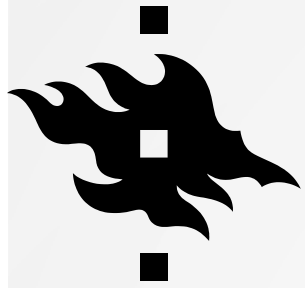




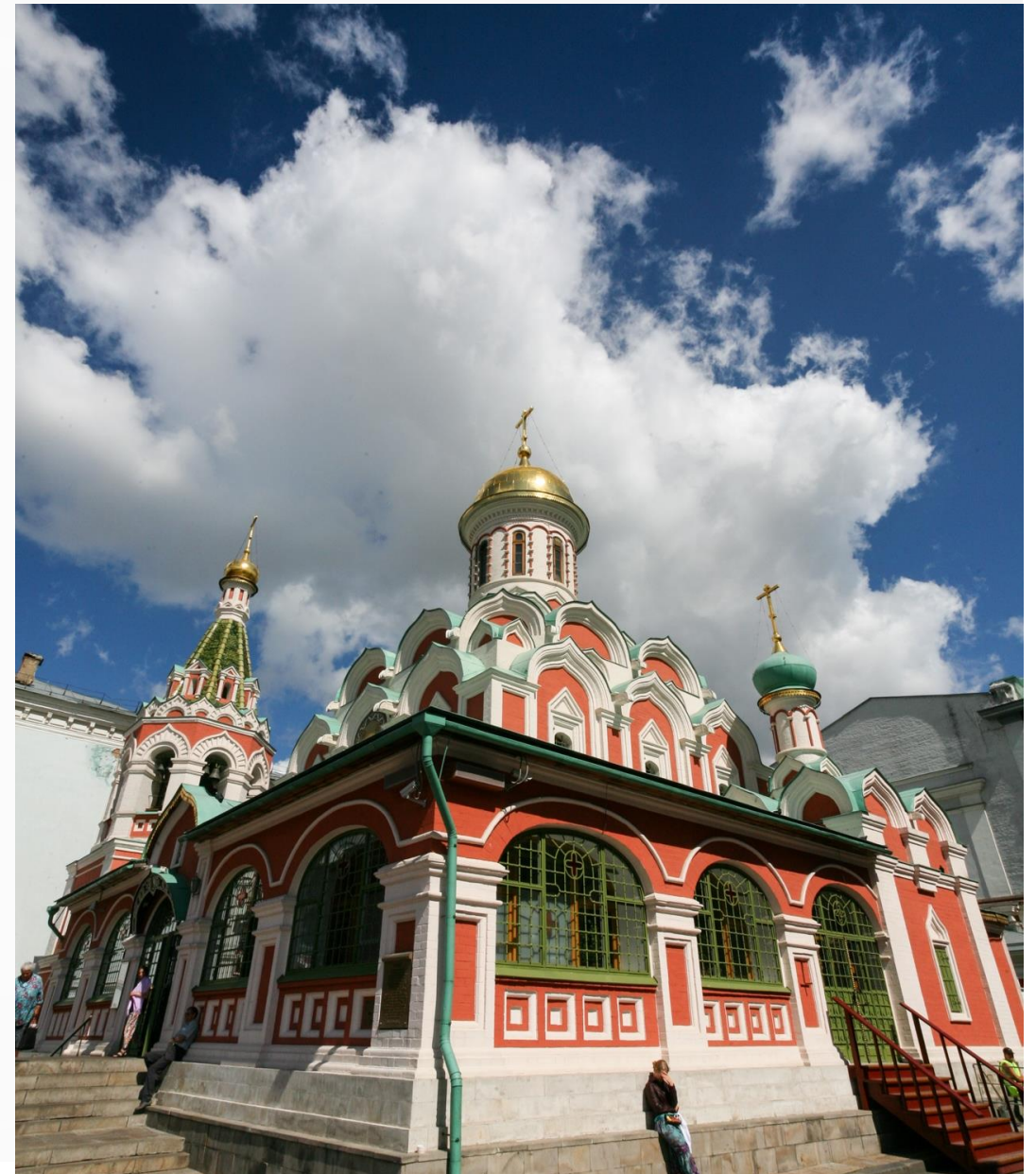
# WOULD YOU LIKE TO GO ON EXCHANGE?



# 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](#)





# YES, YOU CAN!

## **"I can't afford it"**

- No tuition fees, you get a scholarship, you can receive Kela financial aid during the exchange.

## **"I don't want to delay graduation"**

- Exchange studies are recognized as part of your degree and do not prolong your studies

## **"It's too scary"**

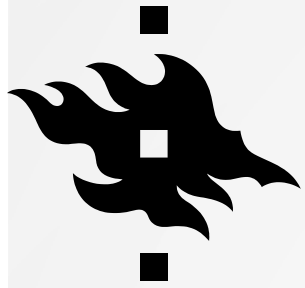
- Exchange is a safe way to try living abroad, you have support and networks both here and in the exchange country

## **"It's too complicated to organize"**

- There are plenty of instructions, help and advice

## **"I don't have time anymore"**

- There are short and summer courses to go on, and you can do a traineeship 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!

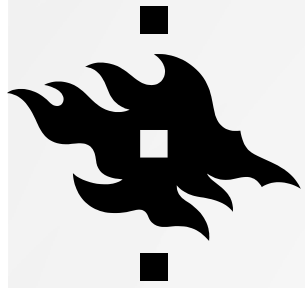
You should begin to consider your destination and timetable as early in your studies as possible.

### Application periods

Find information on the application periods for exchange.

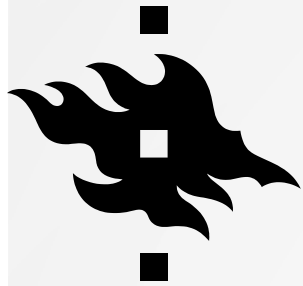
## PLANNING AND APPLYING FOR AN EXCHANGE

*Your journey starts here!*



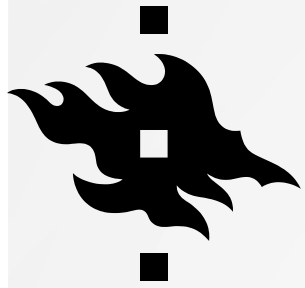
# ELIGIBILITY FOR APPLICATION

- 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

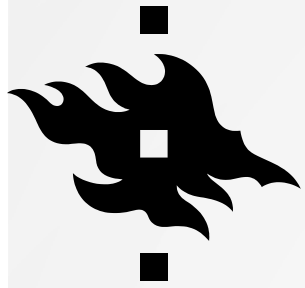
- If you're studying in an international Master's programme, check with your programme's planning officer about your options and limitations to applying for an exchange.
- Some degree programmes have listed more information on this on the [Do you want to study abroad page](#).
- Include the exchange 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.



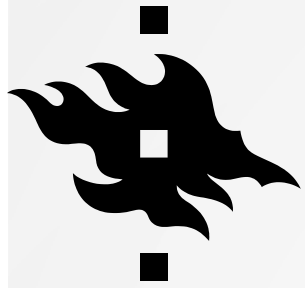


# FUNDING YOUR EXCHANGE STUDIES 1/2

## 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

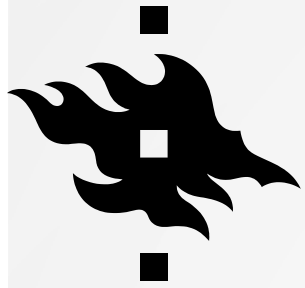
## ...and the less good ones:

- 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

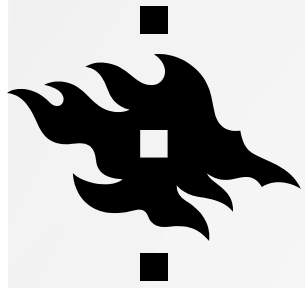
- University of Helsinki offers grants for those selected for exchange
  - You don't need to apply for the mobility grants separately
- Examples of grant amounts:
  - Erasmus+ : ca. 490 – 540 euros / month (final amounts will be confirmed later)
  - University bilateral exchanges: EUR 2300 - 2500 / semester (Georgia 1400)
  - Erasmus+ global: 700 € / month + travel costs
- Read more about [funding for exchange](#).



# 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 to max. 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.

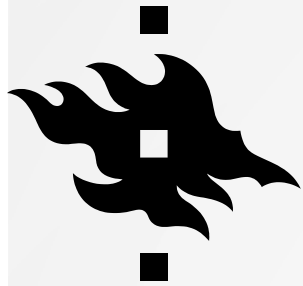




# FACULTY AND STUDY PROGRAMME AGREEMENTS

- 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

## **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**

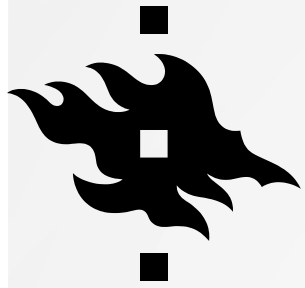
- Supplementary application round for spring 2025 to the EU/EEA area

## **October 2024**

- Applications for outside the EU/EEA, academic year 2025-2026 (and calendar year 2026)

[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](#)?







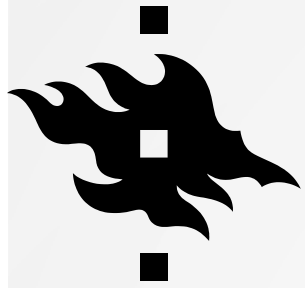
# HOW TO APPLY? 1/4

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](#)

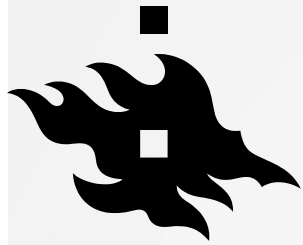
## The application process has two phases

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 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.

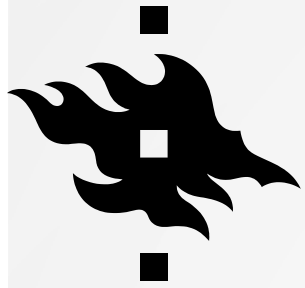


# HOW TO APPLY? 3/4

- 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!)**

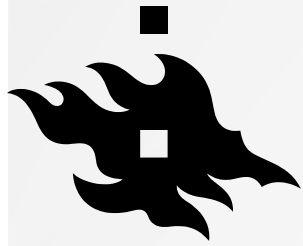
Faculty	H50 - Faculty of Science	?
Department	H528 - Department of Physics	?
Subject	<-- No choice -->	?
Country of the host institution (1. choice)	<-- Please select -->	*
Host institution (1. choice)	<-- Please select -->	*
Planned field of study at the host institution (1. choice) - see help (?) for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

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

Enable tool icon

## Necessary steps 10 / 27

### Application stage 6 / 7

Application stage	Done	Done on	Done by	Direct access via following link
Online application	<input checked="" type="checkbox"/>	15.01.2021		<a href="#">Display application data</a>
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		<a href="#">Download application form</a>
Application documents uploaded	<input checked="" type="checkbox"/>	15.01.2021		<a href="#">Upload application documents (e.g. transcript, motivation letter, possible learning agreement and language certificate)</a>
Application with attachments submitted	<input checked="" type="checkbox"/>	15.01.2021		
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 2<sup>nd</sup> – 4<sup>th</sup> 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](#) .



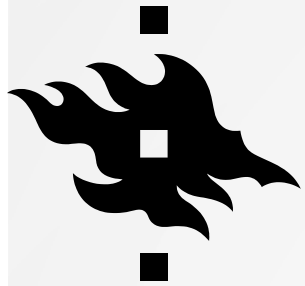
# APPLICATION AND ATTACHMENTS 2/3

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](#)

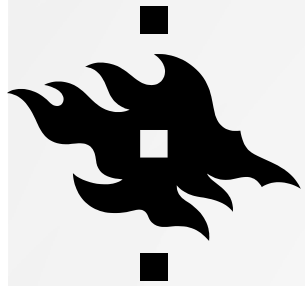




# LANGUAGE SKILLS

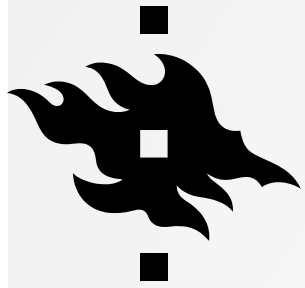
- Note the language skills required of applicants by the UH.
- Your degree right to study at the UH is sufficient proof of your English proficiency for us during the first phase of the application.
- However, be prepared to prove your level of English language during the second phase when you apply to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

Thu 8.2.2024 10.15-12.00 Kumpula,  
Physicum, D210

Thu 8.2.2024 13.15-15.00 Viikki, Info Center,  
K1046

Mon 12.2.2024 14.15-16.00 Soc&kom, IT  
room 110





# 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.





# 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](mailto: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](#)

