

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 Q&A (behind the “More button”) in Finnish, Swedish or English
- Alternatively, use the “Raise hand” function during the breaks for asking questions

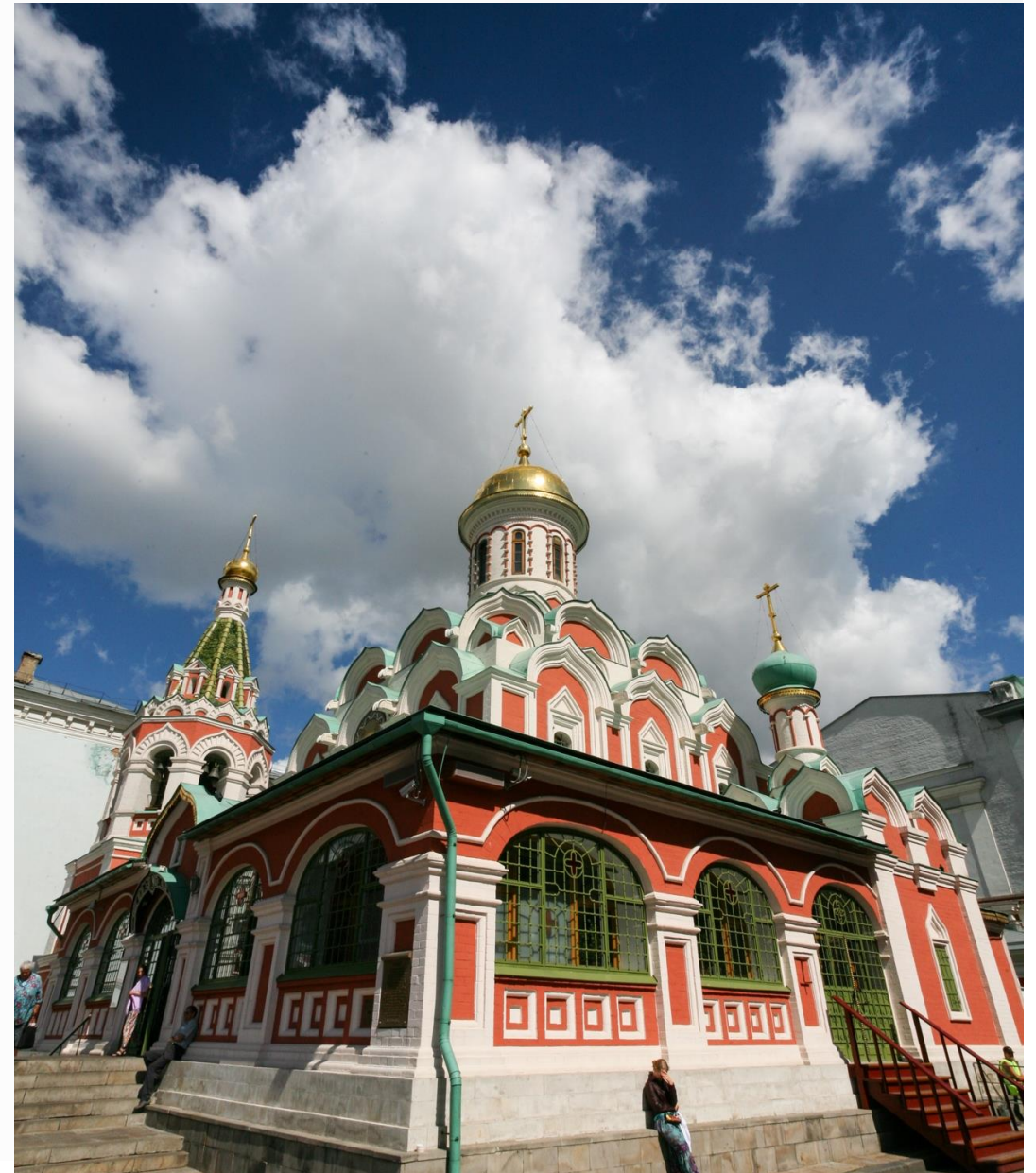
WOULD YOU LIKE TO GO ON EXCHANGE?



TODAY'S AGENDA

The Why, the Who, the When and the What

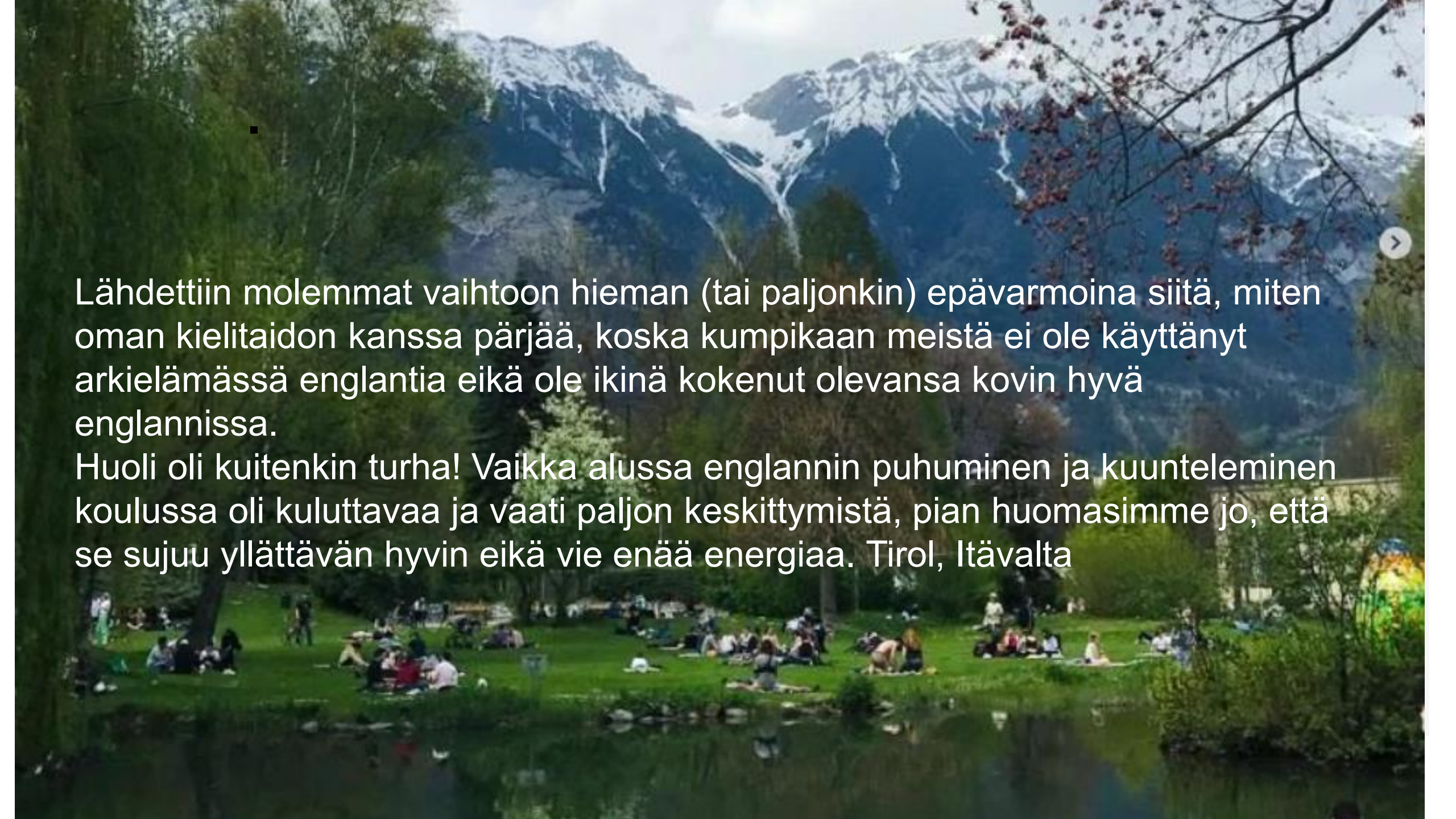
- Eligibility for application
- Funding of the exchange
- How to choose an exchange destination
- How to apply: application dates, selection criteria and process, application clinics
- These slides will be available after the session on our website: [Information sessions for university of Helsinki students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





Vaihto oli huikea ja kasvattava kokemus, ja opin paljon uutta niin reissujen kuin normiarjenkin parissa. Suosittelen lämpimästi vaihtoa kaikille sitä harkitseville, sillä se on ainutlaatuinen mahdollisuus asua ulkomailla ja tutustua uusiin ihmisiin sekä uuteen kieleen ja kulttuuriin. Vaihdon aikana itsenäistyy huomaamattakin ja parhaimmillaan saa uusia ystäviä ympäri maailmaa, ja Suomeen voi palata monta kokemusta ja koettelemustakin rikkaampana.

Geneve, Sveitsi



Lähdettiin molemmat vaihtoon hieman (tai paljonkin) epävarmoina siitä, miten oman kielitaidon kanssa pärjää, koska kumpikaan meistä ei ole käyttänyt arkielämässä englantia eikä ole ikinä kokenut olevansa kovin hyvä englannissa.

Huoli oli kuitenkin turha! Vaikka alussa englannin puhuminen ja kuunteleminen koulussa oli kuluttavaa ja vaati paljon keskittymistä, pian huomasimme jo, että se sujuu yllättävän hyvin eikä vie enää energiaa. Tirol, Itävalta

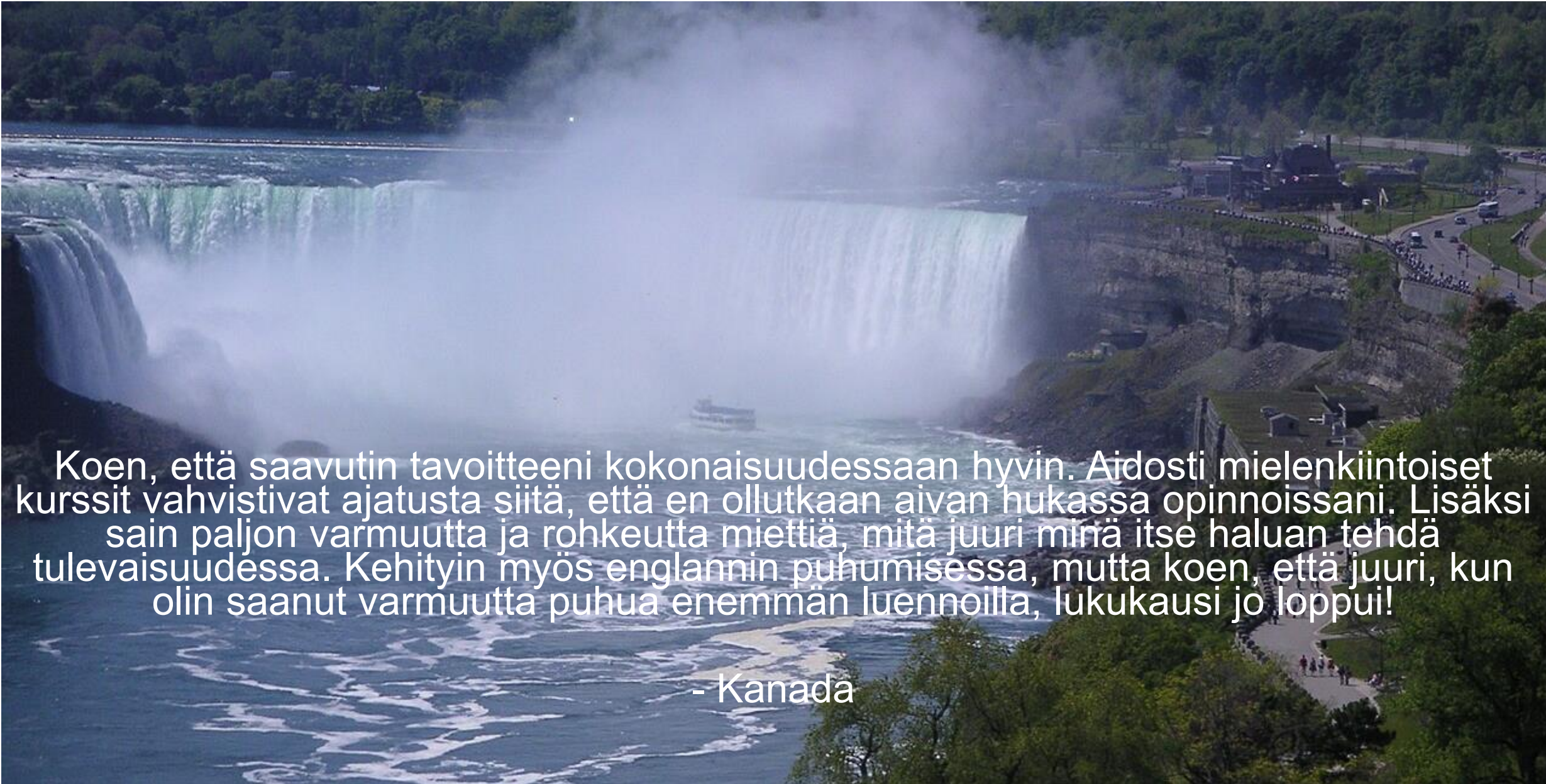
It's really different to live in Costa Rica than come here on holiday. It is definitely not the 'easiest' exchange destination to come to from Finland. I think that's mostly a really a good thing as living here can challenge your thinking in a lot of ways and teach you a lot. – San José, Costa Rica



I'm not exaggerating when I say that I had the time of my life. All my hopes came true, for example I became braver and more independent, I made good friends and was inspired.

Doshisha, Japan





Koen, että saavutin tavoitteeni kokonaisuudessaan hyvin. Aidosti mielenkiintoiset kurssit vahvistivat ajatusta siitä, että en ollutkaan aivan hukassa opinnoissani. Lisäksi sain paljon varmuutta ja rohkeutta miettiä, mitä juuri minä itse haluan tehdä tulevaisuudessa. Kehityin myös englannin puhumisessa, mutta koen, että juuri, kun olin saanut varmuutta puhua enemmän luennoilla, lukukausi jo loppui!

- Kanada

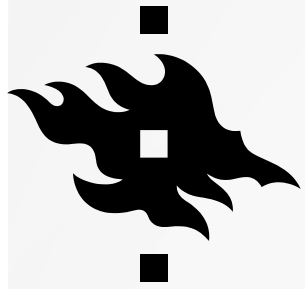
If your major is quite general, studying abroad can bring new perspectives and help you find your "own thing" that you want to focus on in working life.





EXCHANGE IS POSSIBLE FOR EVERYONE

- "I can't afford it"
 - You pay no tuition fees to your host university, you receive a scholarship, you can continue receiving your study grant from Kela
- "I don't want to delay my graduation"
 - Exchange studies will be part of your degree and won't extend your studies
- "Too difficult"
 - Instructions, help and guidance are available. Exchange is a safe way to try living abroad, you will have a support network both in Finland and in the destination country
- "I don't want to be gone for that long"
 - There are also short courses and you can complete your traineeship abroad
- "My situation does not allow for an exchange"
 - There is extra monetary support for health issues and for those with families (Erasmus+)
- "I don't want to fly"
 - There is extra support for green travel in Europe and Erasmus+ interrail pass



STUDIES SERVICE

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 1/2

- [Eligibility for application and criteria for selection](#)
- You need to be registered as attending at the time of application and during the exchange
- Your right to study must be valid throughout the student exchange and at least until the end of the following term.
- You need to have completed **at least 25 credits** worth of higher education studies by the time of application.
- You must meet any requirements of the host universities (GPA, language, study level)
- The exchange period has to be (at least) a full semester, max. two semesters.
- Your study plan for student exchange must include studies that are equal to full-time studies (5 ECTS credits per each full month of exchange, or with destinations outside Europe, a specific amount of credits listed on our website).



ELIGIBILITY FOR APPLICATION 2/2

- The exchange courses need to be **fully transferrable** to your degree at UH
- The exchange must not exceed the maximum scope of the degree (Bach. 200/ Mast. 135 ECTS)
 - There are a few scenarios where you are still eligible for exchange if you slightly exceed the maximum scope of your degree, but this does not apply to destinations that have more applicants than available places.
- The exchange must not require you to extend the time of your degree study right
- Take into account the number of credits required by Kela in order to be eligible for student aid.
- Destination outside Europe: you have not previously been on exchange from University of Helsinki outside of Europe



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 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 strongly recommend you to complete a minimum of 5 ECTS / month with a goal of 30 ECTS / semester.
- However, your exchange university may have a specific credit requirement. Especially for destinations outside the EU/EEA you need to check the required amount from our destination pages. Also in Europe, several destinations require 30 ECTS / semester.



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

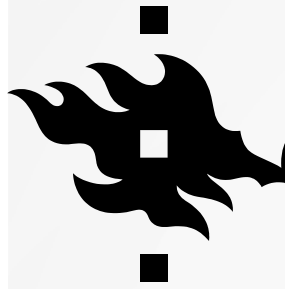
...and the less good ones:

- Make sure to budget expenses such as insurance, vaccinations, language exams etc. Field and laboratory courses may also have fees you need to pay.
- 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
- In some destinations it is difficult to find inexpensive accommodation



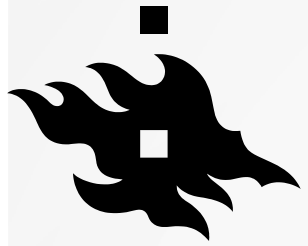
EXCHANGE SCHOLARSHIPS

- 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 + 200 – 600 euro travel grant (+ extra support for green travel, and for students with fewer opportunities)
 - **University bilateral exchanges: EUR 2 300 – 2 500 / 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?

- What and in which country would you like to study?
- How important is the cost of living for you? Check the possible costs listed on the destination pages.
- Choose destination that accepts students on the study level you will be during your exchange.
- Make sure you have high enough GPA (both when applying in our system and after being selected, applying to destination).
- Check the study language and language requirements.
- Take a look at 2-4 options based on your interest (you can apply for up to 4 destinations).
- Check [Experiences of studying abroad](#)

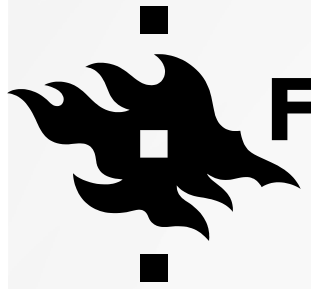




UNIVERSITY WIDE AGREEMENTS

- Agreements open to all students (check individual restrictions).
- 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](#)





FINDING SUITABLE DESTINATIONS

- Sign into the Studies service to see destinations available to you.
- In Europe you find a list of your faculty's destinations (+ possible Nordplus networks)
- By choosing a country, you will see both faculty and university-wide destinations available to you.
- (Europe: If you want to search other faculties' destinations, choose a relevant degree programme from that faculty.)

↓ Germany
↓ Greece
↓ Hungary
↓ Iceland
↓ Ireland

↓ Switzerland
↓ Turkey
↓ Ukraine
↓ United Kingdom

Faculty of Biological and Environmental Sciences destinations in Europe

Below you find a list of exchange agreements of the **Faculty of Biological and Environmental Sciences** (FBES) as well as a selection of University wide agreements that are especially suitable for FBES students. You find detailed information on the destinations by choosing one of the countries from the menu bar above or by scrolling further down on this page and choosing a country of your interest.

- [Austria](#)
 - Universität für Bodenkultur Wien
- [Belgium](#)
 - Ghent University
 - Katholieke Universiteit Leuven
 - Université Catholique de Louvain
 - Université Libre de Bruxelles
- [Czech Republic](#)
 - Masaryk University Brno
 - Univerzita Karlova
- [Denmark](#)
 - Aarhus Universitet



APPLICATION PERIODS

October 7 – 21 2026

Applications for 2027-2028 outside the EU/EEA area

February 1 – 11 2027

Applications for 2026-2027 to the EU/EEA area (+ Great Britain and Georgia) and a supplementary application round for applications outside the EU/EEA area

[Application periods](#)

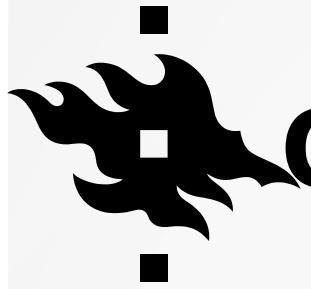




SHORT COURSES AND TRAINEESHIPS ABROAD

- 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
 - Europe: Blended Intensive Programmes advertised by your faculty
- 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, see [Do you want to study abroad? Start here!](#) 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](#)

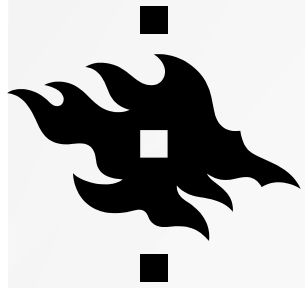
The application process has two phases

1. First you apply through us for the exchange in Mobility Online (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

- Select your own Faculty.
- Europe: If you apply to other faculties' destinations, choose that faculty. NOTE: you can then not apply to your own faculty's destinations on this application round!
 - Exception: If you study in a degree programme organized by more than one faculty (e.g. ECGS), you can apply to destinations of any of the involved faculties. You can thus make more than one application, but in that case you need to choose which one takes part in a possible lottery.
- Select the country of the host institution and the host institution.
- Select the Planned Field of Study of the 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 host 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 and if you have applied at least to three destinations.



HOW TO APPLY? 3/4

- You can apply to max 4 faculty and **university level destinations** with the same form.

Application for a student exchange
for exchange program **Student Exchange**

All fields marked with (*) must be completed.

1 Application data ✓

2 Personal data

3 Studies at the University of Helsinki 1

4 Exchange destinations

5 Additional information

6 Language skills

7 Emergency contact information

Exchange destinations

Faculty
H40 - Faculty of Arts

Choose the faculty based on the agreement. For a university-wide destination open for all faculties, choose your own faculty.

Country of the host institution (1. choice) *
Belgium

Host institution (1. choice) *
LEUVEN01 - Katholieke Universiteit Leuven

Planned field of study at the host institution (1. choice) *
Area and Cultural Studies

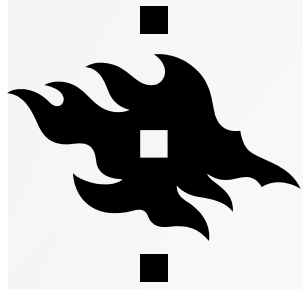
Remember to answer the question regarding the faculty/campus etc you choose courses from at each destination!



HOW TO APPLY? 4/4

- Total number of credits retrieved automatically from Sisu
- Weighted Grade Point Average (GPA)
 - Copy from the transcript of records
 - All grades on your transcript taken into consideration - can not be changed
 - Master's level applicants with 0 graded ECTS from University of Helsinki, raise hand if this applies to you
 - We check and if necessary update the GPA and actual amount of credits from the transcript of records when the application round closes.
- Stay from / Stay to: estimate by e.g. googling the academic calendar, if not found in the destination description

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



MOBILITY ONLINE – APPLICATION WORKFLOW

Workflow

For further help please expand this bar!

Last name

First name

Date of birth (dd.mm.yy)

Country of the sending institution

Sending institution

Country of the host institution (1. choice)

Host institution (1. choice)

Stay from (1. choice)

Stay to (1. choice)

Finland

HELSINK01 - HELSINGIN YLIOPISTO

Canada

QUEENS01 - Queen's University at Kingston

26.09.2024

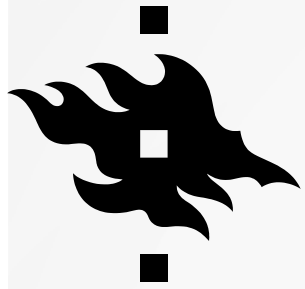
30.09.2024

Necessary steps	Done	Done on	Done by	Direct access via following link
Online application	☒	26.09.2024		Display application data
Confirmation e-mail on online application	☒	26.09.2024	Automatically generated	
Application documents uploaded	☒	26.09.2024		Upload application documents (e.g. transcript, motivation letter, possible learning agreement and language certificate)
Application with attachments submitted	☒	26.09.2024		
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)	☐			



APPLICATION AND ATTACHMENTS 1/4

- 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: Optional studies as [study drafts](#) in your primary study plan, compulsory studies are marked by commenting through the Guidance tool.
- Do NOT use AI to find courses! AI can hallucinate courses that are either not available at the university you are applying for or they are not offered for exchange students/for that specific semester/in the language you are able to study.



APPLICATION AND ATTACHMENTS 2/4

Optional study modules
PAP-val Other studies
Selections done min. 0
20 | -

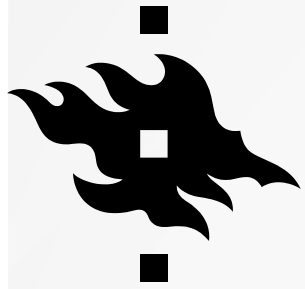
Study module completed in a foreign university
PAP450 Other studies
Selections done 15-20
20 | -

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

Metsätieteiden kandiohjelma ja maisteriohjelma (3v + 2v)
KM-METSÄTIET-KOUL
OHJAUS Valinnat kesken

Bachelor's Programme in Forest Sciences and Master's Programme (3 years + 2 years)
KM-METSÄTIET-KOUL
GUIDANCE Selections incomplete

Kandidatprogrammet i skogsvetenskaper och magisterprogram (3 år + 2 år)
KM-METSÄTIET-KOUL
STUDIEHANDLEDNING val saknas



APPLICATION AND ATTACHMENTS 3/4

Targeted comment

Select the study module or course that you want to comment on.

- ✓ Bachelor's Programme in Forest Sciences and Master's Programme (3 years + 2 years)
 - ✓ Bachelor's Programme in Forest Sciences
 - ✓ Opintosuunta
 - ✓ Forest Ecology and Management
 - ✓ Forest Sciences, Basics Studies
 - ME-011A, Basics in forest ecology and management: forest ecology and silviculture ☐
 - ME-011B, Basics in forest ecology and management: forest resource management ☒
 - ME-011C, Basics in forest ecology and management: forest and wood technology ☐
 - ME-012, Forest economics, business and society: basics ☐
 - ME-013A, Field course in forest sciences: forest economy ☐
 - ME-013B, Field course in forest sciences: Forest and peatland ecology and Silviculture ☐

CANCEL

OK

New message

MESSAGE TYPE (Required)

Targeted comment

PLACE AND STUDY

Forest Sciences, Basics Studies > Basics in forest ecology and management:
forest resource management  DELETE

MESSAGE (Required)

I would replace the course Basics in forest ecology and management with the exchange university course Basics of Forest Ecology, 5 credits: <https://onderwijsaanbod.kuleuven.be/syllabi/e/I0114A>

192/8000

I understand that it is not recommended for comments to include sensitive personal data as defined in article 9 of the EU General Data Protection Regulation. This includes personal data revealing racial or ethnic origin, political opinions, religious or philosophical beliefs, trade union membership, data concerning health or data concerning sexual behavior or orientation.



SEND



APPLICATION AND ATTACHMENTS 4/4

- **Language certificate**, if needed
- If you are applying for exchange in order to work on your thesis, add also agreement for thesis work, signed by your supervisor at the UH as well as supervisor at the host university.
 - Please note almost all destinations outside Europe do not allow working on your thesis at the host university
 - One option for thesis work outside Europe is applying for our travel grant for international traineeships (not at the same time as an exchange)
- More information: [Study plan and other required attachments](#)



LANGUAGE SKILLS

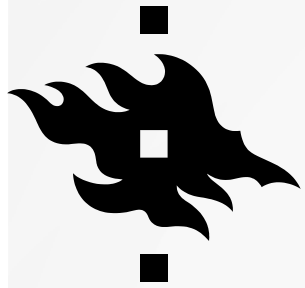
- Your study right at the UH is sufficient proof of your English proficiency during the first phase of the application.
- For other languages in Europe (e.g. Spanish, French, etc.) UH requires language skills at min. level B1 (A2 in some destinations)
- Be prepared to prove your level of language skills during the second phase when you apply to the host university according to their instructions. Some destinations require a level higher than CEFR B1/B2.
- More specific information about [language requirements](#).





SELECTIONS

- If there are more applicants than spaces for a destination, the spaces will be drawn (lottery) among those eligible applicants whose planned exchange studies fit within the [maximum scope of their degree](#) and who do not need [additional time for their studies](#) due to the exchange. You are given a random number, and in numerical order, you will be placed in your highest-priority wish
- For destinations with no competition, you will be placed in your highest-priority wish, if you are eligible
- If you are left without a place, we attempt to place you in an alternate destination if the budget allows



APPLICATION EVENTS

International fair

Tue 6.10.2026 12.00-15.00, Main Building, Agora

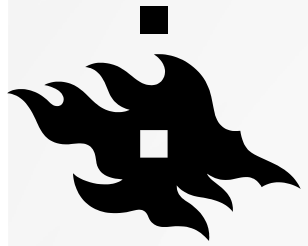
Application support clinic

- Further support in planning your exchange (no presentation, you can ask any questions)
- Wed 7.10.2026 13.15–15 City Centre, Metsätalo, B214 (room 4)

Technical questions (Mobility Online), bring computer!

- Tue 13.10.2026, 14.15-16, Main building U4075.
- Wed 14.10.2026, 14.15-16, Meilahti Biomedicum, kok.2. (can only fit Meilahti students)
- Thu 15.10.2026 10.15-12, Exactum BK114.
- Thu 15.10.2026 13.15-15, Viikki Info Centre, room kok. 4024.





RESULTS

- In about 6 weeks after the application deadline. You need to accept the place within 7 days of the offer!
- 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 (very rare!)
- Please note that the host university's own application can sometimes require a lot of work





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](#)

uhgoabroad

[Read exchange stories](#)





QUESTIONS? CONTACT US!

International Education Services

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

