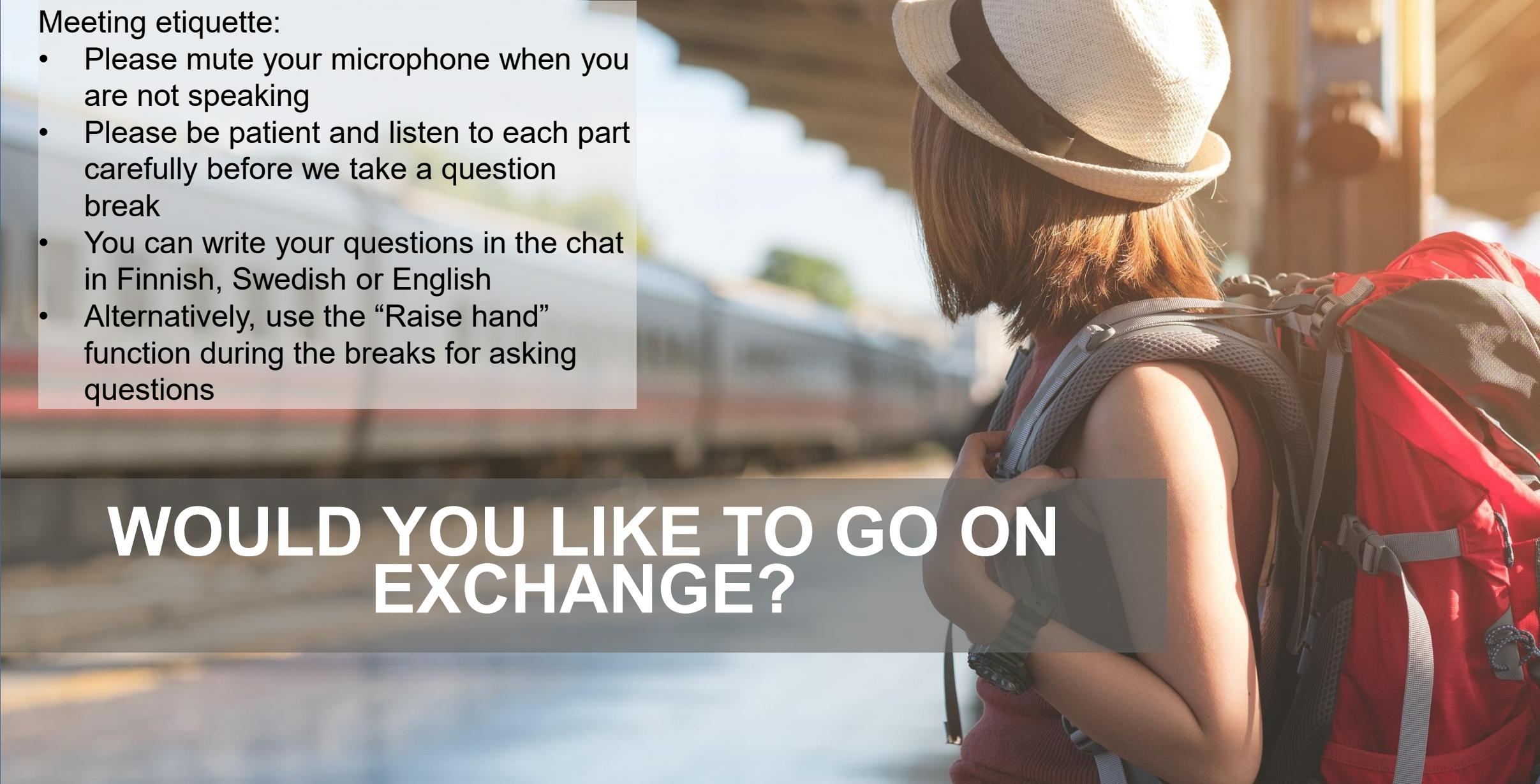
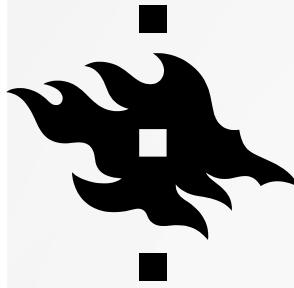


## Meeting etiquette:

- 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 clinics
- These slides will be available after the session on our website: [Information sessions for university of Helsinki students going abroad](#)





Vaihto oli huика 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.

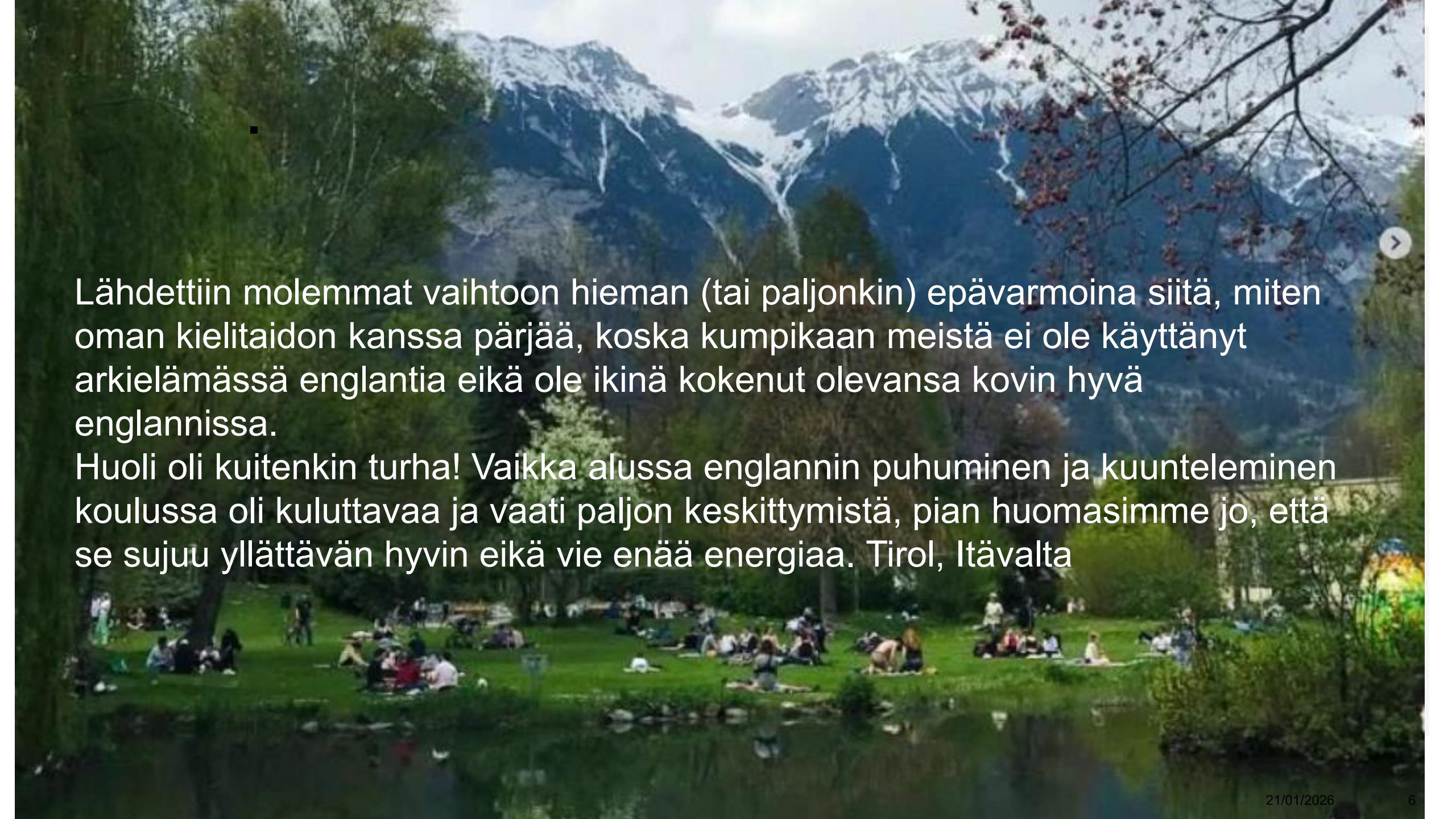
Geneve, Sveitsi



Kielen oppiminen oli mulle isoin syy lähteä Ranskaan, ja kehityin kyllä reilusti varsinkin puhumisessa. Sekä kandi- että maisterivaihdossa käyneenä täytyy sanoa, että vaikka ensimmäinen oli kokemuksena ehkä mieleenpainuvampi, molemmista jää käteen yhtä lailla oppia ja rakkaita ihmisiä. Bordeaux, Ranska



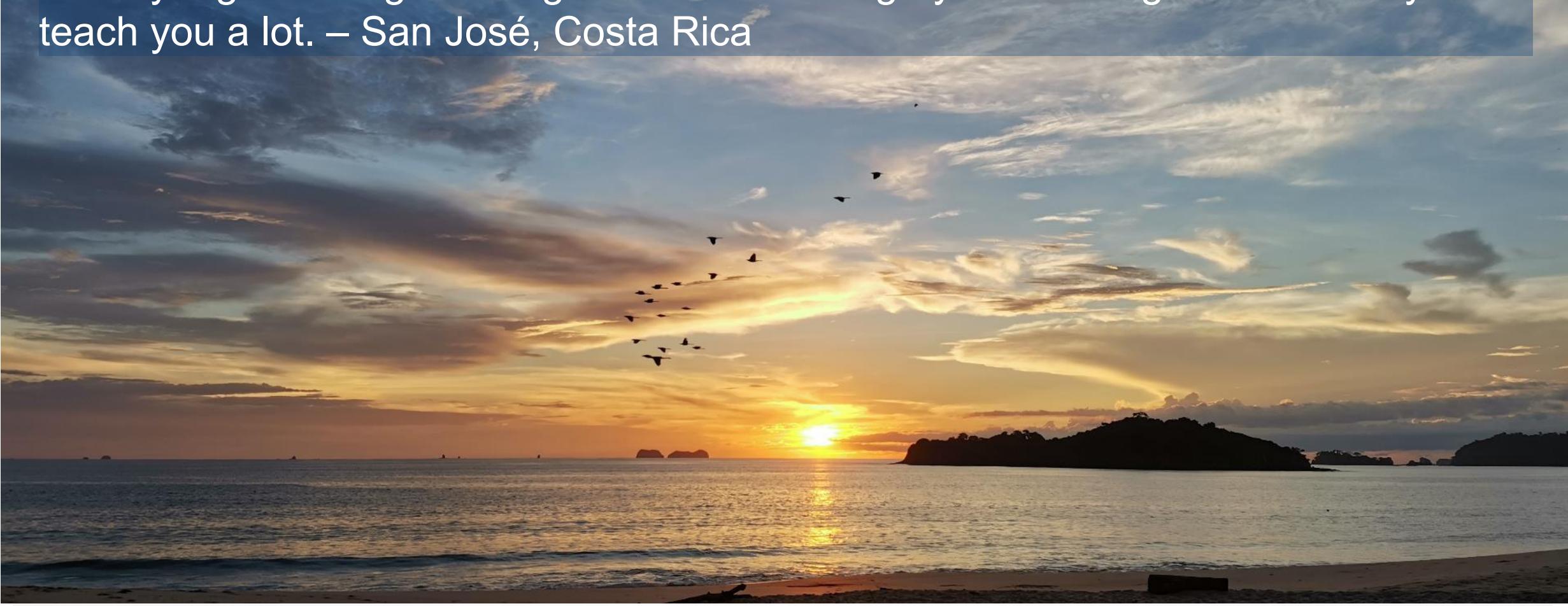
4 months is too short, at least that is what I feel having had such a good experience. It is not enough when you've met so many good friends and you want to spend more time with them. It is not enough because I want to do more hikes with them, go on more road trips together and have more dinners together. But everything that ends is not bad, this has once again shown me the beautiful side of a lovely culturally and language diverse group and how that can become like your second family. If you want friends for life and cry when you leave them - go for an Erasmus exchange. Innsbruck, Austria



Lähdettiin molemmat vaihtoon hieman (tai paljonkin) epävarmoina siitä, miten oman kielitaidon kanssa pärjäää, 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



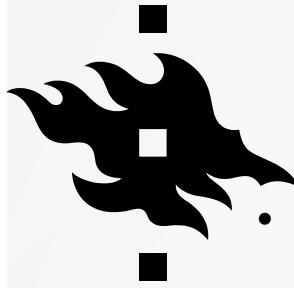
I'm not exaggerating when I say that I had the time of my life. All my hopes came true, for example I became braver and more independent, I made good friends and was inspired.

Doshisha, Japan



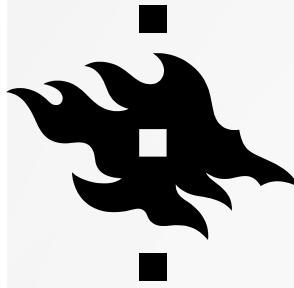
If your major is quite general, studying abroad can bring new perspectives and help you find your "own thing" that you want to focus on in working life.





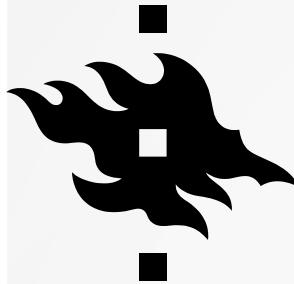
# EXCHANGE IS POSSIBLE FOR EVERYONE

- "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 and Erasmus+ interrail pass



# TRAVELING GREEN FOR EXCHANGE

- You can receive an additional green travel grant if you choose a more environmentally friendly way of travelling; a train, bus, carpooling ride or bicycle
- Can be cheaper, less emissions, no weight limits for your luggage
- When traveling green, you can receive a grant for a total of 3 travel days per direction, thus a maximum of 6 travel days in total if both the outbound and return trips are made in an environmentally friendly way
- Some helpful sources to start planning your journey:
  - Find friends to travel with <https://www.go2rail.eu/>
  - Interrail pass for Erasmus students <https://www.interrail.eu/en/interrail-passes/erasmus>
  - Help with planning your route <https://maatapitkin.net/>



# 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!

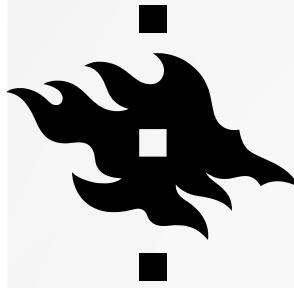
You should begin to consider your destination and timetable as early in your studies as possible.

### Application periods

Find information on the application periods for exchange.

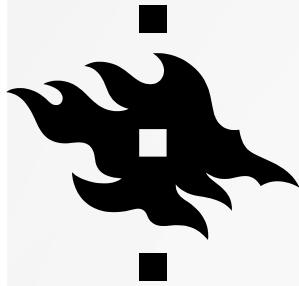
Your journey starts here!

## PLANNING AND APPLYING FOR AN EXCHANGE



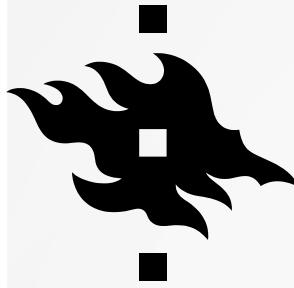
# ELIGIBILITY FOR APPLICATION 1/2

- 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.
- 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 credits per each full month of exchange).



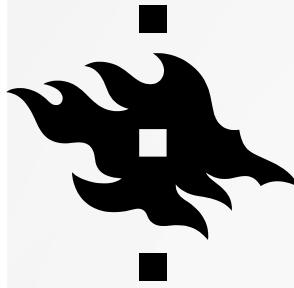
# ELIGIBILITY FOR APPLICATION 2/2

- The courses to be completed need to be **fully transferrable** to your degree at UH and should not exceed the maximum credits allowed in the degree (Bach. 200/ Mast.135 ECTS)
  - For destinations that have more applicants than places, the exchange must not exceed the maximum scope of the degree or require you to extend the time of your degree study right.
  - For other destinations, it is strongly recommended that the exchange period does not delay your graduation or unnecessarily extend the scope of the degree at the University of Helsinki.
  - Take into account the number of credits required by Kela in order to be eligible for student aid.



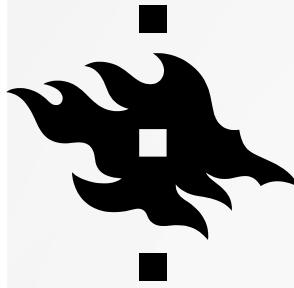
# THE RIGHT TIMING FOR AN EXCHANGE

- 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.



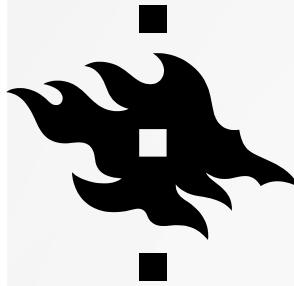
# FUNDING YOUR EXCHANGE STUDIES

## 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

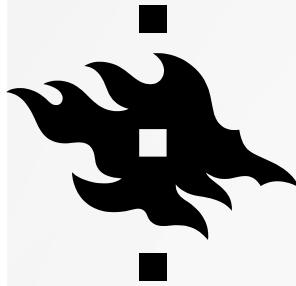




# FUNDING YOUR EXCHANGE STUDIES 2/2

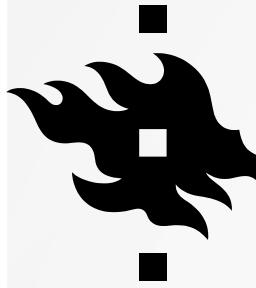
## **...and the less good ones:**

- 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



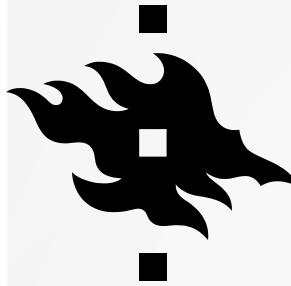
# EXCHANGE SCHOLARSHIPS

- 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

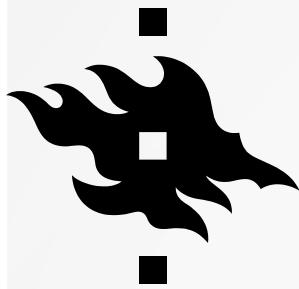
- Eligibility for application
- The right timing for an exchange
  - What can I study abroad?
  - Funding for exchange studies



# HOW TO CHOOSE AN EXCHANGE DESTINATION?

- 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](#)

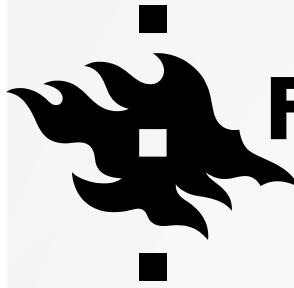




# UNIVERSITY WIDE AGREEMENTS

- Agreements open to all students (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.

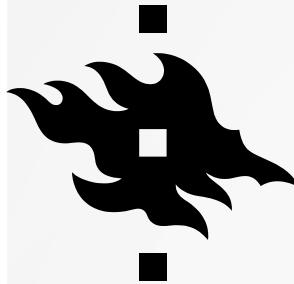




# FACULTY AND STUDY PROGRAMME AGREEMENTS

- 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





# DESTINATIONS IN EUROPE

- Sign in studies service to see destinations available for 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 for you.
- If you want to search other faculty's destinations, choose a relevant degree programme from that faculty.

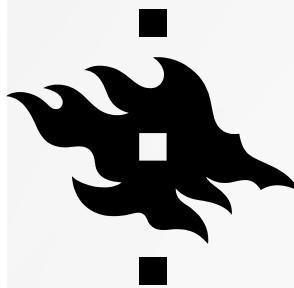
↓ Germany  
↓ Greece  
↓ Hungary  
↓ Iceland  
↓ Ireland

↓ 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

## **February 2 – 12 (3 pm) 2026**

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

## **September 1 – 14 (3 pm) 2026**

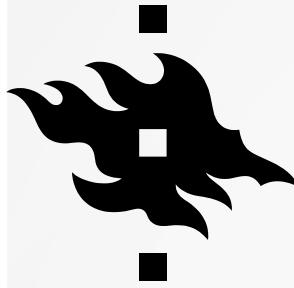
Supplementary applications for spring 2027 to the EU/EEA area (+ Great Britain and Georgia)

## **October 7 – 21 (3 pm) 2026**

Applications for 2027-2028 outside the EU/EEA area

[Application periods](#)

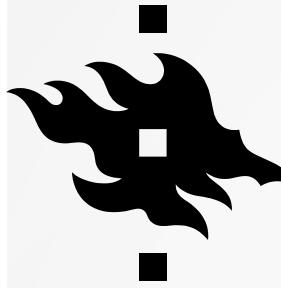




# SHORT COURSES AND TRAINEESHIPS ABROAD

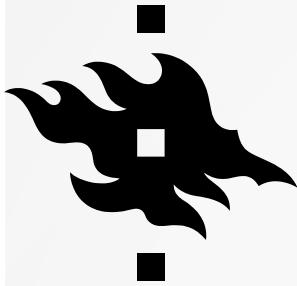
- We offer scholarship options for short and blended mobility and summer courses abroad:
  - At a few select partner universities offering summer courses abroad (application in February)
  - Short courses you have found yourself
  - Blended mobility (online + short stay)
- Have you ever considered doing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



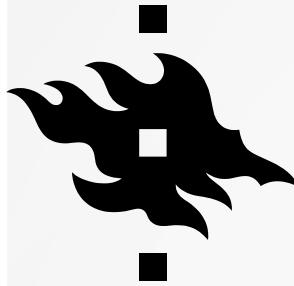
# HOW TO APPLY? 1/4

Before starting your application, 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](#)

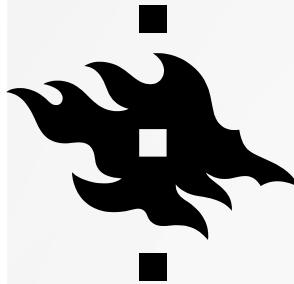
**The application process has two phases**

1. First you apply through us for the exchange (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 own Faculty.
- If you apply to other Faculty's destinations, choose that faculty. NOTE: you can then not apply to your own faculty's destinations on this application round!
- 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 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 ⓘ  
4 Exchange destinations  
5 Additional information  
6 Language skills  
7 Emergency contact information

**Exchange destinations**

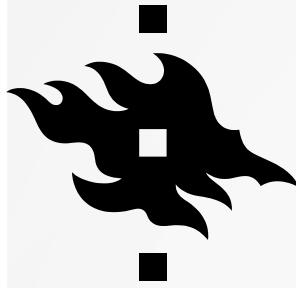
Faculty  
H40 - Faculty of Arts

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



# 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
- 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\*\*](#)



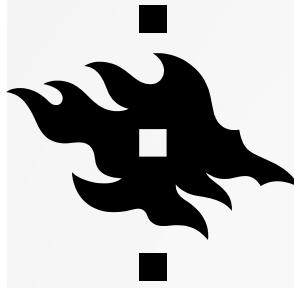
# MOBILITY ONLINE – APPLICATION WORK FLOW

Workflow ①

For further help please expand this bar!

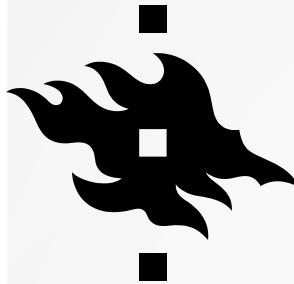
|                                    |                                 |   |   |
|------------------------------------|---------------------------------|---|---|
| Last name                          | ██████████                      | Country of the host institution (1. choice) | Canada                                    |
| First name                         | ██████████                      | Host institution (1. choice)                | QUEENS01 - Queen's University at Kingston |
| Date of birth (dd.mm.yy)           | ██████████                      | Stay from (1. choice)                       | 26.09.2024                                |
| Country of the sending institution | Finland                         | Stay to (1. choice)                         | 30.09.2024                                |
| Sending institution                | HELSINK01 - HELSINGIN YLIOPISTO |   |   |

| Necessary steps   | Done                                | Done on    | Done by                 | Direct access via following link  | 4 / 6 |
|---|-------------------------------------|------------|-------------------------|---|-------|
| Online application  | <input checked="" type="checkbox"/> | 26.09.2024 |                         | <a href="#">Display application data</a>  |       |
| Confirmation e-mail on online application   | <input checked="" type="checkbox"/> | 26.09.2024 | Automatically generated |   |       |
| Application documents uploaded  | <input checked="" type="checkbox"/> | 26.09.2024 |                         | <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"/> | 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)                    | <input type="checkbox"/>            |            |                         |   |       |



# APPLICATION AND ATTACHMENTS 1/4

- 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: Optional studies as [study drafts](#) in your primary study plan, compulsory studies are marked by commenting through the Guidance-tool.



# 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<br>cr | Study draft<br>VAIHTO: Predictive Modelling             |
| 5<br>cr | Study draft<br>VAIHTO: Fundamentals of Data Science     |
| 5<br>cr | Study draft<br>VAIHTO: Human Computation and Analytics  |
| 5<br>cr | Study draft<br>VAIHTO: Current Research in Data Science |

## Metsätieteiden kandiohjelma ja maisteriohjelma (3v + 2v)

KM-METSATIET-KOUL

Valinnat kesken

OHJAUS

...

## Bachelor's Programme in Forest Sciences and Master's Programme (3 years + 2 years)

KM-METSATIET-KOUL

Selections incomplete

GUIDANCE

...

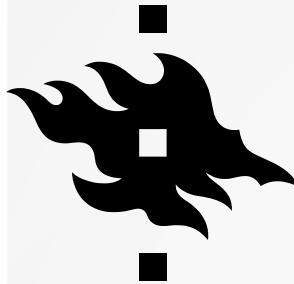
## Kandidatprogrammet i skogsvetenskaper och magisterprogram (3 år + 2 år)

KM-METSATIET-KOUL

val saknas

STUDIEHANDLEDDNING

...



# 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**

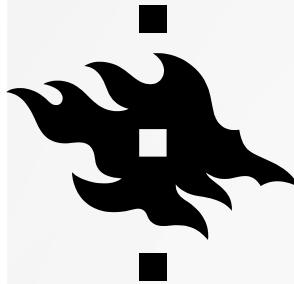
MESSAGE (Required)

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

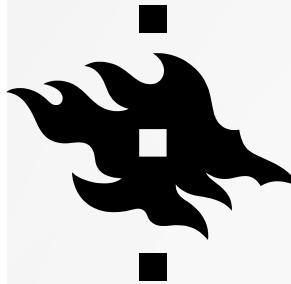
I understand that it is not recommended for comments to include sensitive personal data as defined in article 9 of the EU General Data Protection Regulation. This includes personal data revealing racial or ethnic origin, political opinions, religious or philosophical beliefs, trade union membership,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

**SEND**



# APPLICATION AND ATTACHMENTS 4/4

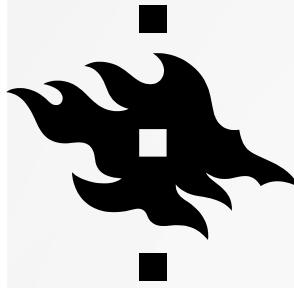
- **Language certificate**, if needed
- If you are applying for exchange in order to work on your thesis, add also agreement for thesis work, signed by your supervisor at the UH as well as supervisor at the host university
- More information: [Study plan and other required attachments](#)



# LANGUAGE SKILLS

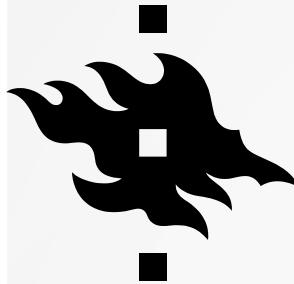
- Your study right at the UH is sufficient proof of your English proficiency during the first phase of the application.
- For other languages in Europe (e.g. Spanish, French, etc.) UH requires language skills at min. level B1 (A2 in some destinations)
- Be prepared to prove your level of language skills 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](#).





# SELECTION CRITERIA

- In cases where there are more applicants than places, your application will be included in the lottery if you fulfill the following criteria:
  - Your exchange studies (together with compulsory studies + all credits completed during your current study right) don't exceed the degree's maximum scope ( 200 / 135 ECTS)
  - You don't need extension for your study right (you see your study right in Sisu)
  - Destination outside Europe: you have not previously been on exchange from University of Helsinki outside of Europe
- Host university's criteria, including any GPA requirement they may have (GPA of all your studies in Sisu) and language requirements.
- [Eligibility for application and criteria for selection](#)



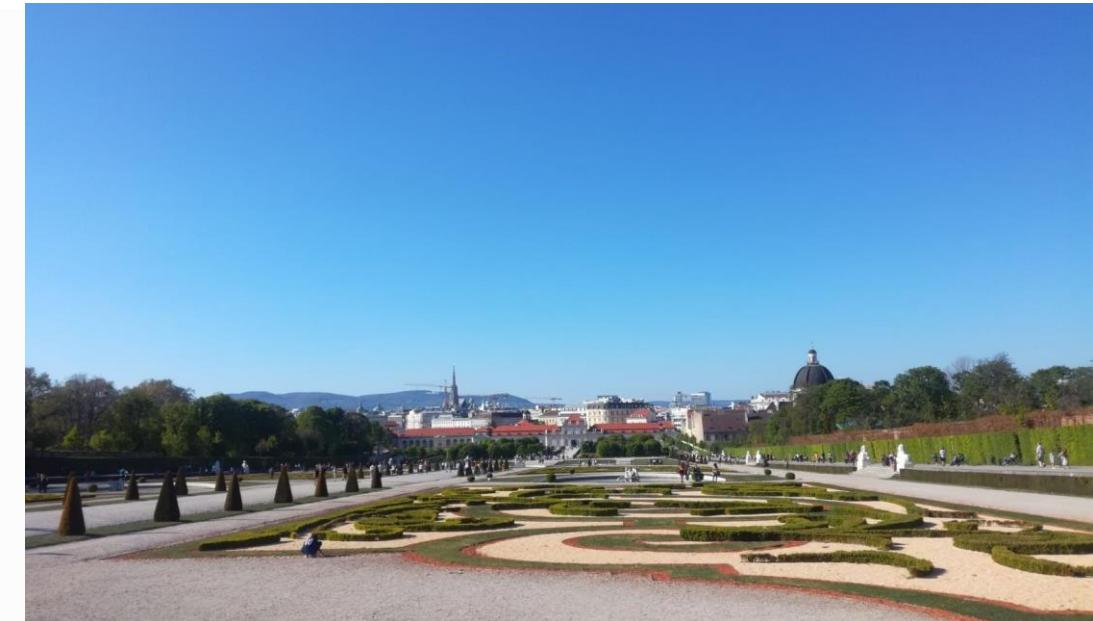
# APPLICATION CLINICS

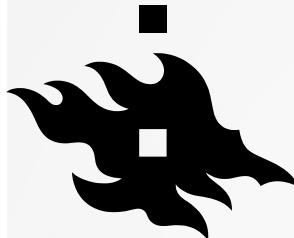
## Application support clinic

- If you need further support in planning your exchange, come to the application support clinic! No presentation, you can ask any questions you may have.
- Mon 2.2.2026 13.15–15 Language Centre, sh.204

## Technical questions (Mobility Online)

- Ti 3.2.2026 klo 14.15-16, Päärakennus, U4075.
- To 5.2.2026 klo 13.15-15, Kumpula Exactum B121.
- To 5.2.2026 klo 10.15-12, Viikki Infokeskus sali K1087.
- Bring your own computer!

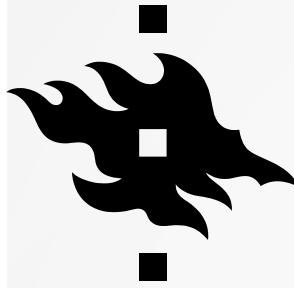




# RESULTS

- 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.





# QUESTIONS ABOUT THESE TOPICS? 3

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

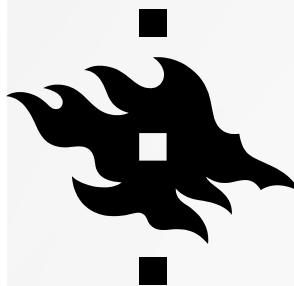


# SOCIAL MEDIA – GET INSPIRED BY UH STUDENTS' EXPERIENCES!

[Follow us on Instagram](#)  
uhgoabroad

[Read exchange stories](#)





# QUESTIONS? CONTACT US!

International Exchange Services and  
Education Cooperation

- [studentexchange@helsinki.fi](mailto: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 -14
- [Contact International Exchange  
Services and Education Cooperation](#)

