

INTERNATIONALISATION OPPORTUNITIES DURING STUDIES

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SOMETHING FOR EVERYONE

- Internationalisation at home
- Virtual exchange, individual courses
- Short courses, 5 days–2 months (e.g. summer schools, the Una Europa and U21 networks)
- Blended mobility (combining a virtual and a physical mobility period), 5–30 days
- Student exchange, one term / academic year (duration varies by host university)
- International internship, 2–6 months (also for recent graduates)
- Master's thesis work, 2–12 months (either as part of an exchange or an internship)



THE STUDENT'S PERSPECTIVE

Different forms of internationalisation typically develop the following skills:

- An understanding of other cultures and one's own culture, and the ability to empathise
- Multicultural skills (interaction, collaboration, networking)Language skills
- Reflecting on and questioning one's internalised values and knowledge
- Critical thinking and questioning
- Understanding global perspectives within one's own discipline
- Tolerance of uncertainty and the ability to operate in new environments
- Problem-solving skills and self-confidence
- Going beyond traditional disciplinary boundaries

INTERNATIONALISATION AT HOME

Internationalisation at home refers to intercultural interaction within one's own country and the exposure to international influences. The University of Helsinki offers a variety of opportunities:

- International student organisations operating under HYY
- Courses on cultural competence
- Language studies
- Online courses, e.g. from UNA and U21 partner universities
- International student mentoring

Over 1000 exchange students arrive at the University of Helsinki every year. In addition, more than 500 international degree students begin their studies.

VIRTUAL OPPORTUNITIES

It is possible to gain international experience through virtual programs. Some of them are credit-bearing, some offer skills development that can benefit your professional and personal development and network:

- Virtual studies (for credits) through Climate University and UniPID
- Virtual Exchanges like UnaVEx and CLUVEX
- Virtual programs hosted by Una Europa and Universitas21, including leadership skills, micro-internships, design thinking challenges, and student-led activities
- Demola offers challenge-based learning collaborating with students across Finland

EVEN A LONG-TERM EXCHANGE IS POSSIBLE FOR EVERYONE

- “I can’t afford it”
  - There are no tuition fees, you’ll receive a mobility grant, and you may receive study grants from Kela during your exchange.
- “I don’t want to delay my graduation”
  - Exchange studies are recognised as part of your degree and won’t extend the duration of your studies.
- “It’s too difficult”
  - There’s plenty of guidance, help and advice available. An exchange is a safe way to try living abroad, and you’ll have support and networks both here and in your host country.
- “I don’t want to be away for so long”
  - Short courses are also available, or you can do an internship abroad.
- “My circumstances don’t allow for an exchange”
  - Additional financial support is available for health reasons and, for example, for those with families.
- “I don’t want to fly”
  - Travel support for green travel and, for example, an Erasmus Interrail pass is a good alternative.

CONSIDERING EXCHANGE STUDIES – WHERE DO I START?

- Plan the timing of your exchange and your exchange studies as part of your study plan well in advance
    - Use the ‘Study module completed abroad’ code in Sisu
- Start language studies if you wish to study in a language other than English.
- Some destinations, particularly those outside Europe and in the UK, have minimum grade point average requirements, so pay attention to your grades if you are interested in these destinations.
- Read other students’ exchange stories and follow the experiences of those currently on exchange on Instagram
- Explore exchange destinations: there are destinations on every continent and over 450 partner universities
- Attend exchange information sessions and find out the annual application periods
- Learn more about eligibility and selection criteria

GUIDANCE PAGES FOR THOSE PLANNING AN EXCHANGE

Do you want to study abroad? Start here!

Belongs to themes: Study abroad

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.

Select degree programme

Select degree programme

Each year, some 1,000 University of Helsinki students participate in an exchange abroad. You can be one of them! You should begin to consider your destination and timetable as early in your studies as possible. All University of Helsinki degree students can find a suitable destination and participate in an exchange. The timing of the exchange and the choice of destination depend on several factors. These instructions provide you with an overview of the relevant issues to help you plan your exchange.

- Who can participate?
- Timing of the exchange and studies to be completed during the exchange
- Selection of destination
- Exchange terminology to support your plans
- Language proficiency
- Health and safety during exchange
- Accessibility and student exchange
- Funding for exchange studies
- Participate in another exchange
- Development of international competence
- Student exchange experiences
- Checklist for students planning an exchange

HOW DO I FINANCE THE EXCHANGE

Students selected for exchange programmes receive a mobility grant from the University of Helsinki

- Erasmus mobility grant: 490–700 € per month + travel allowance averaging 200–600 €
- Non-European mobility grant: 2300–2500 € per term or 2700–3000 € per academic year
- Erasmus short-course grant: 395 € per week + travel allowance averaging 200–600 €
- Short-course grant: 500 €
- Internship grants: e.g. Erasmus internship grant ~650 € per month + travel allowance averaging 200–600 €

In addition, Kela study grants and, for example, grants from foundations and organisations

ANNUAL APPLICATION PERIODS

Main application periods:
- October – Exchanges outside Europe for the upcoming academic year
- February – Exchanges within Europe for the upcoming academic year

Supplementary application rounds (held only if funding remains available):
- September – Exchanges within Europe, for upcoming spring term
- February – Exchanges outside Europe, for upcoming spring term

Ongoing / tailor-made application periods:
- Grants for international internships, short courses, blended mobility programmes



ELIGIBILITY FOR APPLICATION

- You have the right to complete a degree at the University of Helsinki. The right to complete a degree concerns the stage of studies required by the prospective programme or target university: usually either Bachelor’s or Master’s studies.
- You need to be registered as an attending student at the time of application and during the exchange. If you are registered as non-attending for statutory reasons (military or non-military service or parental leave), you can apply for an exchange, as long as you have a valid UH user account.
- Your right to study must be valid throughout the student exchange and at least until the end of the following term.
- You need to submit the application by the deadline, and the accompanying attachments must comply with the requirements outlined in the call for applications.
- As a bachelor level student you need to have completed at least 25 credits worth of studies by the time of the application, from the University of Helsinki. If you have been directly admitted to pursue a Master’s or doctoral degree at the University of Helsinki, you may be asked to attach a transcript from your previous degree to your application. If you are studying for a Bachelor's degree, you must have completed at least one year at the University of Helsinki before studying abroad.
- Your study plan for student exchange must include studies that are equal to full-time studies (5 credits per each full month of exchange). The study plan must also indicate how the credits completed during the exchange can be fully transferred to a present or planned degree at the University of Helsinki based on the University of Helsinki's recognition principals.
- Students who have previously been on an exchange to a destination outside of Europe through the University of Helsinki cannot be selected again for an exchange outside of Europe.

APPLICATION

The first stage of the application process: application to your home university:

- Students must complete the online application form in the Mobility Online application system during the application period
- Students must submit
  - a study plan for full-time studies at each exchange destination they are applying for (max. 4)
    - The study plan for the first-choice destination must be submitted via Sisu
    - Other plans must be submitted using the provided Word template
    - Studies that substitute for courses must be discussed with the course coordinator at the University of Helsinki
- If applicable
  - any language certificates, if studying in a language other than English
  - a supervision agreement, if the student is writing a thesis during the exchange

The second stage of the application process: applying to the host university

- Course inclusion vs. substitutions
- Approval of a study module completed abroad takes place after the exchange

CREDIT TRANSFER FOR STUDIES COMPLETED DURING A STUDENT EXCHANGE

- When you return from your exchange, apply for the recognition of your credits (inclusion or substitution) as soon as possible.
  - Submit a credit transfer application via Sisu and attach an official transcript from your host university
  - When submitting credit transfer applications, update your study plan to reflect the courses you took during your exchange!
  - Processing of credit transfer applications takes approximately 1 month
- Further information is available from your faculty's student advisory service
- For exchange courses, Sisu will show 'Pass' instead of a grade
- Kela checks your academic progress annually in September

ANY QUESTIONS? COME MEET US!

International Education Services

- Email: studentexchange@helsinki.fi
- Book an appointment for online advice: Vihta-booking
- Tel: +358 2941 22401, Mon–Fri 12–13
- Drop-in services
  - City Center, Main Library Kaisa: Mon klo 12–13
  - Kumpula: Wed 13–14
  - Viikki: Thu 13–15
- All Contact Details
- Information sessions and application clinics offered throughout the year

TEACHER TUTOR'S CHECKLIST

- Every student at the University of Helsinki can gain international experience during their studies!
- The many benefits of internationalisation
- Where should a student who is considering an exchange start?
  - Check the "Mobility window" (= the best time frame for a long-term exchange) for each degree programme, found in the programme description
    - If this information is missing, please contact the Education Specialist for the programme.
- You can find out about the University's and your faculty's partner universities on the exchange destination information pages
- Funding for exchange programmes
- Applications, eligibility, application deadlines
- Recognition of credits earned during an exchange