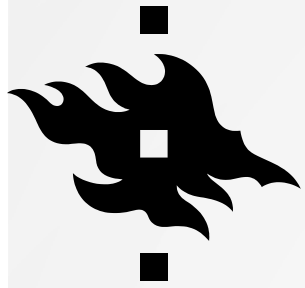


Meeting etiquette:

- 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



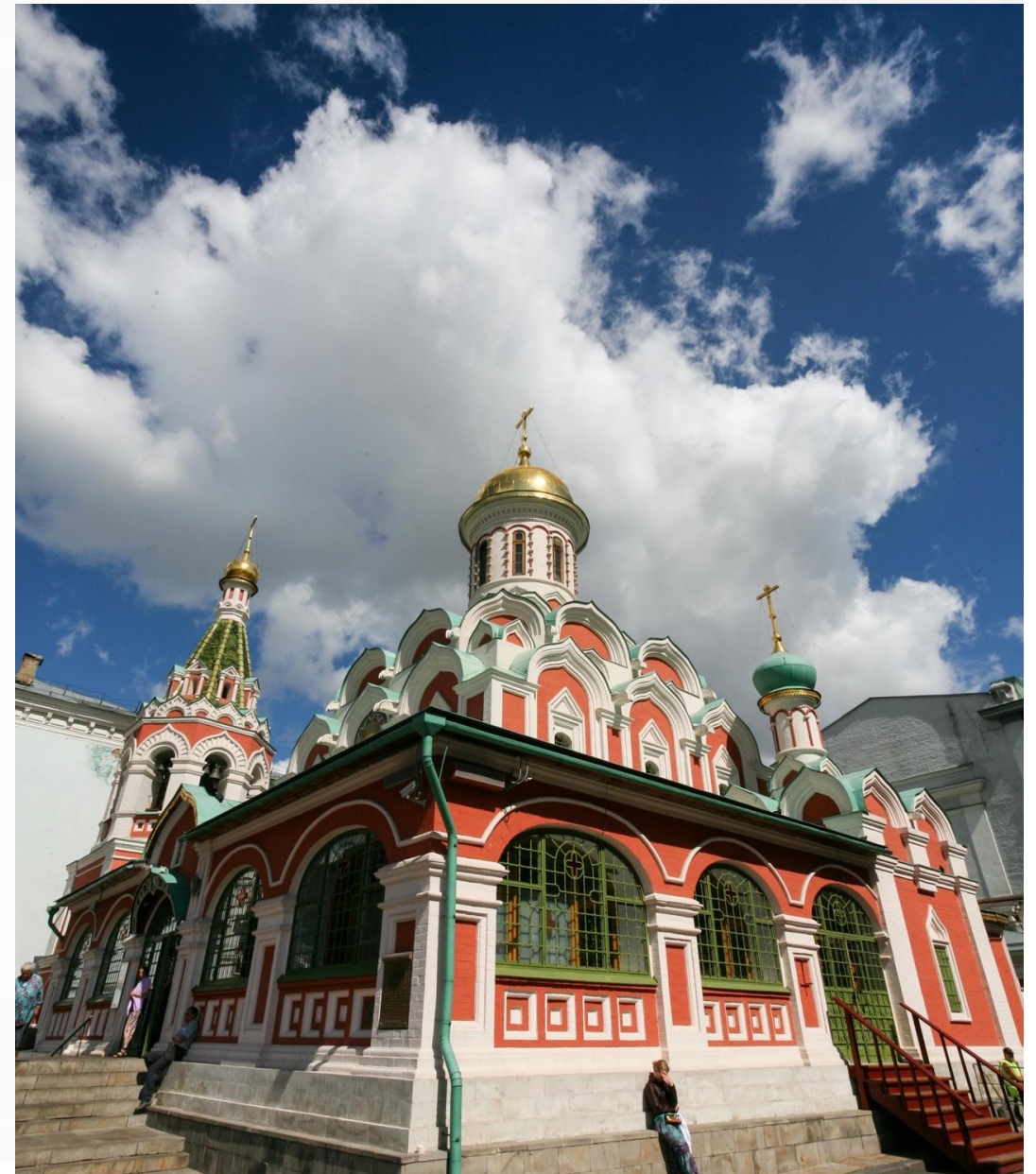
WOULD YOU LIKE TO GO ON EXCHANGE?

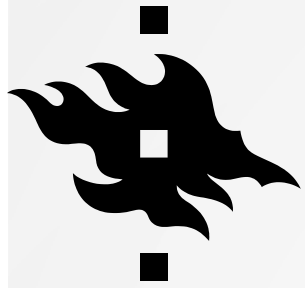


TODAY'S AGENDA

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.

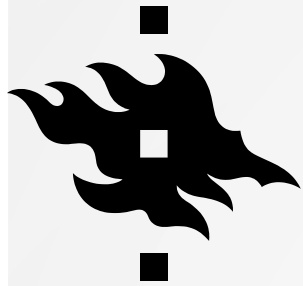
PLANNING AND APPLYING FOR AN EXCHANGE

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
- 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).



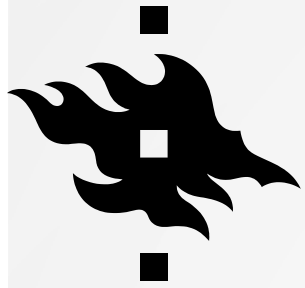
THE RIGHT TIMING FOR AN EXCHANGE

- 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 YOUR EXCHANGE STUDIES 1/2

The good news:

- 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.
- Living costs may be cheaper than in Helsinki

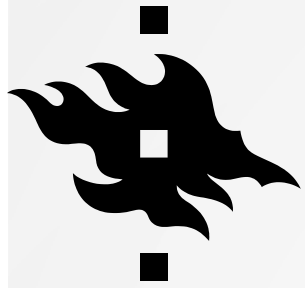




FUNDING YOUR EXCHANGE STUDIES 2/2

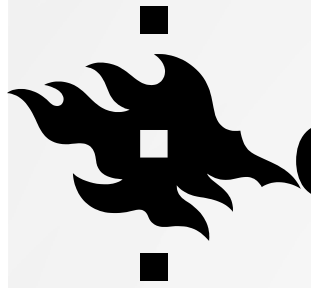
...and the less good ones:

- Make sure to budget expenses such as insurance, vaccinations, language exams etc.
- Fees other than tuition fee can be high in e.g. North America
- Inflation rate high in many countries – living costs may be higher than expected
- Flights more expensive than before
- In some destinations it is difficult to find inexpensive accommodation



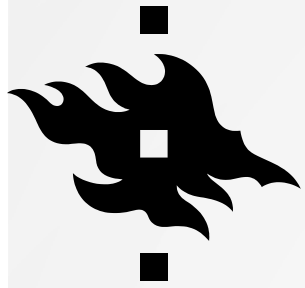
EXCHANGE SCHOLARSHIPS

- 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 2000 - 2200 / semester (Georgia 1400)
 - Erasmus+ global: 700 € / month + travel costs
- Read more about [funding for exchange](#).



QUESTIONS ABOUT THESE TOPICS? 1

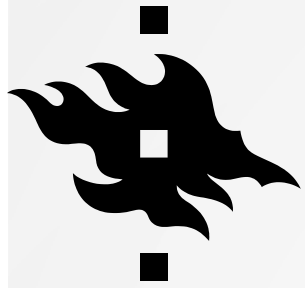
- Eligibility for application
- The right timing for an exchange
 - What can I study abroad?
- Funding for exchange studies



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](#)

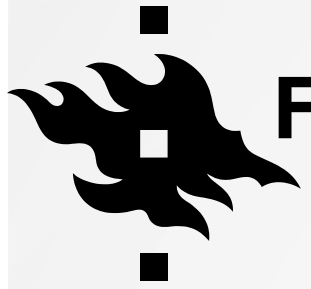




UNIVERSITY WIDE AGREEMENTS

- 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](#)
- Information on open placements available ~2 weeks before the beginning of each application rounds, but may be updated until the beginning of the application period.





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](#)





APPLICATION PERIODS

October 11 – 25 (3 pm) 2023

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

February 1 – 15 (3 pm) 2024

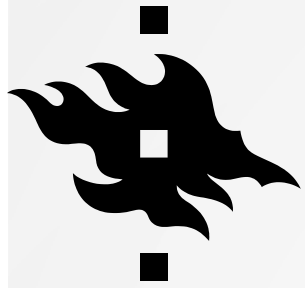
- Applications for 2024-2025 to the EU/EEA area (+ Great Britain) and a supplementary application round for applications outside the EU/EEA area

August – September 2024

- Supplementary application round for spring 2025 to the EU/EEA area

[Application periods](#)

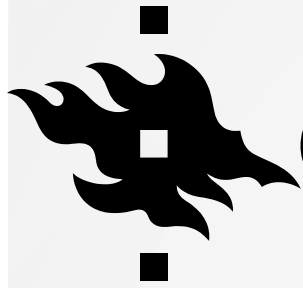




SHORT COURSES AND TRAINEESHIPS ABROAD

- 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



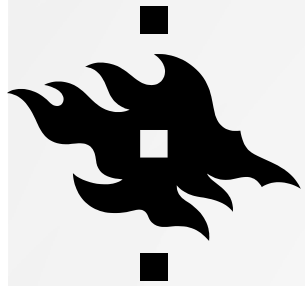
HOW TO APPLY? 1/3

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](#)

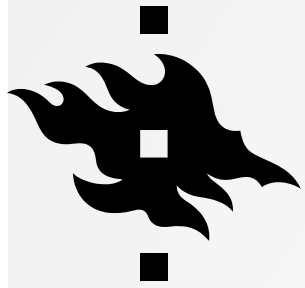
The application process has two phases

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? 2/3

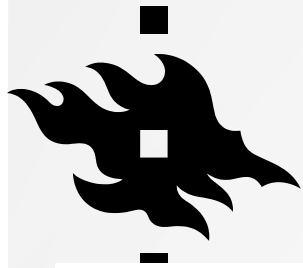
- Register as an applicant by filling in the [application form in Mobility Online](#).
- Select your Faculty
- Select the country of the host institution and the host institution.
- Select the Planned Field of Study of host University according to which study field you will study at the exchange university. 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? 3/3

- 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 e.g. 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]	Country of the host institution (1. choice)	Denmark
First name	[REDACTED]	Host institution (1. choice)	NUUK01 - Ilisimatusarfik (University of Greenland)
Date of birth (dd.mm.yy)	[REDACTED]	Stay from (1. choice)	23.01.2021
Country of the sending institution	Finland	Stay to (1. choice)	26.02.2021
Sending institution	HELSINK01 - University of Helsinki		

+	Necessary steps	Done	Done on	Done by	Direct access via following link	10 / 27	
-	Application stage					6 / 7	
	Online application	✓	15.01.2021		Display application data		
	Confirmation e-mail on online application	✓	15.01.2021	Automatically generated			
	Application form downloaded	✓	15.01.2021	Anne Hokkanen	Download application form		
	Application documents uploaded	✓	15.01.2021	Anne Hokkanen	Upload application documents (e.g. transcript, motivation letter, possible learning agreement and language certificate)		
	Application with attachments submitted	✓	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)	✓	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 our instructions: [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
PAP-val Other studies Selections done min. 0 20 | -

Study module completed in a foreign university
PAP450 Other studies Selections done 15-20 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

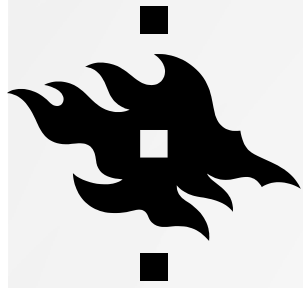
- Note the language skills required of applicants by the UH.
- Your degree right to study at the UH is sufficient proof of your English proficiency for us during the first phase of the application.
- However, be prepared to prove your level of English language during the second phase when you apply to 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](#)



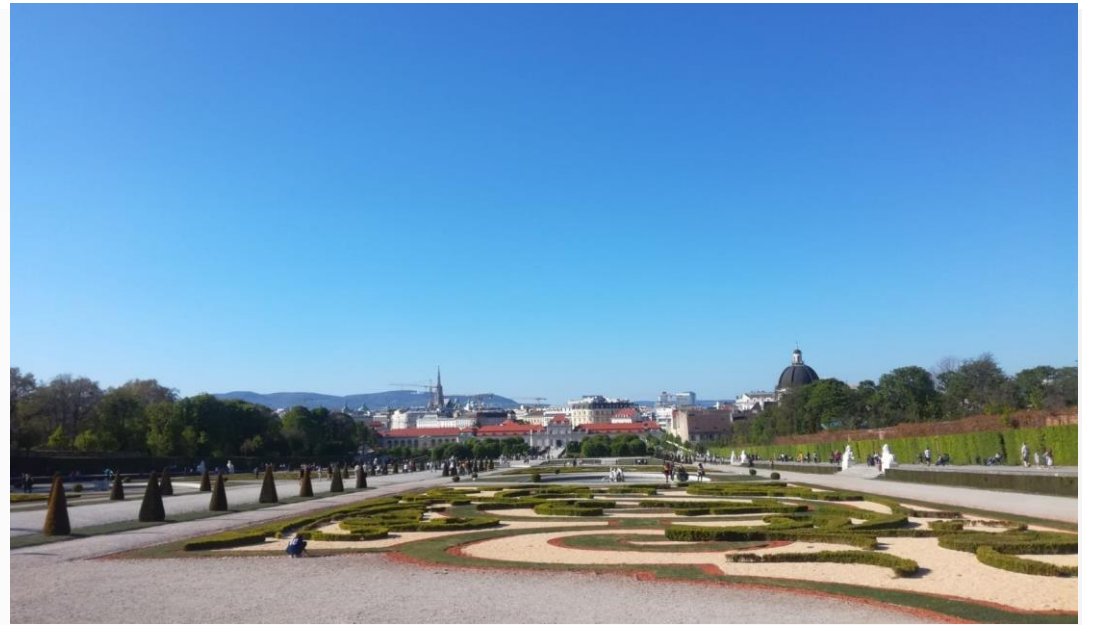
APPLICATION CLINICS

Destinations outside of Europe:

Wed 18.10.2023 14.15-16.00 Aleksandria
K130

Thu 19.10.2023 10.15-12.00 Kumpula
Physicum, D210

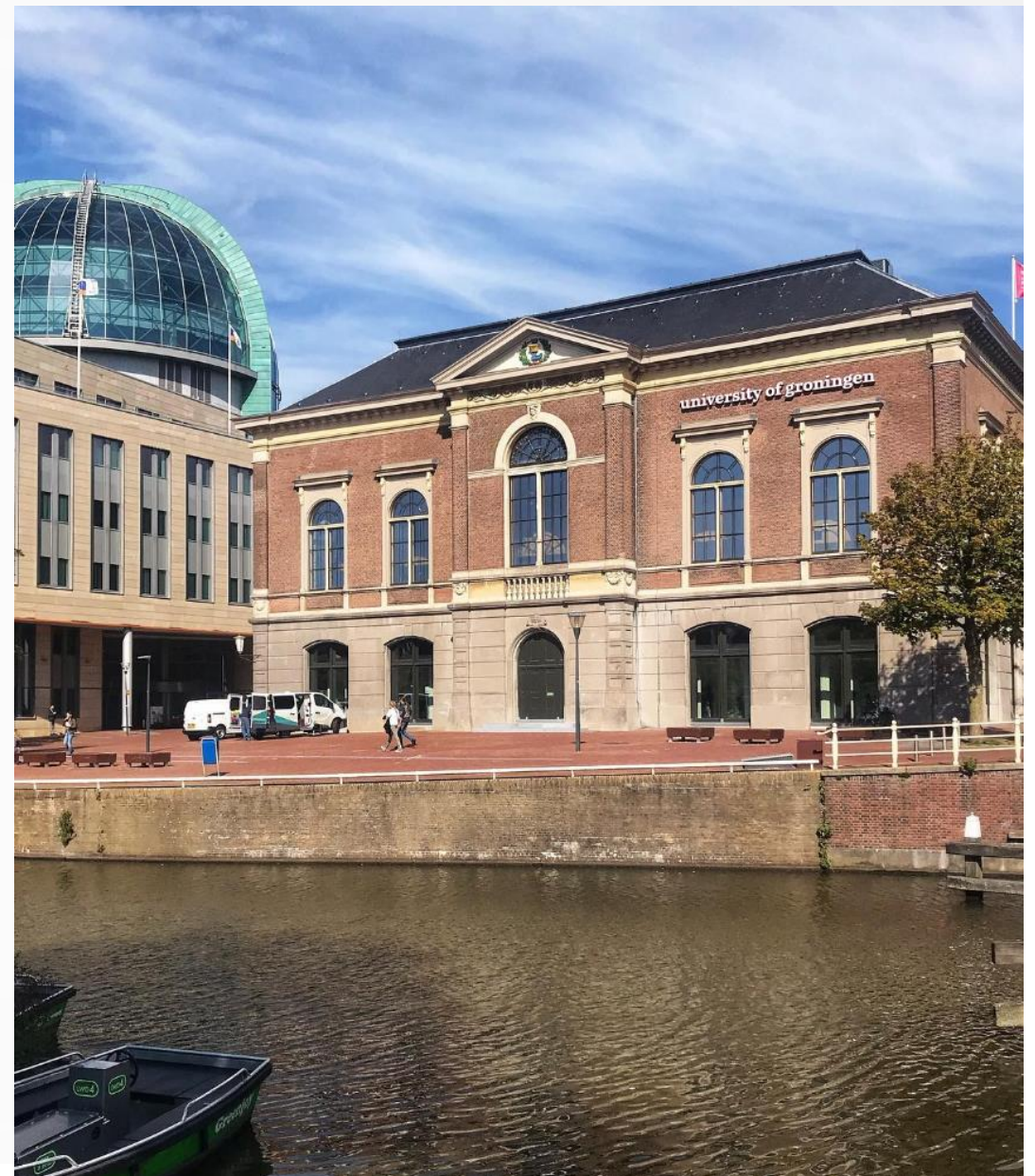
Thu 19.10.2023 13.15-15.00 Viikki
Information Centre, K1046.





RESULTS

- 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 need to 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](#)

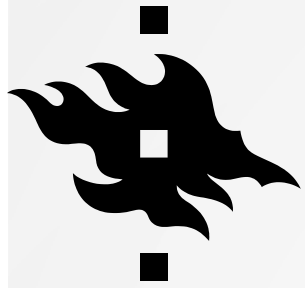
Studyingabroad_uh

[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](#)

