JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

STUDENT EXCHANGE

www.jyu.fi/goglobal

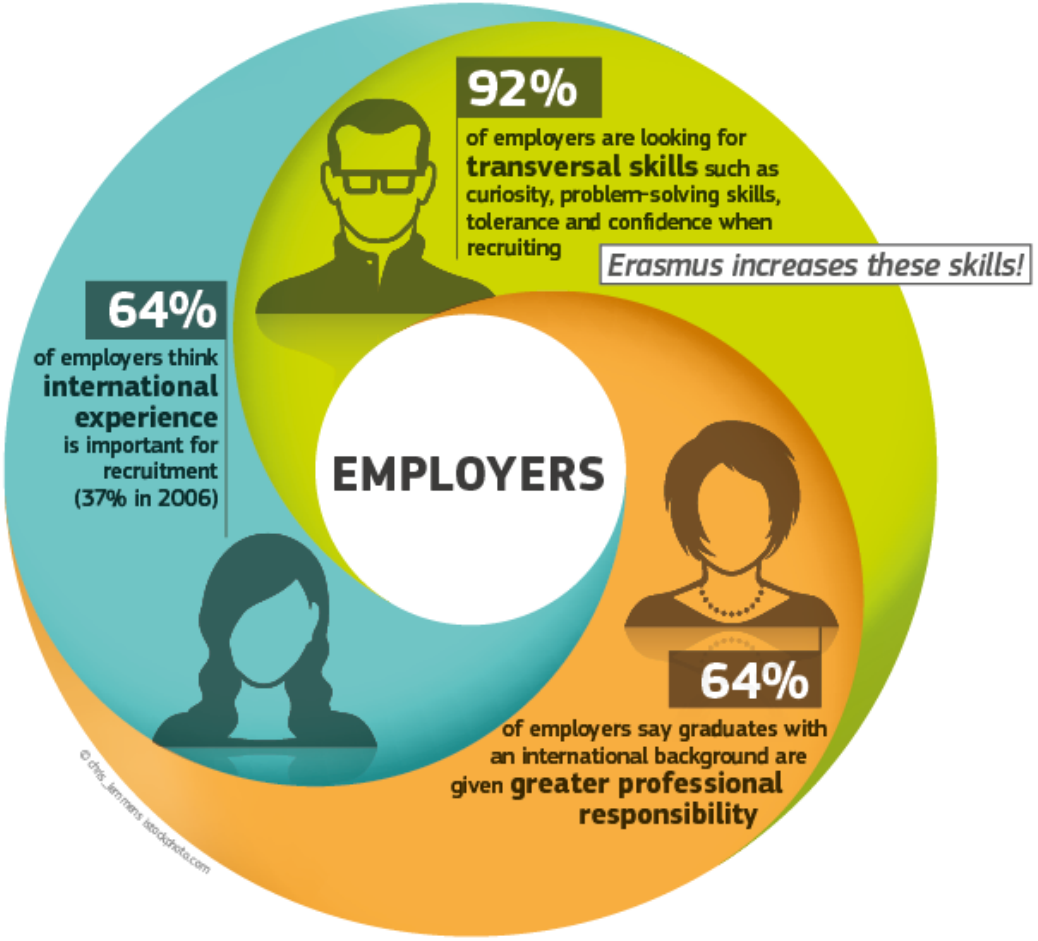


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Program:

- 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

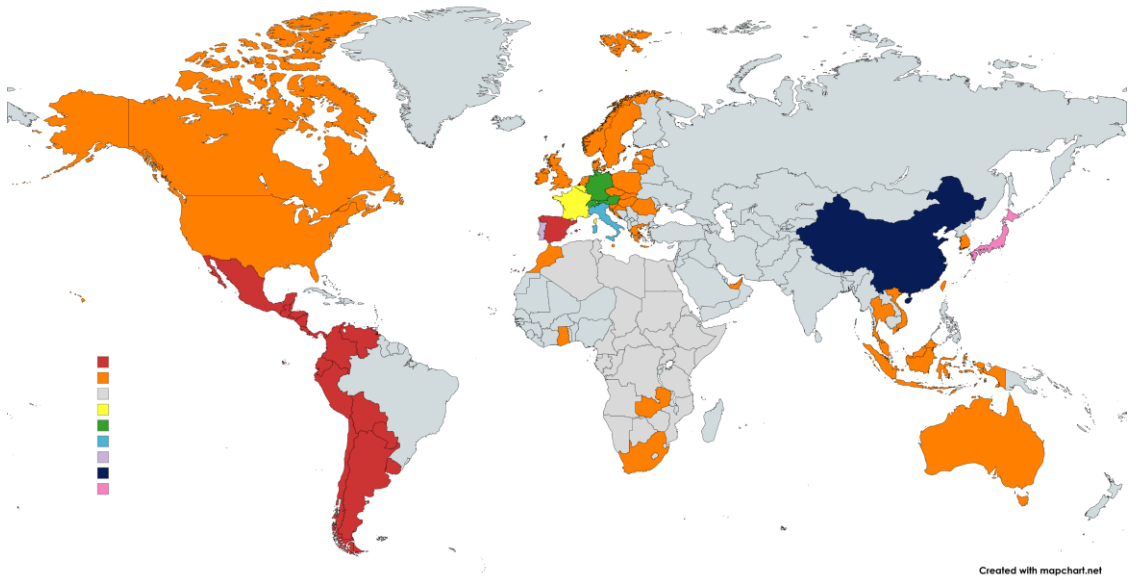
JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

Through an exchange programme

- **An international dimension to your degree**
- **Credits earned abroad count towards your degree, so your exchange won't delay your studies**
- **Gain knowledge and skills that may not be available at JYU**
- **Improve your language skills**
- **Develop valuable career skills, such as teamwork, adaptability, and problem-solving**
- **Build your international network**
- Established, familiar exchange destinations with insights from previous students and support for practical matters → Going on exchange is easy!

Selection of destination

1. Choose the host university based on your
   - language skills
   - field of study
   - and the course offering of the host university
2. Read exchange reports of those who have been on an exchange
3. Find out about the country's political and security situation.
4. Research your host country before applying (e.g. dietary matters and other practical considerations)
5. Submit your exchange application only after careful planning!



English, Spanish, French, German, Italian, Portugese, Chinese, Japanese

Timing

- After your 1st year of studies (Master's programme student: after your 1st semester)
- Faculties/departments/programmes may have their own recommendations
  - Contact your faculty's international coordinator
- Include the exchange in your Personal Study Plan (HOPS)
- NB! Semester dates 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 exchage universities

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+)



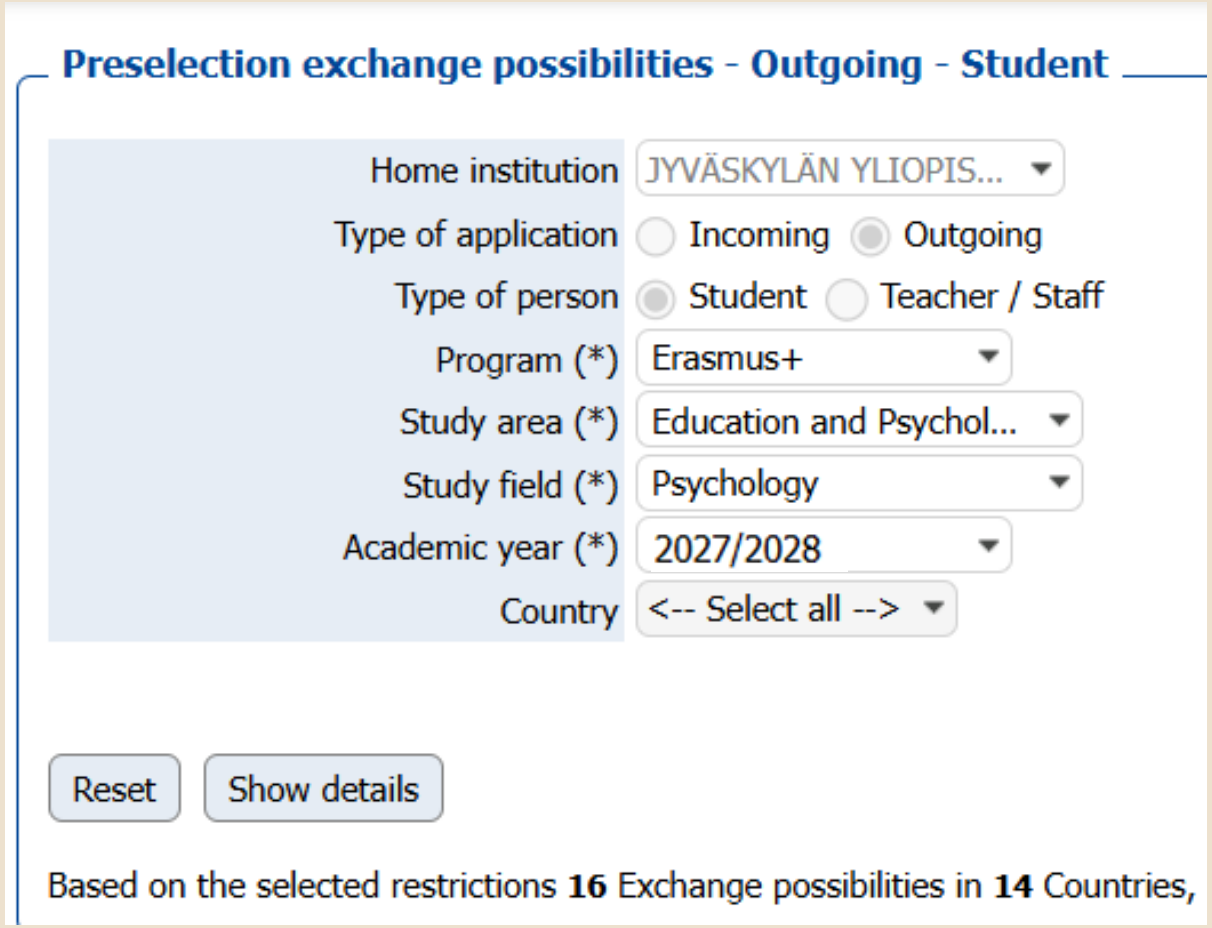
NB! A person who has a valid employment contract with JYU cannot simultaneously be a receiver of grants from JYU. In JYU, remote work from abroad is restricted to 2 weeks, therefore it is not possible to go on exchange while employed by JYU.

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 2027**

Exchange placement portal



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

Online application

Back to Preselection | Back to Preselection (with same selection)

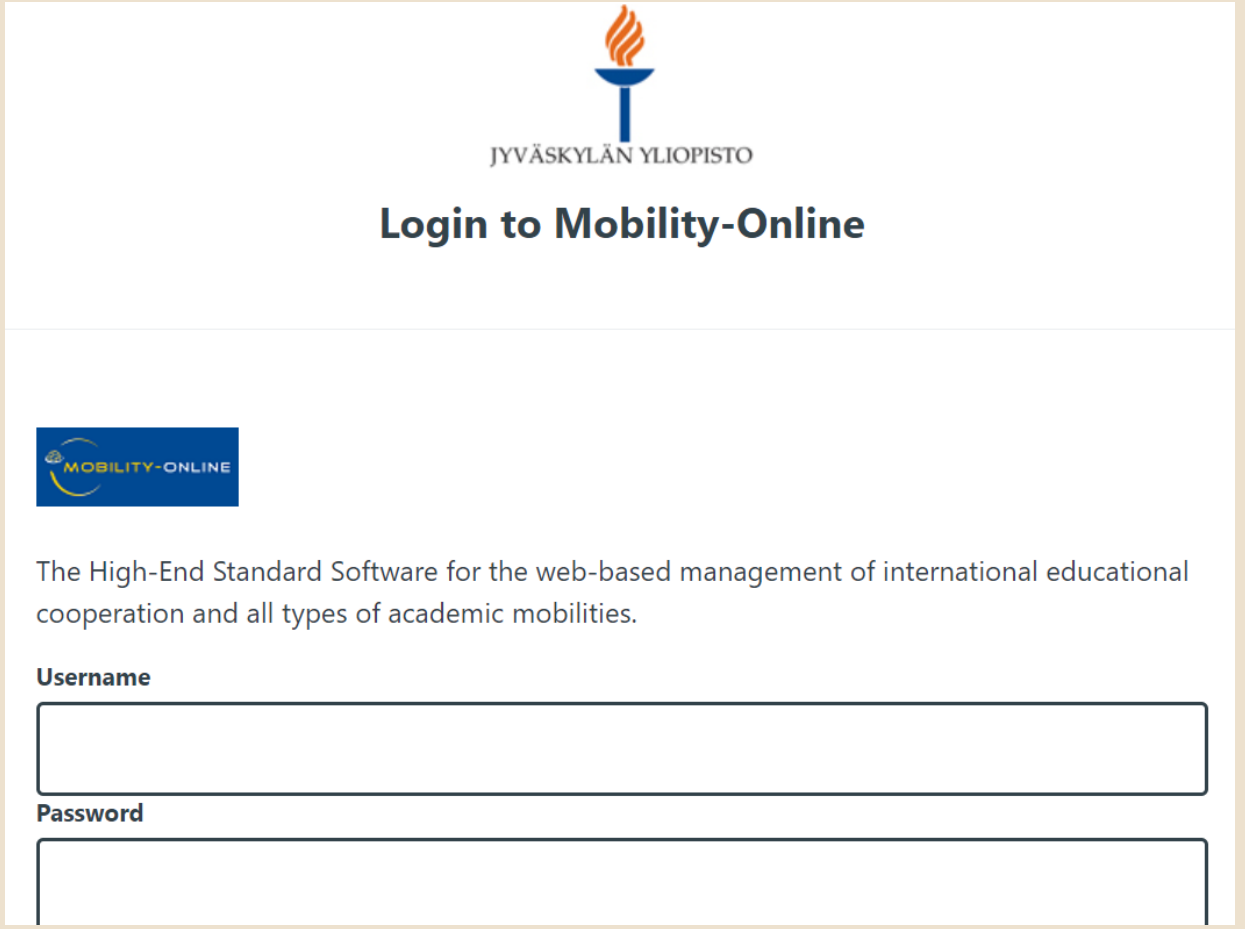
Home institution	UNIVERSITY OF JYVÄSKYLÄ
Type of application	Outgoing
Type of person	Student
Program	Erasmus+
Study area	Education and Psychology
Study field	Psychology
Academic year	2027/2028

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

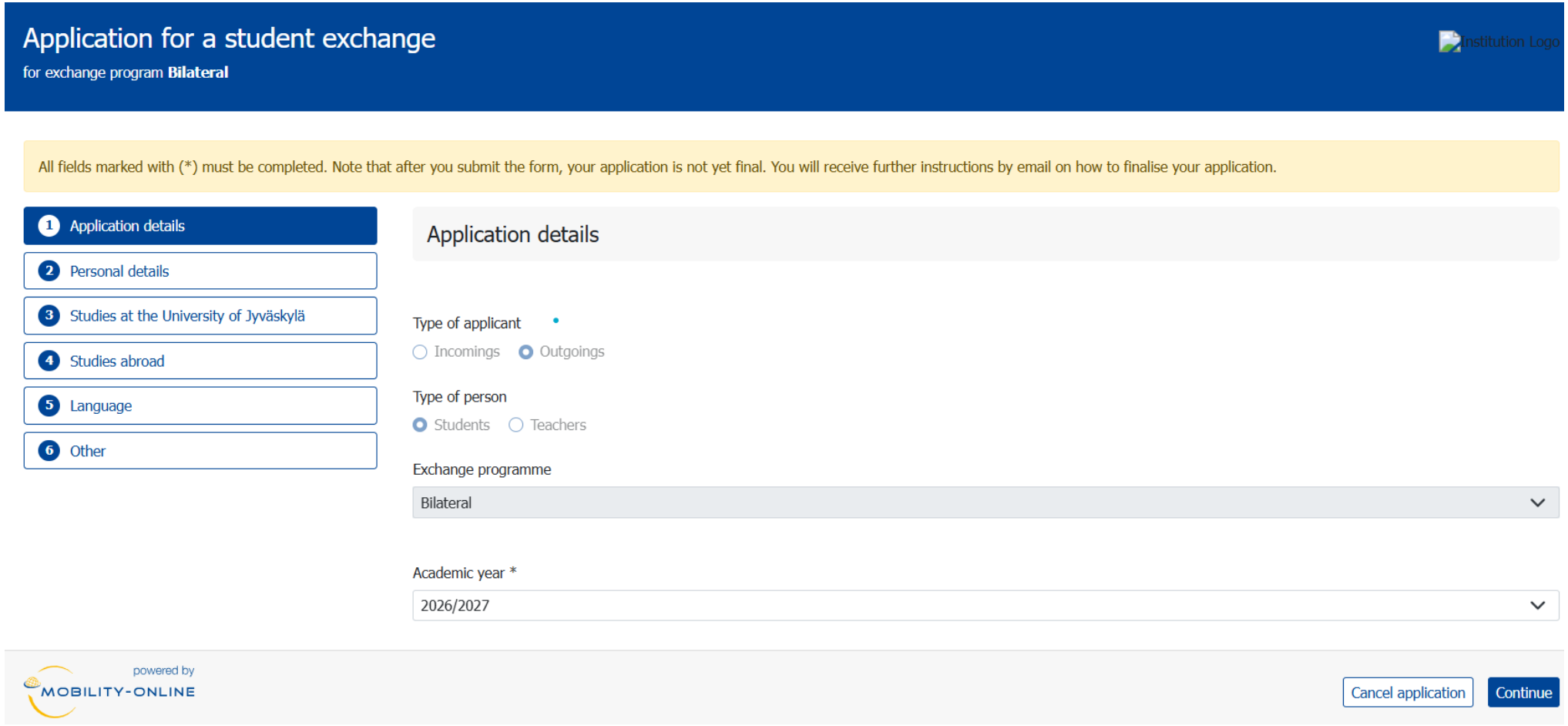
Show 10 entries Search

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

Login through HAKA



Online application 1/2



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
Application stage				
Online application	☑	22.01.2025		Display application data
Confirmation e-mail online application	☑	22.01.2025	Automatically generated	
Online registration	☑	22.01.2025		
Personal data completed	☐			Complete personal data
Application enclosure(s) uploaded	☐			
Application approved by JYU	☐			
Application refused by JYU	☐			

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.**

Selection criteria

Prepare your application well



study plan



academic motivation



language skills



academic achievements



stage of studies

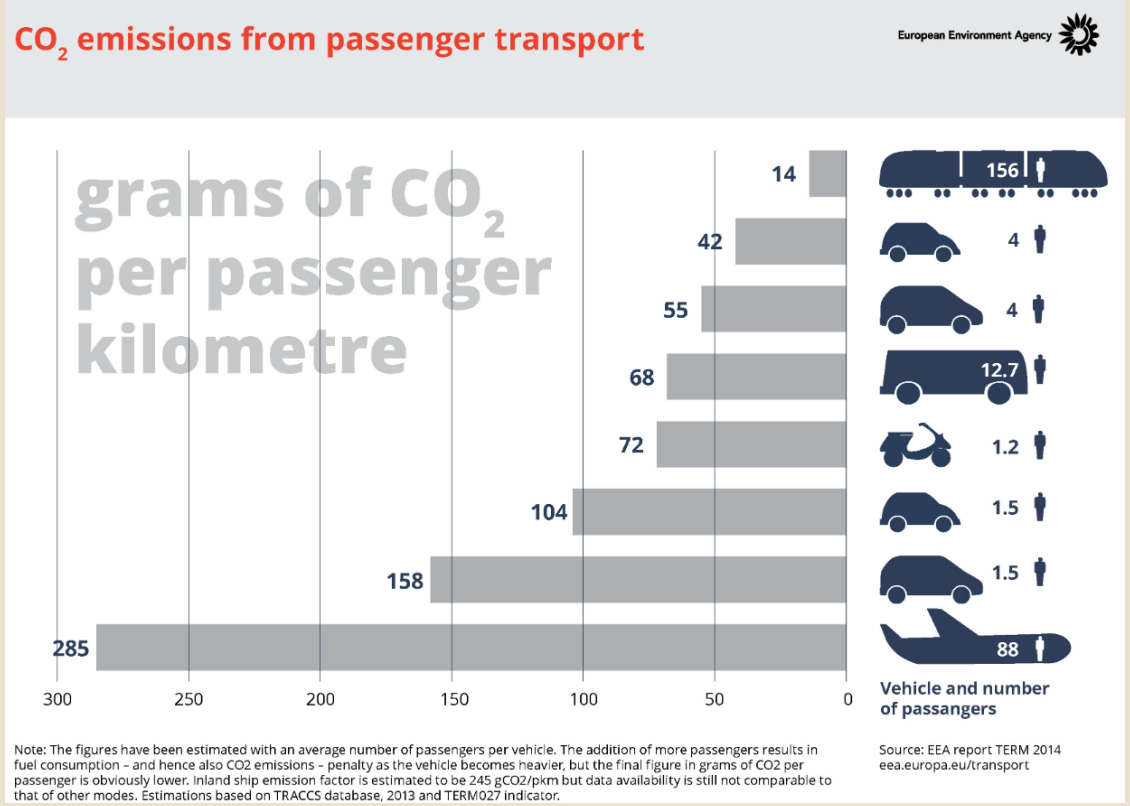
Selection results and next steps

- Selection decisions are made within approximately 1-1,5 months after the exchange application period has ended.
- After you have been granted an exchange placement, you will be asked to accept the offered place. Accepting the place is binding.
- Next, your exchange nomination will be sent to the host university, and you will receive a request to complete the host university's application. Timing:
  - For students going on exchange in the autumn 2027: the host application is completed in the spring 2027
  - For students going on exchange in the spring 2028: the host application is completed in the autumn 2027
- If you must cancel your exchange due to, for example, a serious illness, please inform us as early as possible so that we can notify applicants on the waiting list in time.
- Please note that cancelling your exchange without a justified reason after accepting the placement may affect your eligibility in future application rounds.

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 CO2 per year,
  - of which only 25% can be allocated for mobility (575 kg)

- Source: Stefan Baumeister, JYU, 2023



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 CO2-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 CO2-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 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

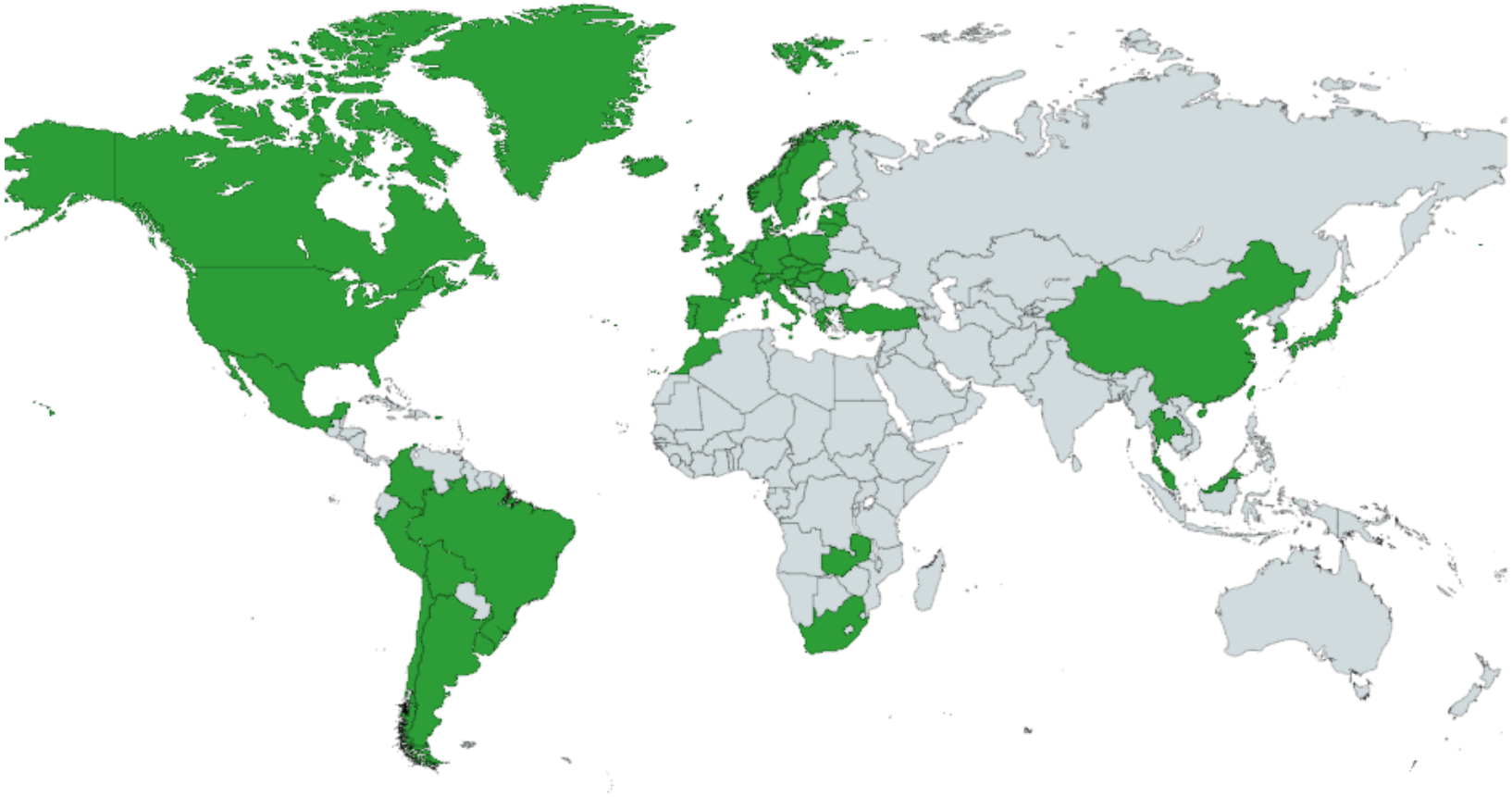




DESTINATIONS

Exchange programs and destination countries

Nordic countries	Nordplus, Nordlys, Erasmus+
Europe	Erasmus+
Americas, Asia, Africa	ISEP, Bilateral
Internship	Erasmus+, JYU grant, EDUFI
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).
  - Planes 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



Erasmus+ grant

- Daily grant
- Only for the academic stay – first day to the last day you are required to be present
- Specify the exact start date and the estimated end date of your exchange based on the information you receive or find from the host university
- Any surplus amount will be requested back after the exchange
- Exchanges under 60 days are not eligible for the grant
- The grant may also be recovered if you fail to complete the required post-exchange obligations (Transcript of Records, Letter of Conformation, credit transfer)

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FORTHEM Alliance

forthem.

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)

Mobility and internationalisation opportunities:

- Student exchange
- Short-term mobility programmes
- International traineeships (internships)
- Volunteer projects
- Multidisciplinary expert groups and virtual courses

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 2026-2027
    - Exception: Nordplus grant for Faroe Islands, 250 €/month + travel grant 660 €
  - Application period: **21 Jan - 4 Feb**



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: 1750 € - 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
- Application round ends on **1 November**

Asia

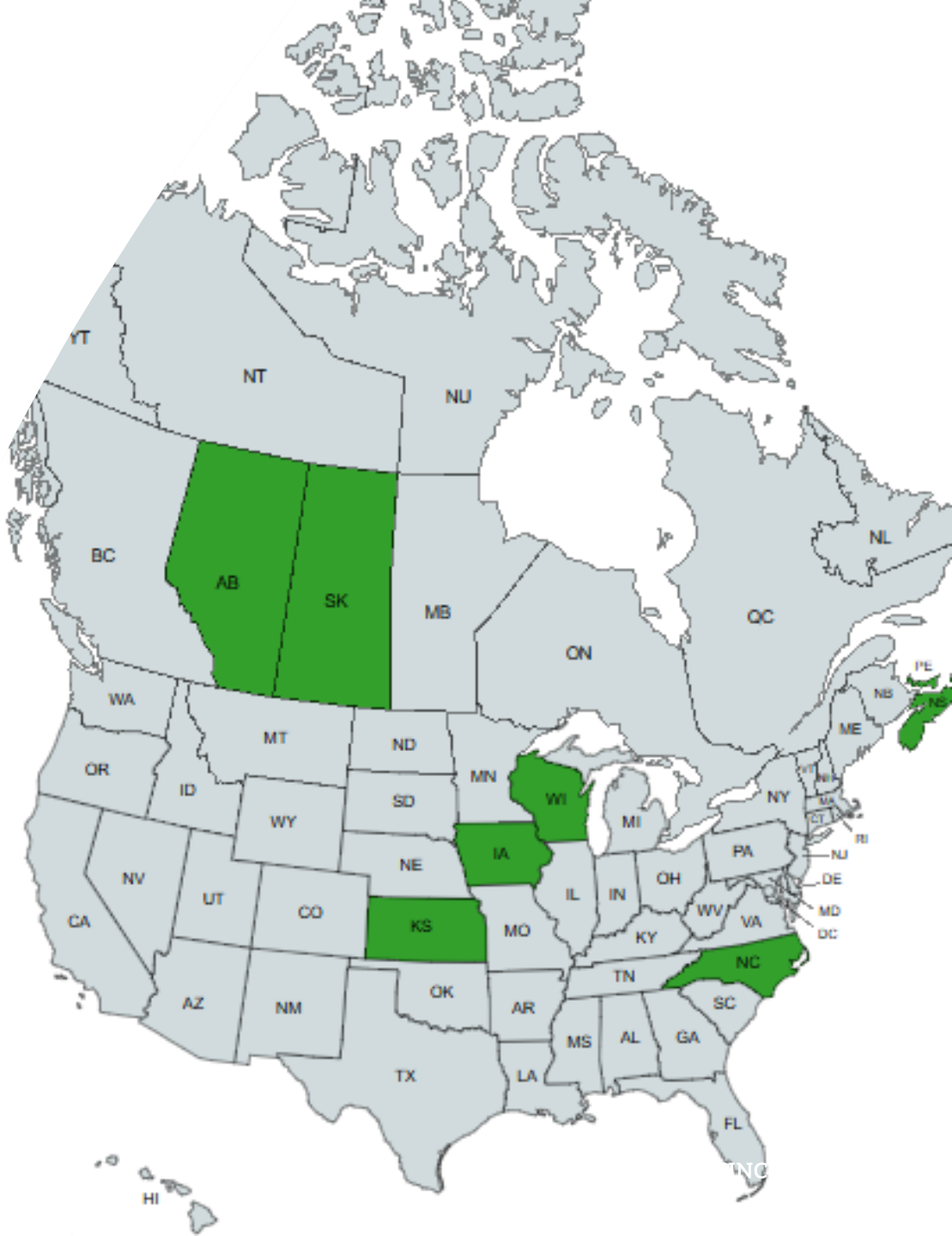
- Hong Kong
  - Hong Kong Baptist University
  - Education University of Hong Kong
- Taiwan
  - National Yang Ming Chiao Tung University
  - National Taiwan Normal University
- China
  - Beijing Foreign Studies University
  - Beijing Normal University
- South-Korea
  - Soonchunhyang University
  - EWHA Womans University*
  - Pusan National 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
  - (Hiroshima University will be in the spring application round)



* The university has not confirmed the number of places available for the academic year 2027-2028

North America (bilateral)

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



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
- **South-Africa**
  - University of the Western Cape, Bellville, Cape Town



ISEP

200 universities world-wide



- Destinations:
  - Asia, Africa, North America & South-America
- 10 universities → ISEP makes the placement
- Costs (in 2026-2027):
  - ISEP fee 2800 € (includes room & board)
  - Application fee 100 USD (non-refundable)
  - Placement fee 495 USD
  - Health insurance 30 USD/week
  - TOEFL test 376,5 USD / Movi's lanaguage exam 40 €

- Application round for the academic year 2027-2028: **1 October – 1 November**

Read more & contact us

www.jyu.fi/goglobal

Via HelpJYUn

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

Faculty-level international coordinators