



# STUDENT EXCHANGE

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

Best reason to go

## Program:

- General information about student exchange (approx. 50 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

less paper work

help with practical issues

studies are included in your degree at JYU

no tuition fees

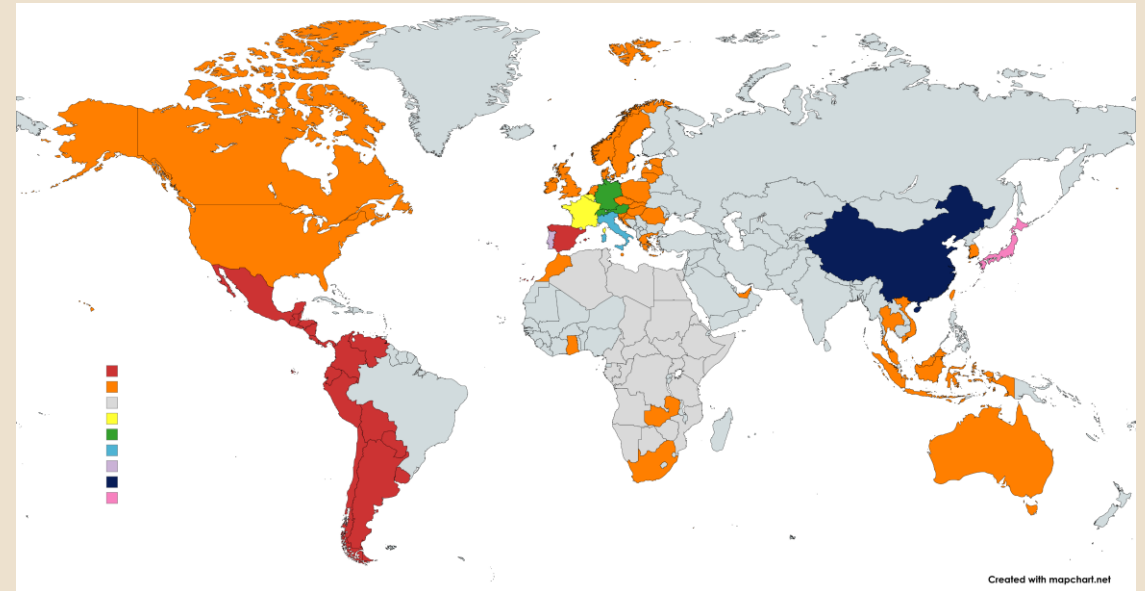
travel grant

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.
4. Familiarize yourself with the culture of the host country already during the application phase (take into account, for example, possible challenges related to special diets in the destination country, etc.)
5. Apply for the exchange after careful planning!



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



# Timing

- Anytime 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
- Include it in your personal study plan
- 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 can find information on the costs on the pages of the exchange universities

## Financing

- Those eligible for Finnish Study Aid:
  - Study grant (as in Finland)
  - Housing supplement
  - Guarantee for student loan
- University's travel grant
- No tuition fees at the host university
- 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 Oct - 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.
- 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





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. Describe your goals in your own words.



study plan



academic  
motivation



language  
skills



academic  
achievements



stage of  
studies

# Selection results and next steps

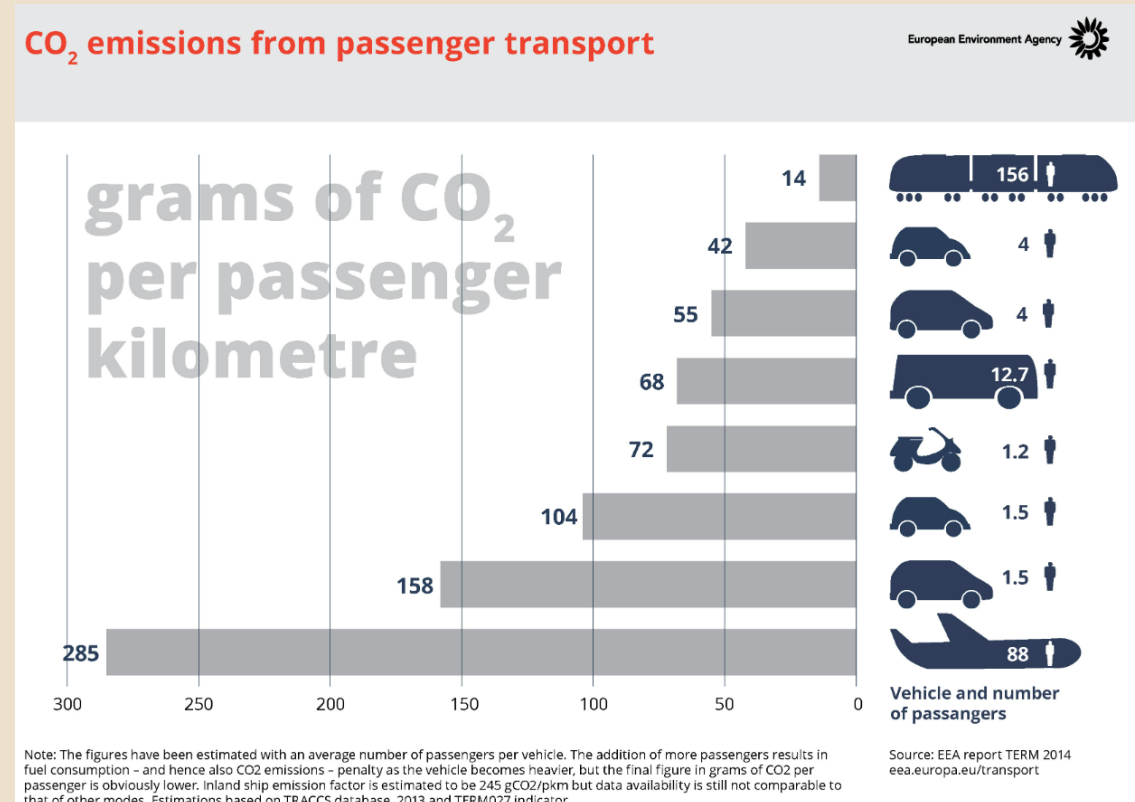


- Selection decisions are made within approximately one month after the exchange application period has ended.
- After you have been granted an exchange placement, you will be asked to accept the offered place. Accepting the place is binding.
- Next, your exchange nomination will be sent to the host university, and you will receive a request to complete the host university's application. Timing:
  - For students going on exchange in the autumn: the host application is completed in the spring
  - For students going on exchange in the spring: the host application is completed in the autumn
- We will provide more detailed information about preparing for the exchange during the departure orientation in April.
- 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 CO<sub>2</sub> 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 ferry
  - 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%)
- 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**

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>





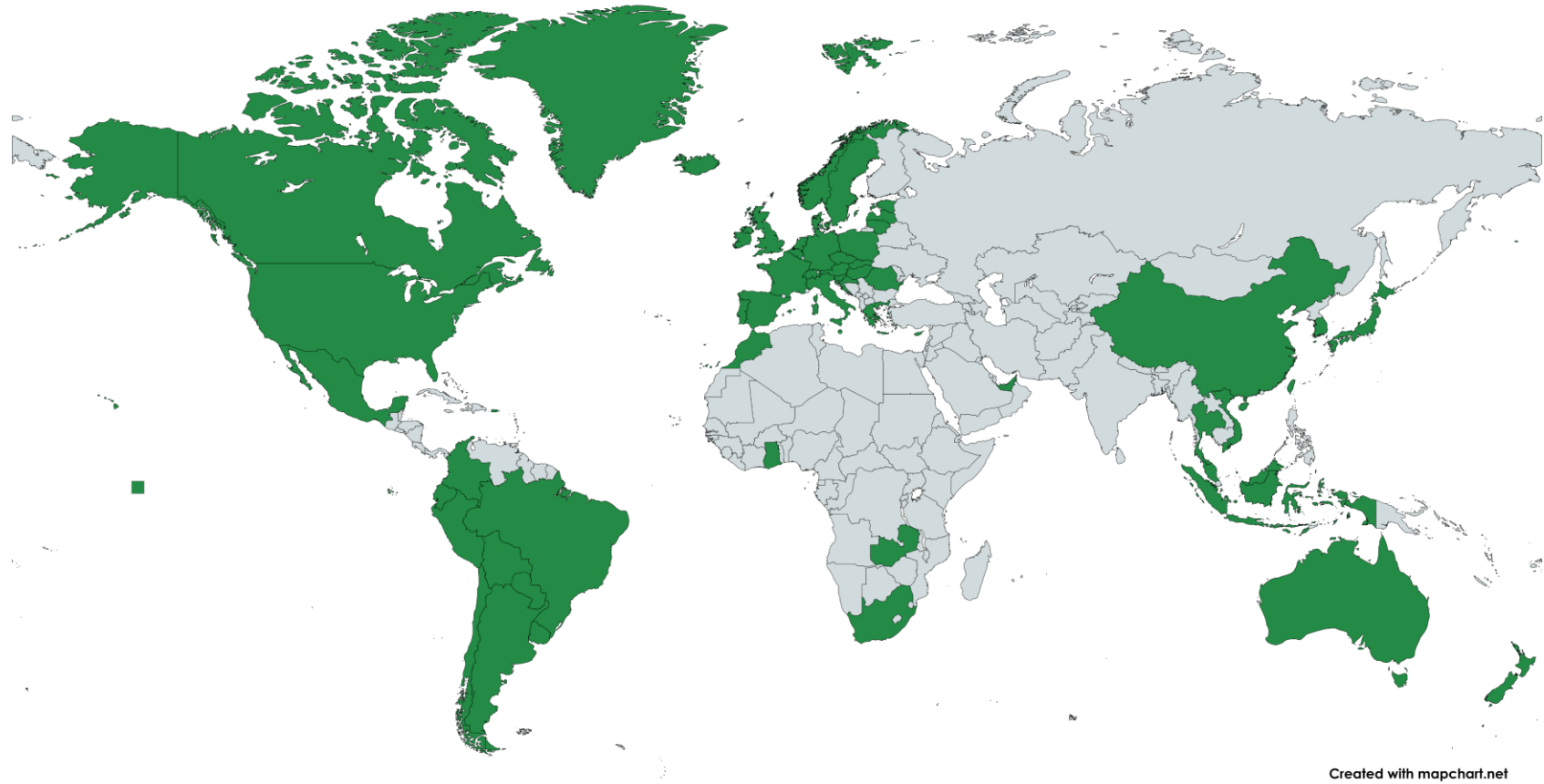


# DESTINATIONS

# Exchange destination countries 2026-2027



Nordic countries	Nordplus, Nordlys, Erasmus+
Europe	Erasmus+
Americas, Asia, Africa	ISEP, Bilateral
Internship	Erasmus+, JYU grant, EDUFI, AIESEC
Short-term mobilities	FORTHM, Erasmus, Nordlys Express



Created with mapchart.net



# 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 and ferries/ships are not considered green, not even if you compensate your carbon footprint.
  - Travelling by ferry is accepted as green travel **when it is combined with other low-emission modes of transportation**
  - 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 fulfils 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-alliance



Mobility and internationalization opportunities:

- student exchange
- short-term mobilities
- traineeships abroad
- volunteer work 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 2025-2026
    - Exception: Nordplus grant for Faroe Islands, 250 €/month + travel grant 660 €
  - Application period: **21 Jan - Feb**

Study in the Nordic countries!





# EXCHANGE PROGRAMMES OUTSIDE EUROPE





# Bilateral exchange



- JYU's own exchange agreements
- Open for all students of JYU
- Exchange universities in North, Central and South America, Asia, Africa and in Australia
- 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 for the academic year 2026-2027 is open now and ends on **4 Feb**
- Main application round in the autumn
- No extra application round for ISEP this spring

# Bilateral universities: extra application round

(universities open for application are marked by a green ball in the Mobility-Online portal)



- Brazil
  - Universidade Federal de Minas Gerais
- Chile:
  - Universidad Austral de Chile
  - Universidad de Chile
  - Universidad del Desarrollo
- Peru
  - Pontificia Universidad Católica del Perú
  - Universidad Peruana de Ciencias Aplicadas UPC
- Mexico
  - Universidad de Guadalajara
  - UPAEP University
- Uruguay
  - Universidad de Montevideo
- USA
  - Emporia State University (Kansas)
  - Pittsburg State University (Kansas)
  - University of Wisconsin – Whitewater
- Canada
  - University of Regina
  - University of Prince Edward Island
  - Laurentian University (Ontario)
- 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
- Japan
  - Hiroshima University
- Korea
  - Soonchunhyang University
- Thailand
  - Asian Institute of Technology
- Zambia
  - University of Zambia

# Grants for short-term mobility



- FORTHEM network short-term mobilities, next application round in March for mobilities happening in early autumn 2026
- Nordlys Express grants for 1–3 week studies in the Nordic countries
- Faculty-specific grants:
  - The Faculties of IT, Humanities and Social Sciences, and Mathematics and Science offer grants that students can apply for short-term mobility periods.
- Short-term mobility is especially recommended for students who have [fewer opportunities](#) to participate in mobilities
- Students with fewer opportunities and who are required to pay tuition fees may receive a maximum of 2 short-term mobility grants per degree level. Other students may receive 1 short-term mobility grant per degree level.
- [More information about short-term mobilities](#)



# Read more & contact us

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