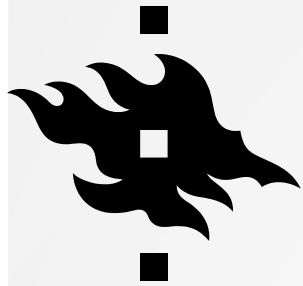
Studyingabroad_uh

[Read exchange stories](#)

[Follow us on Facebook](#)

[See our students sharing their exchange experiences](#)





QUESTIONS? CONTACT US!

International Exchange Services and
Education Cooperation

- studentexchange@helsinki.fi
- [Drop-in-service](#) Mon 12-13 Kaisa Library, Thu 13-15 Viikki and Kumpula
- Online appointments on Thursdays:
[Vihta booking system](#)
- Tel: +358 2941 22401,
weekdays between 12 -14
- [Contact International Exchange Services and Education Cooperation](#)

