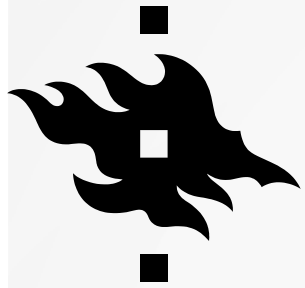




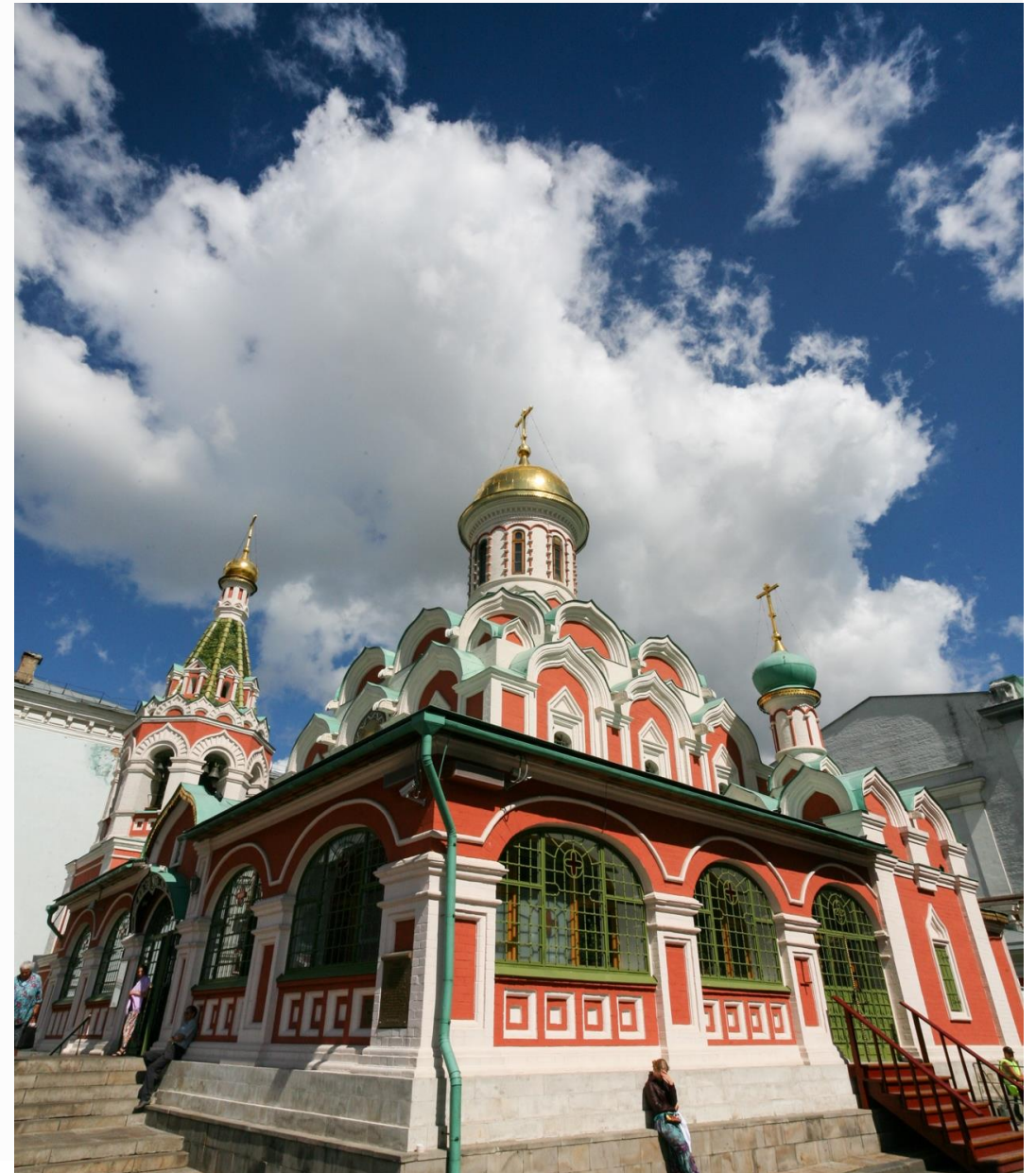
WOULD YOU LIKE TO GO ON EXCHANGE?



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](#)





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.

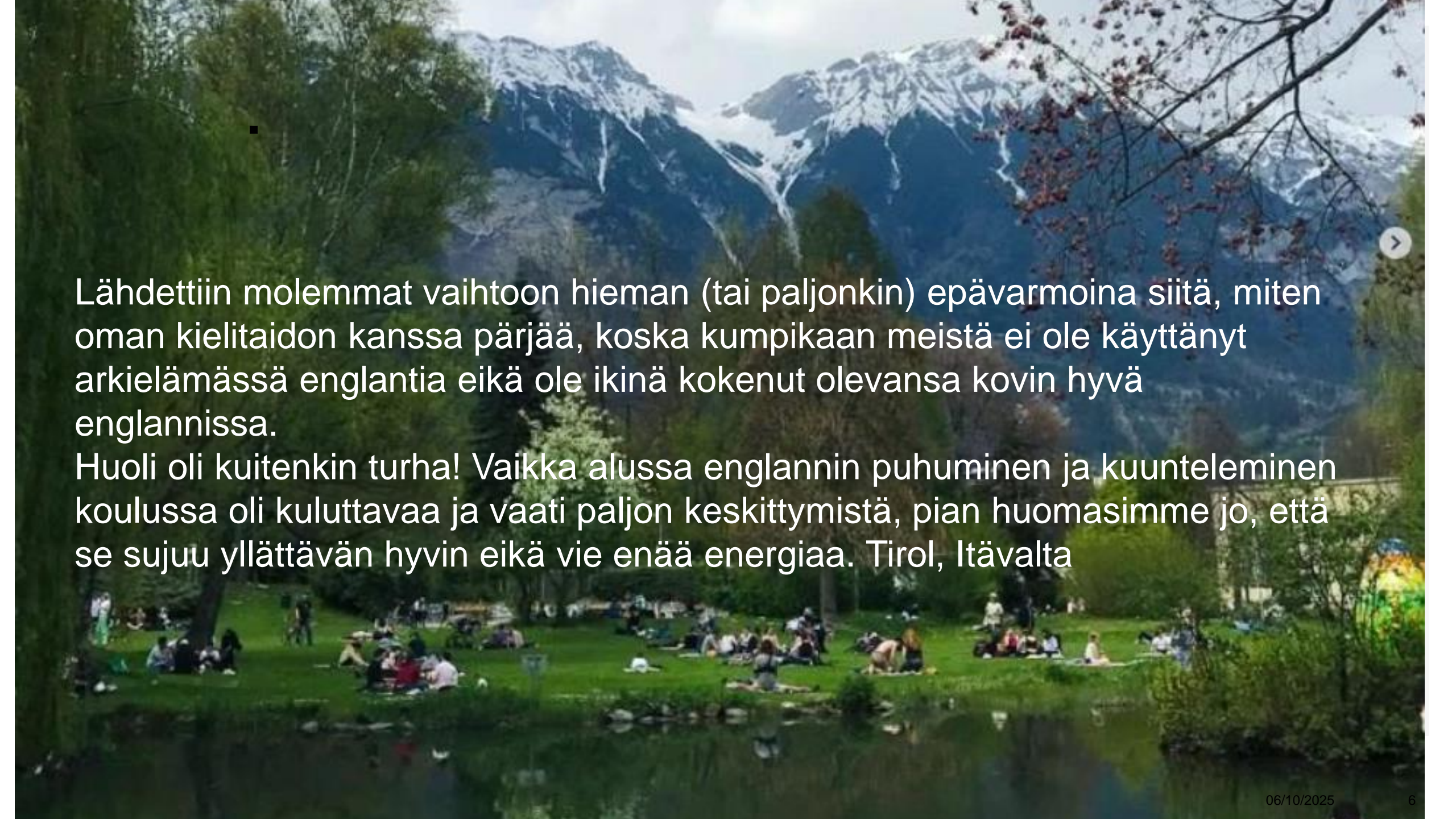
Geneve, Sveitsi



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 jäi 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 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



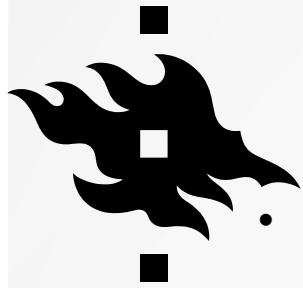
I'm not exaggerating when I say that I had the time of my life. All my hopes came true, for example I became braver and more independent, I made good friends and was inspired.

Doshisha, Japan



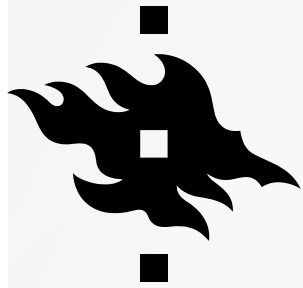
If your major is quite general, studying abroad can bring new perspectives and help you find your "own thing" that you want to focus on in working life.





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



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!

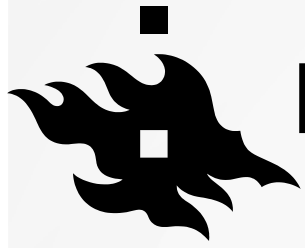
You should begin to consider your destination and timetable as early in your studies as possible.

Application periods

Find information on the application periods for exchange.

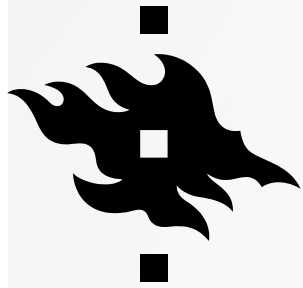
PLANNING AND APPLYING FOR AN EXCHANGE

Your journey starts here!



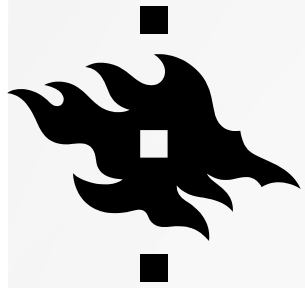
ELIGIBILITY FOR APPLICATION

- You need to be registered as attending at the time of application and during the exchange
- 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.
- 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.



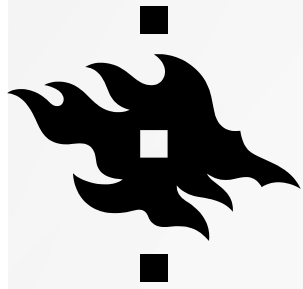
THE RIGHT TIMING FOR AN EXCHANGE

- 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.



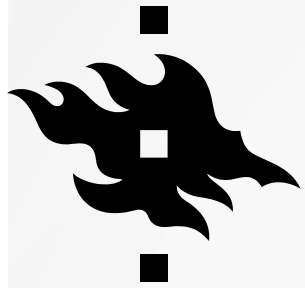
FUNDING YOUR EXCHANGE STUDIES

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

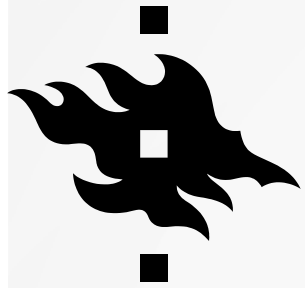




FUNDING YOUR EXCHANGE STUDIES 2/2

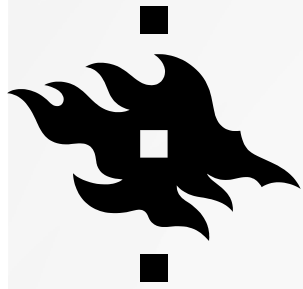
...and the less good ones:

- 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

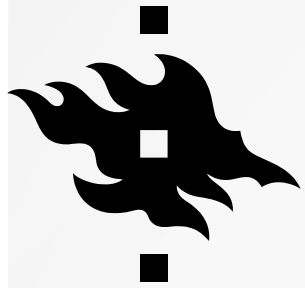
- University of Helsinki offers grants for those selected for exchange
 - You don't need to apply for the mobility grants separately
- Examples of grant amounts:
 - Erasmus+ : 490 – 540 euros / month + 200 – 600 euro travel grant (+ extra support for green travel, and for students with fewer opportunities)
 - **University bilateral exchanges: EUR 2 300 – 2 500 / semester**
 - Erasmus+ global: 700 € / month + travel costs
- Read more about [funding for exchange](#).



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](#)

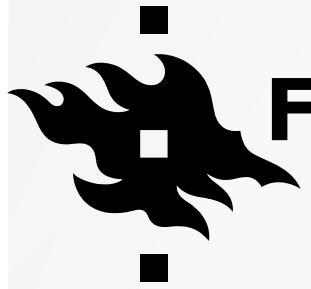




UNIVERSITY WIDE AGREEMENTS

- 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](#)





APPLICATION PERIODS

October 8 – 22 (3 pm) 2025

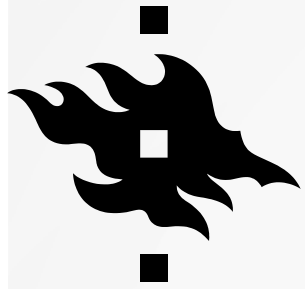
Applications for 2026-2027 outside the EU/EEA area

February 2 – 12 (3 pm) 2026

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

[Application periods](#)

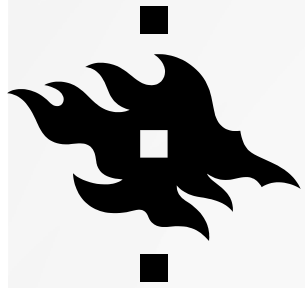




SHORT COURSES AND TRAINEESHIPS ABROAD

- 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
 - Blended mobility (online + short stay)
- Have you ever considered [doing a traineeship abroad](#)?





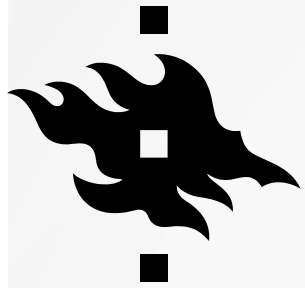
HOW TO APPLY? 1/3

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](#)

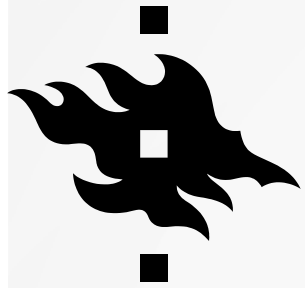
The application process has two phases

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? 2/3

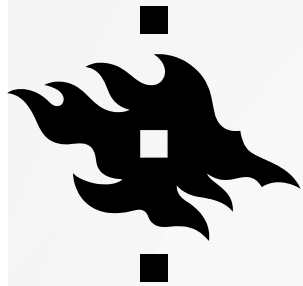
- Register as an applicant by filling in the application form in Mobility Online.
- Select your Faculty
- Select the country of the host institution and the host institution.
- Select the Planned Field of Study of host University according to which study field you will study at the exchange university. 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.
- You can apply to **university level destinations** with the same form as to your own faculty's destinations.



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](#)



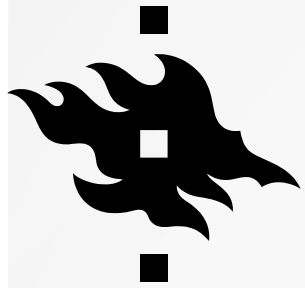
MOBILITY ONLINE – APPLICATION WORKFLOW

Workflow ⓘ

For further help please expand this bar!

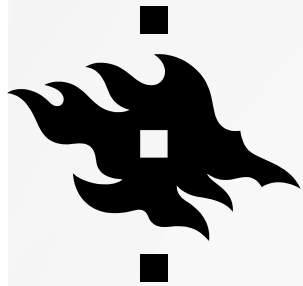
Last name [redacted] Country of the host institution (1. choice) Canada
First name [redacted] Host institution (1. choice) QUEENS01 - Queen's University at Kingston
Date of birth (dd.mm.yy) [redacted] Stay from (1. choice) 26.09.2024
Country of the sending institution Finland Stay to (1. choice) 30.09.2024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

Necessary steps	Done	Done on	Done by	Direct access via following link
Online application	<input checked="" type="checkbox"/>	26.09.2024		Display application data
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		Upload application documents (e.g. transcript, motivation letter, possible learning agreement and language certificate)
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 1/3

- 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: Optional studies as [study drafts](#) in your primary study plan, compulsory studies [to the timeline](#) .



APPLICATION AND ATTACHMENTS 2/3

Optional study modules Selections done min. 0

PAP-val Other studies 20 | -

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

PAP450 Other studies 20 | -

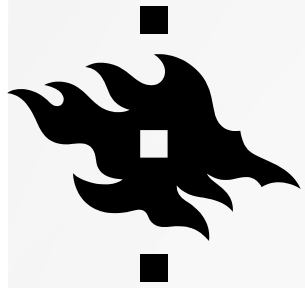
5 cr VAIHTO: Predictive Modelling	5 cr VAIHTO: Human Computation and Analytics
5 cr VAIHTO: Fundamentals of Data Science	5 cr VAIHTO: Current Research in Data Science

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 EXCHANGE: Fundamental			
5 EXCHANGE: Introduction			
5 EXCHANGE: Current topic			



APPLICATION AND ATTACHMENTS 3/3

- 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

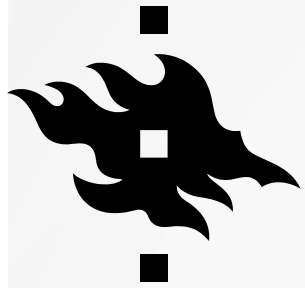
- Note the language skills required of applicants by the UH.
- Your degree right to study at the UH is sufficient proof of your English proficiency for us during the first phase of the application.
- However, be prepared to prove your level of English language during the second phase when you apply to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

- From this application round onward, selections to destinations where there are more applicants than places are allocated by lottery. Your chosen priority order of destinations is taken into account in the lottery.
- The aim is to make it easier for more students to go on exchange
- UH eligibility criteria (and your study programme's possible special criteria).
 - Not considered anymore: GPA (except for destinations where host university requires it), study pace or motivational letter
- 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.
- Wed 8.10.2025 13.15–15, Centre campus, Main building F3017

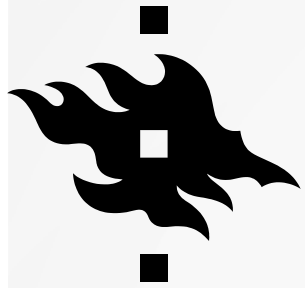
Technical questions (Mobility Online)

Tue 14.10.2025, 14.15-16, Metsätalo B313 (room 8).

Thu 16.10.2025 10.15-12, Exactum BK114.

Thu 16.10.2025 13.15-15, Viikki Info Centre, room K1087.

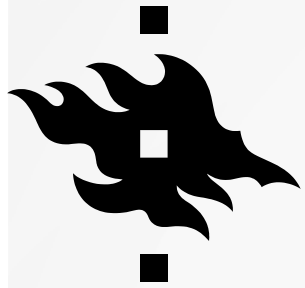




RESULTS

- In about 6 weeks after the application deadline (1.-5.12.). 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.





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
- [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](#)

