



# STUDENT EXCHANGE

[opiskelu.jyu.fi/vaihtoon](https://opiskelu.jyu.fi/vaihtoon)

- Best reason to go

[www.jyu.fi/goglobal](https://www.jyu.fi/goglobal)

## Program:

- General information about student exchange (approx. 45 min)
- Students' exchange experiences

# Internationality pays off



- Students with international experience (Erasmus Impact Study 2018):
- found a job quicker after graduation
- were more satisfied with their salary and job
- had gained skills demanded in labour market
- felt more confident, and culturally and socially open-minded

## Through an exchange programme

Easy to go!

familiar host universities

help with practical issues

studies are included in your degree at JYU

no tuition fees

travel grant

language tests not always required

# Where to go?



1. Choose the host university based on your
  - language skills
  - field of study
2. Read [exchange reports](#) of those who have been on an exchange
3. Find out about the country's political and security situation.

Hundreds of  
universities to  
choose from

# Language of instruction

English

Spanish

French

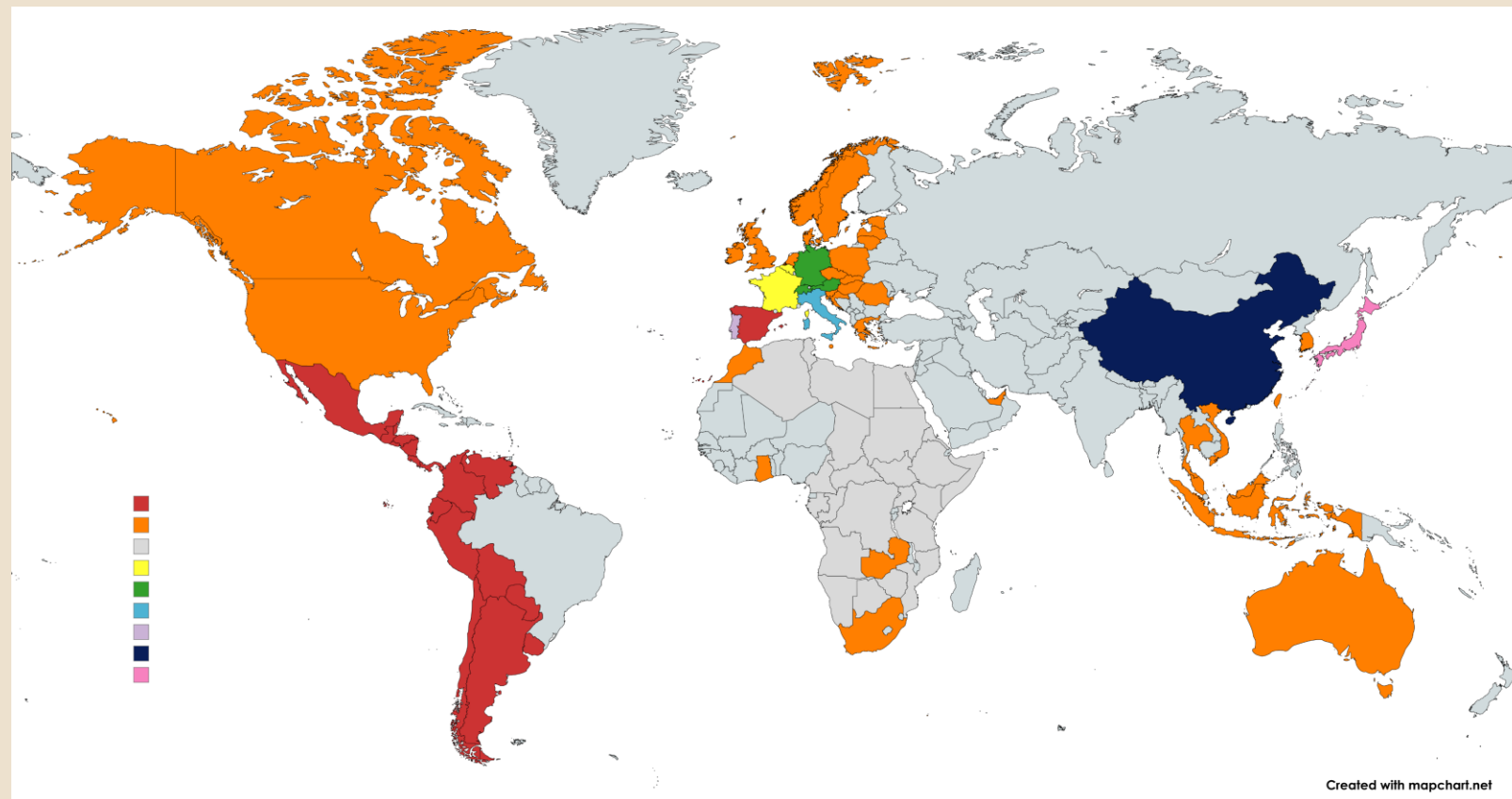
German

Italian

Portuguese

Chinese

Japanese



# Timing

- After your 1st year of studies  
(Master's programme student: after your 1st semester)
- Departments/programmes may have their own recommendations
- Discuss the timing with your study advisor
- NB! Semester dates may vary



# What does it cost?

## Costs

- Traveling
- Room & board
- Insurance and residence permit
- Local student union fees
- (Books)
- [JYU tuition fee requirement](#) also during exchange!

-> Often you find information on the costs on the pages of the exchange universities

NB! A person who has a valid employment contract with JYU cannot simultaneously be a receiver of grants from JYU. In JYU, remote work from abroad is restricted to 2 weeks, therefore it is not possible to go on exchange while employed by JYU.

## Financing

- Those eligible for Finnish Study Aid:
  - Study grant (as in Finland)
  - Housing supplement (for studies abroad)
  - Guarantee for student loan (for studies abroad)
- University's travel grant
- No tuition fees
- Accessibility/ (Erasmus+) fewer-opportunities grant
- Green travel top-up (Erasmus+)



# How to apply?



## Apply during the previous academic year

### Online application

Studies in English: language certificates are not required for the online application  
Studies in any other language, and language studies have not been completed at JYU: attach a certificate of language proficiency to the online application

### Application deadlines:

Universities outside Europe: **1 Nov**  
Europe & extra application round to non-European sites: **21 Jan-4 Feb**

# Exchange placement portal



**Preselection exchange possibilities - Outgoing - Student**

Home institution	JYVÄSKYLÄN YLIOPISTO ▼
Type of application	<input type="radio"/> Incoming <input checked="" type="radio"/> Outgoing
Type of person	<input checked="" type="radio"/> Student <input type="radio"/> Teacher / Staff
Program (*)	Erasmus+ ▼
Study area (*)	Education and Psychol... ▼
Study field (*)	Psychology ▼
Academic year (*)	2026/2027 ▼
Country	<-- Select all --> ▼

Based on the selected restrictions **16** Exchange possibilities in **14** Countries,

<https://www.jyu.fi/en/study/internationalisation-and-student-exchange/mobility-online>

# Online application

[Back to Preselection](#)[Back to Preselection \(with same selection\)](#)

Home institution UNIVERSITY OF JYVÄSKYLÄ  
Type of application Outgoing  
Type of person Student  
Program Erasmus+  
Study area Education and Psychology  
Study field Psychology  
Academic year 2026/2027

- To apply for a particular exchange possibility, click on the green symbol.
- Applications for the red marked agreements cannot be submitted at the moment.
- i** Display details of this cooperation or this partner institution


Show 10 entries

Search

	Home institution	Host country	Partner institution	Study field	Number of free places
● <b>i</b>	Department of Psychology	Austria	<b>i</b> UNIVERSITY OF GRAZ	Psychology	2
● <b>i</b>	Department of Psychology	Belgium	<b>i</b> Katholieke Universiteit Leuven	Psychology	2
● <b>i</b>	Department of Psychology	Czech Republic	<b>i</b> UNIVERSITY OF OSTRAVA	Psychology	2
● <b>i</b>	Department of Psychology	France	<b>i</b> UNIVERSITE DE BOURGOGNE - DIJON	Psychology	2
● <b>i</b>	Department of Psychology	France	<b>i</b> UNIVERSITE FRANÇOIS RABELAIS (TOURS)	Psychology	10
● <b>i</b>	Department of Psychology	Greece	<b>i</b> ARISTOTLE UNIVERSITY OF THESSALONIKI	Psychology	2
● <b>i</b>	Department of Psychology	Hungary	<b>i</b> EÖTVÖS LÓRÁND TUDOMÁNYEGYETEM	Psychology	2
● <b>i</b>	Department of Psychology	Ireland	<b>i</b> NATIONAL UNIVERSITY OF IRELAND,	Psychology	4


# Login through HAKA





JYVÄSKYLÄN YLIOPISTO

## Login to Mobility-Online



The High-End Standard Software for the web-based management of international educational cooperation and all types of academic mobilities.

**Username**

**Password**

# Online application 1/2



## Application for a student exchange

for exchange program **Bilateral**

 Institution Logo

All fields marked with (\*) must be completed. Note that after you submit the form, your application is not yet final. You will receive further instructions by email on how to finalise your application.

### 1 Application details

### 2 Personal details

### 3 Studies at the University of Jyväskylä

### 4 Studies abroad

### 5 Language

### 6 Other

## Application details

Type of applicant

☐ Incomings ☒ Outgoings

Type of person

☒ Students ☐ Teachers

Exchange programme

Bilateral

Academic year \*

2026/2027



Cancel application




Continue

# Online application 2/2



**Applicant details**

Last name		Study field abroad	Corporate Environmental Management - ENVIRON
First names		Host country (1st choice)	Austria
Date of birth (dd.mm.yyyy)		Host university (1st choice)	GRAZ01 - UNIVERSITY OF GRAZ
Country of the sending institution	Finland	Stay from	01.09.2025
Sending institution	JYVASKY01 - UNIVERSITY OF JYVASKYLA	Stay to	31.12.2025

 Necessary steps	Done	Done on	Done by	Direct access via following link
 <b>Application stage</b>				
Online application	<input checked="" type="checkbox"/>	22.01.2025		<a href="#">Display application data</a>
Confirmation e-mail online application	<input checked="" type="checkbox"/>	22.01.2025	Automatically generated	
Online registration	<input checked="" type="checkbox"/>	22.01.2025		
 <b>Personal data completed</b>	<input type="checkbox"/>			<a href="#">Complete personal data</a>
<p>Please state your address and your Finnish social security number by clicking the link "Complete personal data". Note! You must click "Edit" and "Save" even and completed the personal data.</p>				
<b>Application enclosure(s) uploaded</b>	<input type="checkbox"/>			
Application approved by JYU	<input type="checkbox"/>			
Application refused by JYU	<input type="checkbox"/>			

# Selection criteria



Prepare your application well



study plan



academic  
motivation



language  
skills



academic  
achievements



stage of  
studies

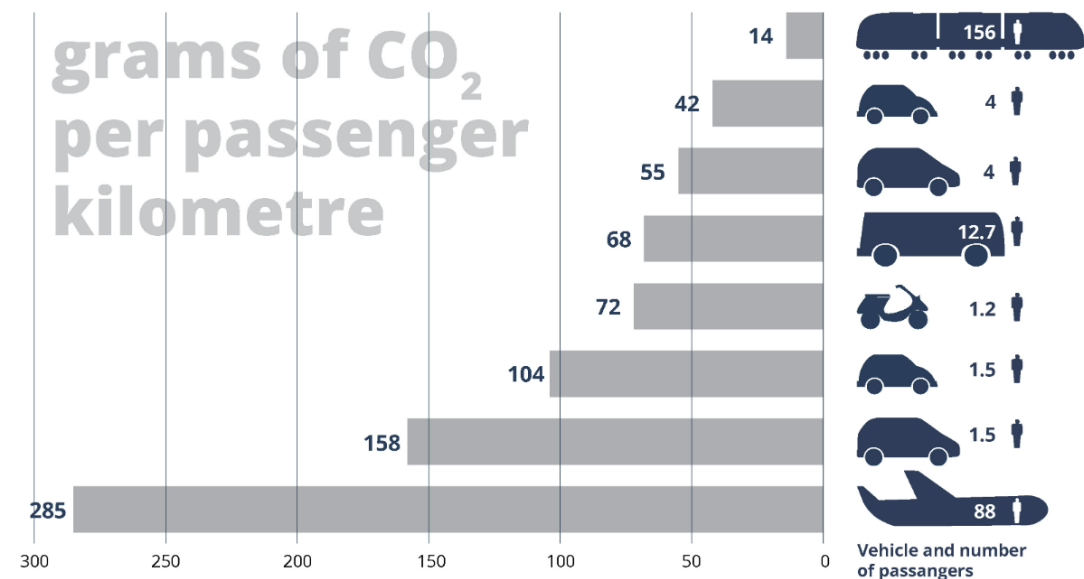
# Green travel



- Consider the environmental impact of your travel
- In order to keep global warming below +2 C:
  - each of us has to limit our carbon footprint to 2300 kg of CO<sub>2</sub> per year,
  - of which only 25% can be allocated for mobility (575 kg)

## CO<sub>2</sub> emissions from passenger transport

European Environment Agency 



Note: The figures have been estimated with an average number of passengers per vehicle. The addition of more passengers results in fuel consumption – and hence also CO<sub>2</sub> emissions – penalty as the vehicle becomes heavier, but the final figure in grams of CO<sub>2</sub> per passenger is obviously lower. Inland ship emission factor is estimated to be 245 gCO<sub>2</sub>/pkm but data availability is still not comparable to that of other modes. Estimations based on TRACC5 database, 2013 and TERM027 indicator.

Source: EEA report TERM 2014  
[eea.europa.eu/transport](http://eea.europa.eu/transport)

# Green travel: trip to Berlin



- **Journey by train and plane**
  - Jyväskylä-Helsinki (train)
  - Helsinki-Berlin (plane)
  - Travel time: 7 h 8 min
  - Emission/out- and inbound trip: 826.4 kg CO<sub>2</sub>-eq
- **Green travel:**
  - Jyväskylä-Turku (train)
  - Turku-Stockholm (ferry)
  - Stockholm-Berlin (train)
  - Travel time: 31 h 9 min
  - Emission/out- and inbound trip: 480.8 kg CO<sub>2</sub>-eq (-42%)

**Source: Stefan Baumeister, JYU, 2023**

# Green(er) travel

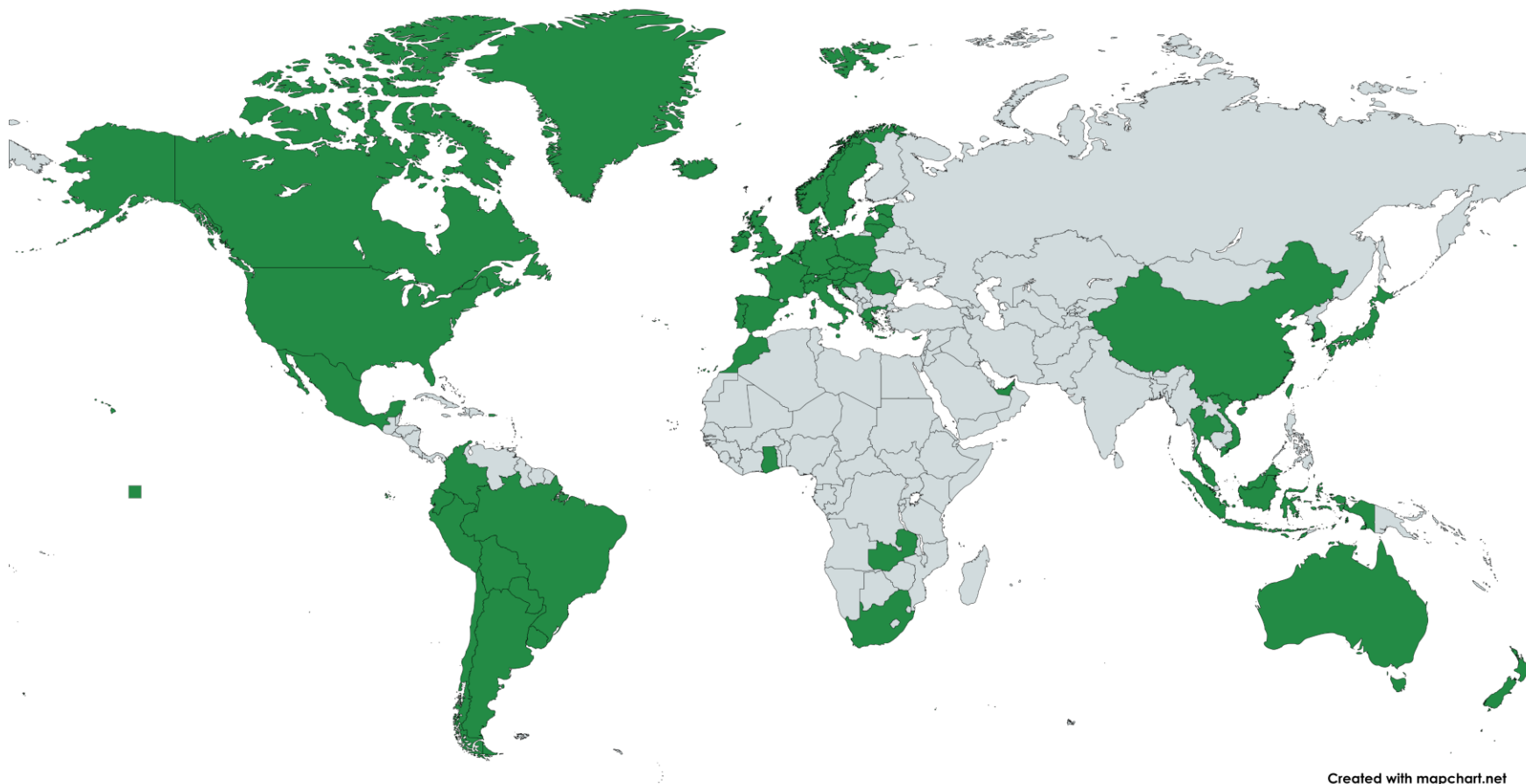
- Favor low-emission ways of travel:
  - Train, coaches, shared rides, LNG-ferries
  - If you must fly, favor direct flights or continue your trip after your flight on land
  - Travel in a green way at least in one direction
- During your exchange: Favor getting to know nearby places and use train, buses, carpooling
- In some cases, green travel is cheaper and/or faster than flying (Nordic countries, the Baltics)
- Enjoy the change of scenery and get to know places you wouldn't otherwise end of visiting
- Interrail Global Pass for those participating in Erasmus+ program: <https://interrail.eu/en/interrail-passes/erasmus>





# DESTINATIONS

# Exchange destination countries 2026-2027



# Programmes



Nordic countries	Nordplus, Nordlys
Europe	Erasmus+ (FORTHEM Campus)
Americas, Asia, Africa, Oceania	ISEP, bilateral
Internship	Erasmus+, JYU grant, EDUFI, AIESEC
Short-term mobilities	FORTHEM, Erasmus, Nordlys Express



# EUROPE



# Erasmus+ student exchange (semester/academic year-long)



- For all JYU degree students
- Field-specific placements
- A lot of available placements
- For a semester or an academic year
- Scholarship 490-540 €/month + travel grant based on distance
  - Possibly Green travel top-up
  - Possibly Fewer Opportunities top-up and/or accessibility grant
- You can apply to max 3 universities
- Application period: **21 Jan - 4 Feb**



# Erasmus+ accessibility



## Fewer opportunities top up for students who:

- have underage children
- are family carers
- have disabilities (min. moderate functional deficiency)
- suffer from a severe or chronic health condition (min. moderate functional deficiency)
- or have received international, subsidiary or temporary protection

Long-term mobility: 250€/30 days, short-term mobility: 100/150€

## Special needs and Inclusion support

- special need causes additional costs that are not covered by other sources
- E.g. in cases of injury, impairment, physical or psychological illness or learning difficulty
- Paid in addition to regular mobility grant and it is based on real costs -> good planning is necessary! Start process at least 6 months prior to exchange!

**More information:** <https://www.jyu.fi/en/for-students/instructions-for-bachelors-and-masters-students/internationalisation-and-student-exchange/accessibility-in-student-exchange>

# Erasmus+ mobility grant for green travel

- Eligibility for the grant:
  - At least 50% of the journey counted in distance (not time) to and from the exchange destination has been done by using low-emission forms of travel (e.g. train, bus, carpooling and cycling).
  - Plane & ferries are not considered green, not even if you compensate your carbon footprint
  - Route between Jyväskylä and the destination need to be as direct as possible
- Can be used in all three kinds of E+ mobility: long-term, short-term and traineeship
- Up to 4 extra days for travelling + increased travel grant for green travel
- More information and resources for planning:
  - <https://www.jyu.fi/en/study/internationalisation-and-student-exchange/green-travel>



# Erasmus+ mobility grant for green travel

- How to apply:
  - Process is part of the Mobility Online workflow
  - You need to create a detailed travel plan (both outward and return) and upload it to Mobility Online
  - We check if the plan fulfills the requirement for green travel and if so, how many extra travel days you can get
- When to apply:
  - Part of the Mobility Online workflow, before preparing the grant agreement
  - Must be done and accepted prior to leaving for your exchange/starting your journey
- International office organizes green travel workshops



# FORTHEM Alliance



## A network of 9 European universities

- Johannes Gutenberg-Universität Mainz (Germany)
- Université de Bourgogne (France)
- Universitat de València (Spain)
- Latvijas Universitātes (Latvia)
- Uniwersytet Opolski (Poland)
- Università degli Studi di Palermo (Italy)
- Universitetet i Agder (Norway)
- Universitatea „Lucian Blaga” din Sibiu (Romania)
- Jyväskylän yliopisto (Finland)

# FORTHEM Campus

- Erasmus+ exchange period for students of FORTHEM universities
- Offered at different FORTHEM universities on a rotating basis
- Autumn semester 2025 FORTHEM Campus is organised in Lucian Blaga University of Sibiu, Romania



# Nordplus&Nordlys

- Nordic countries
- Lots of courses in English
- Nordplus has subject specific networks:  
<https://r.jyu.fi/FIs>
- You can apply to Nordlys exchange if your discipline/ department/ faculty does not have a subject-specific Nordplus network
- You can apply to max 2 universities
- Scholarship:
  - Norplus: depends on the network
  - Nordlys:
    - Erasmus grant 540 €/month in 2025-2026
    - Exception: Nordplus grant for Faroe Islands, 250 €/month + travel grant 660 €
  - Application period: **21 Jan - 4 Feb**

Study in the Nordic countries!



# EXCHANGE PROGRAMMES OUTSIDE EUROPE



# Bilateral exchange



- Exchange agreements of JYU
- Open for all students of JYU
- Exchange universities in North, Central and South America, Asia, Africa
- Scholarship: 1500 € - 2500 €
- You can apply to max 2 universities
- NB! Some universities outside Europe (especially in North-America) only available for Bachelor's level students → information can be found in the Mobility Online portal
- Extra application round ends on **1 November**

# Asia

- Hong Kong
  - Hong Kong Baptist University
  - Education University of Hong Kong
- Taiwan
  - National Yang Ming Chiao Tung University
  - National Taiwan Normal University
- China
  - Beijing Foreign Studies University
  - Beijing Normal University
- Thailand
  - Asian Institute of Technology
- Japan
  - Chiba University
  - Kanazawa University
  - Kanda University of International Studies
  - Kyoto Sangyo University
  - Saga University
  - Tokyo Metropolitan University
  - Waseda University
- South-Korea
  - Soonchunhyang University
  - EWha Womans University
  - Pusan National University



# North-America



- USA

- University of Northern Iowa, IA
- Wisconsin-Whitewater, WI
- Pittsburg State University, KS
- NC State University, NC



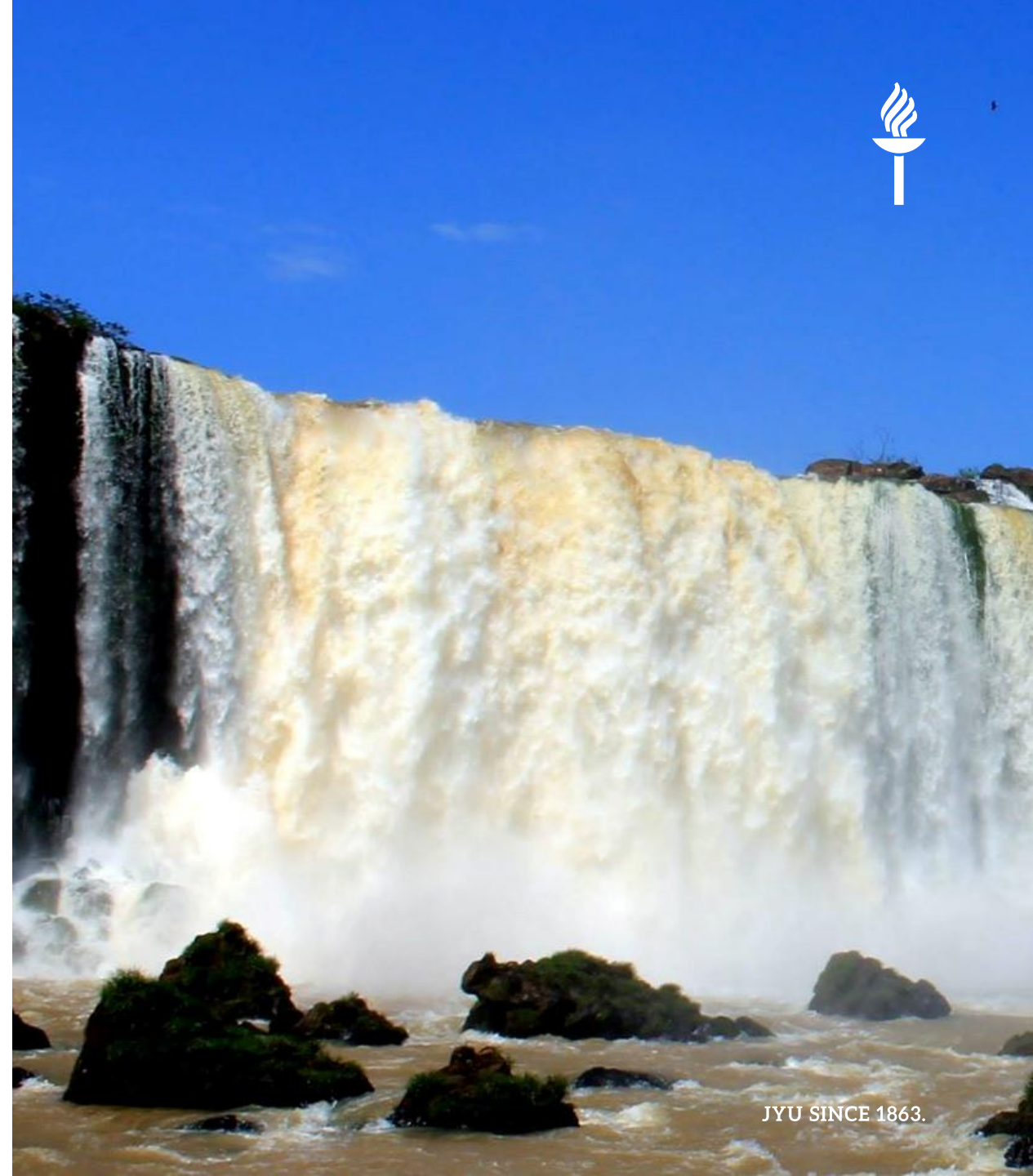
- Canada

- University of Alberta, Edmonton
- Saint Mary's University, Halifax
- University of Regina, Regina
- University of Prince Edward Island, Charlottetown
- Laurentian University, Sudbury

# Central- and South America



- Brazil
  - Universidade Federal de Minas Gerais, Belo Horizonte
- Chile:
  - Universidad Austral de Chile, Valdivia
  - Universidad del Desarrollo, Santiago de Chile
  - Universidad de Chile, Santiago de Chile
- Peru
  - Universidad Peruana de Ciencias Aplicadas, Lima
  - Pontificia Universidad Católica del Perú, Lima
- Mexico
  - Universidad de Guadalajara
  - UPAEP, Puebla
- Uruguay
  - Universidad de Montevideo, Montevideo



# Africa



- **Zambia**
  - University of Zambia, Lusaka



# ISEP

200 universities world-wide



- Destinations:
  - Asia, Africa, North America & South-America
- 10 universities → ISEP makes the placement
- Costs (in 2025-2026):
  - ISEP fee 2800 € (includes room & board)
  - Application fee 100 USD (non-refundable)
  - Placement fee 450 USD
  - Health insurance 28 USD/week
  - TOEFL test 402 USD / Movi's language exam 40 €
- Application round for the academic year 2026-2027: **1 October – 1 November**

# FORTHEM collective short-term mobilities (cSTM)



- One-week-long intensive courses that are organized at one of the FORTHEM universities
- All selected participants get a grant to cover the approximate costs of the mobility
  - NB! During a long-term exchange period you cannot get funding for participating to a short-term mobility
  - You can participate to maximum to 2 cSTM per degree level
- You need to apply for credit transfer in Sisu after the mobility
- Application for collective short-term mobilities: 6.10.2025 - 24.11.2025 for mobilities happening between 3/2026 – 8/2026

# FORTHEM individual short-term mobilities (iSTM)



- An individual visit in one of the FORTHEM universities
- You need a topic for the visit (eg. Getting to know the use of an equipment, working on a project, thesis...)
- You need to find an academic mentor who needs to provide you with an invitation letter
- Short-term visit (5 days). Selected students get a grant to cover their approximate costs
  - NB! During a long-term exchange period you cannot get funding for participating to a short-term mobility
  - You can participate to maximum to 2 iSTM per degree level
  - Application for collective short-term mobilities: 6.10.2025 - 24.11.2025 for mobilities happening between 3/2026 – 8/2026

# Read more & contact us

[www.jyu.fi/goglobal](http://www.jyu.fi/goglobal)

[Via HelpJYU](#)

International office Infodesk: Tue at 10-11 and Thu at 12-13, in Lähde,  
in room Kuvasto B154

[Faculty-level international coordinators](#)