

A photograph of a person from behind, wearing a tan backpack, looking out over a range of mountains at sunset. The sky is filled with warm, golden light. The text is overlaid on the right side of the image.

How to apply for exchange studies

Outline

- Requirements for studies abroad
- When can you go?
- Where can you go?
- Before filling in the application
- Deadlines
- Application process
- Study plan
- Selection process
- And then?





Requirements for student exchange

1. One year of studies must be completed when starting the study period abroad.
2. Normal progress in studies.
3. The period of exchange should follow the recommendations of the degree programme.
4. The exchange period cannot prolong the study period. It is not a valid reason to apply for prolonged study time. The chosen courses at the host institution should be relevant for the curricula at Arcada. The studies should progress at the same pace as is required at Arcada.
5. Fulfill the language requirements of the host institution
 - <https://europa.eu/europass/en/common-european-framework-reference-language-skills>

If the above mentioned requirements are fulfilled, the study plan can be signed. If the student does not fulfill the requirements he/she can apply again later.

When can you go?



- For how long?
 - One semester or possibly two depending on the host university.
 - Check the semester dates of the host university!
- Recommended time: <https://start.arcada.fi/en/exchange-studies/studies-abroad/when-can-i-go> → When can I go
- If you for some reason do not have the possibility to go on exchange during the recommended time, please contact your **International contact person or Study Councillor** to see if there are other possibilities

Recommended time for exchange

- Business Administration: year 2 (preferably during spring for 1 term exchanges)
 - More information about the recommended time for an exchange and how to think about choosing courses, see the appendix in Start: <https://start.arcada.fi/en/my-studies/exchange-studies/studies-abroad/when-can-i-go>
- International business: year 2 (preferably during spring for 1 term exchanges)
 - More information about the recommended time for an exchange and how to think about choosing courses, see the appendix in Start: <https://start.arcada.fi/en/my-studies/exchange-studies/studies-abroad/when-can-i-go>
- Cultural management: year 3
- Media culture: year 3
- Mechanical and Sustainable Engineering: year 2 or 3
- Materials processing technology: year 2 or 3
- Information Technology: year 2, spring
 - More information about the recommended time for an exchange and how to think about choosing courses, see the appendix in Start: <https://start.arcada.fi/en/my-studies/exchange-studies/studies-abroad/when-can-i-go>

Recommended time for exchange

- Midwifery: year 2, 3,4 or 5. Contact your programme director.
- Nursing eng: year 2 or 3. Contact Pauleen Mannevaara
- Nursing swe: year 2 or 3. Contact Christine Stockmann-Broo
- Public Health: year 2, 3 or 4. Contact Christine Stockmann-Broo
- Emergency Care: Contact Niko Loimijoki

N.B!

- Nursing eng students: 2 practical placements (15cr) done in Finland need to be completed before a placement abroad.
- Nursing swe students: should do the following practical placements in Finland before a placement abroad: grundvård 5sp, inremedicinskvård 10sp, kirurgiskvård 10sp.

Recommended time for exchange

- Occupational Therapy: year 2, year 3 or year 4 autumn
- Physiotherapy: year 4 autumn or year 3 spring
- Social Services: to be discussed with your programme director
- Sports and Health Promotion: year 2 for whole academic year/ year 3 spring (but other times also possible! Check with Riitta Vienola)

Where?

Partner Institutions of Arcada:

<https://start.arcada.fi/en/exchange-studies/studies-abroad/where-can-i-study>

→ Where can I go?



- **Erasmus+** (Europe) - a programme financed by the EU
- **Nordplus** (Nordic and Baltic countries) - a programme financed by the Nordic Council of Ministers
- **Bilateral agreement** (outside of Europe) - Exchange agreements between Arcada and partner institutions

Where can I study?

Hem > My studies > Exchange studies and practical training abroad > Exchange studies > Where can I study?

Where can I study?

Arcada's students have different options when deciding to study abroad. We recommend that you choose to study in one of our partner institution but you can also study abroad in some other university as a freemover.

Partner institutions

You can find a list of partner institutions for each programme in our partner institution database. Search for partner institutions.



Quick links

→ Partner institutions

→ Freemovers



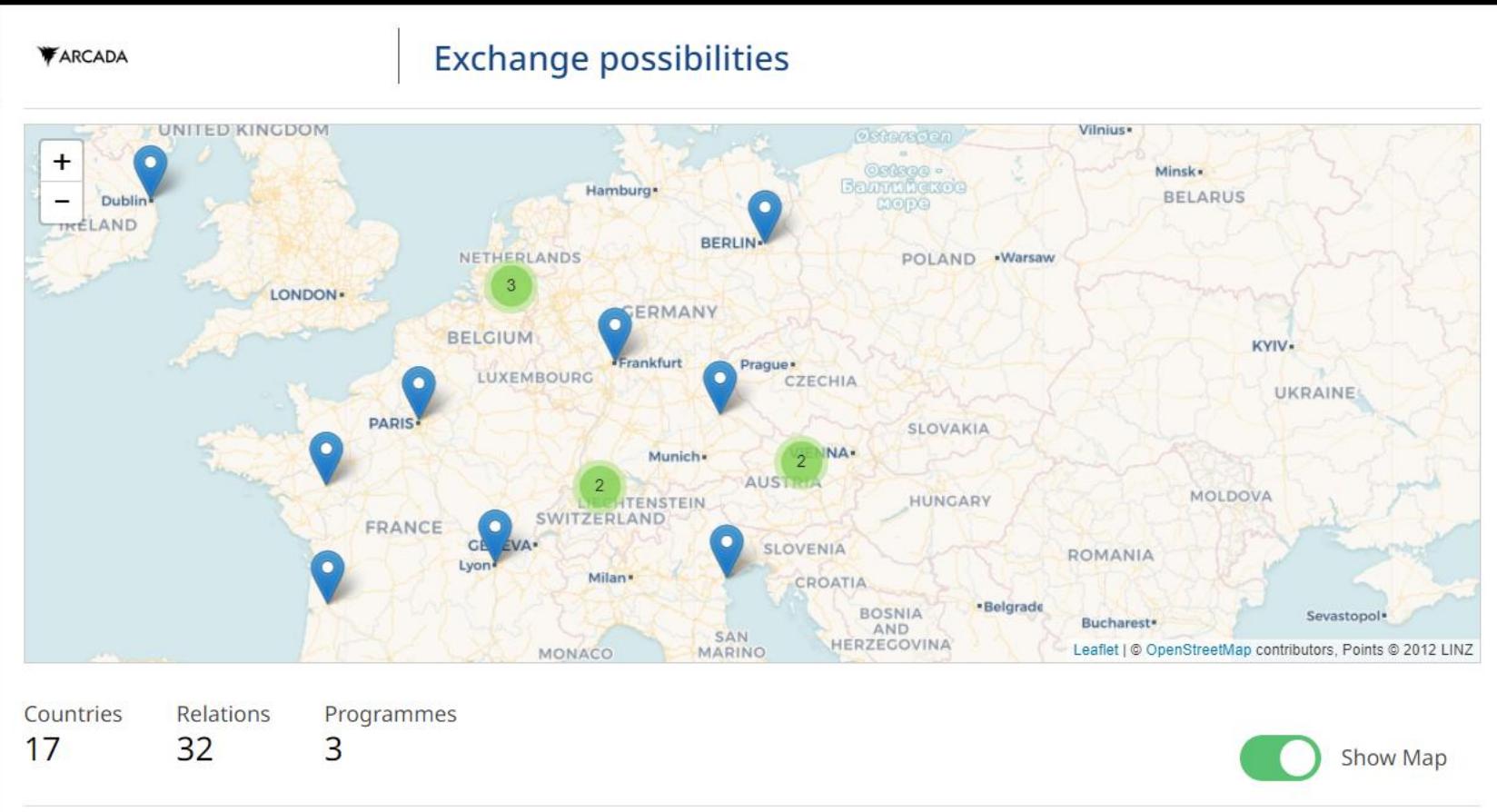
Exchange possibilities

Students at Arcada have the possibility to study abroad at some of our partner universities from 3-12 months through different programmes. Arcada has partner institutions in many different countries. To find out where you can go on exchange, search for partner institutions according to your degree programme at Arcada.

Text search

Degree programme
Business Administration (Bachelor)

 Search



Countries Relations Programmes
 17 32 3

 Show Map

AUSTRIA

2 Relations

CANADA

3 Relations

DENMARK

2 Relations

FINLAND

1 Relations

FRANCE

4 Relations

GERMANY

3 Relations

ICELAND

1 Relations

IRELAND

1 Relations

ITALY

1 Relations

KOREA, REPUBLIC OF

1 Relations

LATVIA

1 Relations

AUSTRIA

Fachhochschule des bfi Wien

Relations

Stay Opportunity Erasmus Student mobility - Fachhochschule des BFI Wien - Business (Bachelor)

Framework Erasmus Student mobility

Degree programme Business Administration (Bachelor) | International Business (Bachelor)

[More Details](#)

Fachhochschule Salzburg

Relations

Stay Opportunity Erasmus Student mobility - Fachhochschule Salzburg - Business (Bachelor)

Framework Erasmus Student mobility

Degree programme Business Administration (Bachelor) | International Business (Bachelor)

[More Details](#)

CANADA

Capilano University

Relations

Stay Opportunity Bilateral agreement - Capilano University (Bachelor)

Framework Bilateral agreement

Degree programme Business Administration (Bachelor) | International Business (Bachelor) | Tourism (Old programme - not possible to apply)

(Diploma) | Tourism (Old programme - not possible to apply)



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AUSTRIA

2 Relations

CANADA

3 Relations

DENMARK

2 Relations

FINLAND

1 Relations

FRANCE

4 Relations

GERMANY

3 Relations

ICELAND

1 Relations

IRELAND

1 Relations



FRANCE

Ecole de Commerce Europeenne (ECE) de Bordeaux

Relations

Stay Opportunity	Erasmus Student mobility - École de Commerce Européenne Bordeaux (Bachelor)
Framework	Erasmus Student mobility
Degree programme	Business Administration (Bachelor) International Business (Bachelor) Tourism (Old programme - not possible to apply to) (Bachelor)

[More Details](#)

Ecole de Commerce Europeenne (ECE) de Lyon

Relations

Stay Opportunity	Erasmus Student mobility - École de Commerce Européenne Lyon (Bachelor)
Framework	Erasmus Student mobility
Degree programme	Business Administration (Bachelor) International Business (Bachelor)

[More Details](#)

Ecole de Commerce Europeenne (ECE) de Lyon, France

A small, dark gray 'X' icon located in the top right corner of the modal window.

Relations	Institution	Exchange reports
Stay Opportunity	Erasmus Student mobility - École de Commerce Européenne Lyon (Bachelor)	
Framework	Erasmus Student mobility	
Degree programme	Business Administration (Bachelor) International Business (Bachelor)	

Ecole de Commerce Europeenne (ECE) de Lyon, France

X

Relations	Institution	Exchange reports
Country	France	
City	Lyon	
Erasmus code	FLYON71	
Language of instruction	1. English (B2), 2. French (B1)	
Additional information	Only courses in Business and Administration	
URL	http://www.ece-france.com/	
Factsheet	-	

Ecole de Commerce Europeenne (ECE) de Lyon, France

X

Relations	Institution	Exchange reports
Exchange report		Travel Report - Lyon - Spring 2023
Degree Program		Business Administration (Bachelor)
Academic year		2022/23

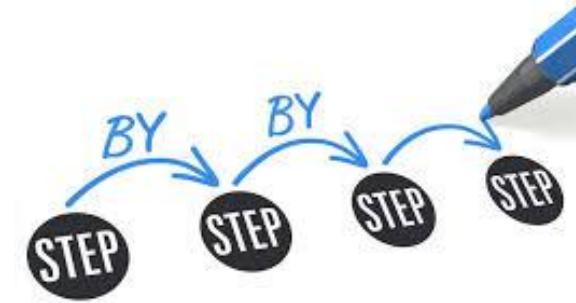
- **Freemover**

In case you don't find a suitable exchange destination among Arcada's partner universities you can apply for exchange to other universities as a "freemover".

- As a freemover you organize your study abroad on your own
- You might have to pay tuition fees
- You won't get a grant from Arcada
- But you have to fill in application form and study plan like all the others!

Practical training abroad

- It is possible to combine studies and practical training (depends on your degree and partner institution)
- Practical training via a partner institution (depends on your degree program and on the partner institution) or independently? **N.B.: discuss with the responsible person at your degree program**
- Erasmus+ grant for internships in Europe that last 2-12 months
- More about practical training at Start > Study guide > Practical training



Application process step by step

- 1. Application to Arcada.** Apply to be nominated for exchange. **Deadline 6.2.2026** → Selection process
- 2. Nomination for exchange:** The international coordinator will contact you by email to let you know if you are nominated for an exchange or not
- 3. Application to host university** (only after you have been nominated), Remember to check the deadline!
- 4. Confirmation of acceptance from the host university**

Application to Arcada for student exchange

- Binding
- Online application form
 - Application for student exchange
 - <https://start.arcada.fi/en/my-studies/exchange-studies/studies-abroad/how-do-i-apply>
- Create an account in the online application portal. Please note that the password needs to be at least 8 characters long and include at least one number and one special character.
- Remember to use your Arcada email!

How do I apply?

Hem > My studies > Exchange studies and practical training abroad > Exchange studies > **How do I apply?**

The application process consists of several steps described on this page.

→ [Choice of courses and Study plan](#)

Time for application

Application time for exchange studies during autumn 2025 or the whole academic year 2025/26 is: 9.1-7.2.2025.

Applications to our partners universities in Canada (autumn OR spring!) always need to be handed in during the spring term (January/February application) due to long application processes.

The application form is active only during ongoing application period. Please scroll down to Application-step by step.

Application information:

We organize information sessions regarding the application process for those who wishes to apply for studies abroad.

Info sessions in January for exchange during autumn 2025 or the whole academic year 2025/26:

Quick links

→ [Time for application](#)

→ [Application information:](#)

→ [Prepare yourself for your exchange application](#)

→ [Application - step by step](#)

Application - step by step

The link below to the application portal MoveOn, is active during the application period.

In the application you can apply to one or max two partner universities, in order of preference.

You must apply for exchange through the MoveON online application portal:

1. You will find the link to the MoveON application portal here during the application time:

<https://arcada.moveon4.de/form/6961004a8d22b5a5e200bcdbe/eng>

2. Read the instructions and fill in your application in MoveON at your own pace. You can save it and continue at a later time during the application period. You can make changes in the application before submitting the final version.

3. Upload all the documents as pdf-files.

Quick links:

→ Time for application

→ Application

→ Prepare your application

INFORMATION	▶
PERSONAL INFORMATION	▶
EDUCATIONAL BACKGROUND	▶
LANGUAGE SKILLS	▶
PREFERRED STAY ABROAD	▶
INTERNATIONAL	▶
EMERGENCY CONTACTS	▶
RELEVANT DOCUMENTS TO BE UPLOADED	▶
DISCLAIMER	▶
SUBMIT APPLICATION	▶

INFORMATION

Welcome to the Online Application for outgoing students.

Application deadlines

For the Autumn Semester 2026 or the whole academic year 2026/27: February 6th 2026

Practical information

In order to complete the application for an exchange programme, please pay attention to the following points.

The different sections of the application are listed in the menu on the left. All sections should be completed. The fields marked with red stars are mandatory and have to be completed. By dragging your cursor over the yellow „i“, you find information on how to complete the particular field.

You have the option to complete and save your application in multiple sessions. When a section is completely filled out, please tick the box next to „Mark page as completed“. A green checkmark will appear next to the completed section in the menu on the left. You can submit your application once all the sections on the menu are marked with green checkmarks. No more changes will be possible after submitting the application!

- INFORMATION** ▶
- PERSONAL INFORMATION** ▶
- EDUCATIONAL BACKGROUND** ▶
- LANGUAGE SKILLS** ▶
- PREFERRED STAY ABROAD** ▶
- INTERNATIONAL** ▶
- EMERGENCY CONTACTS** ▶
- RELEVANT DOCUMENTS TO BE UPLOADED** ▶
- DISCLAIMER** ▶
- SUBMIT APPLICATION** ▶

PERSONAL INFORMATION

Identity

Family name*	<input type="text"/>
First name*	<input type="text"/>
Gender*	<input type="text" value="Please select"/> ▾
Date of birth*	<input type="text" value="Day"/> / <input type="text" value="Month"/> / <input type="text" value="Year"/> 
Country of birth*	<input type="text" value="Please select"/> ▾
Nationality*	<input type="text" value="Please select"/> ▾
Nationality 2	<input type="text" value="Please select"/> ▾
Social Security Number	<input type="text"/>
ddmmmyy-xxx*	
Student Code*	<input type="text"/> 

Contact data

Country*	<input type="text" value="Please select"/> ▾
C/o	<input type="text"/>
Street 1*	<input type="text"/>
Street 2	<input type="text"/>
Postcode*	<input type="text"/>
City*	<input type="text"/>
Telephone (Mobile)*	<input type="text"/>
Arcada Email (Please note that we will use this email address to contact you)*	<input type="text"/>

Erasmus+ additional top-up grant for students with fewer opportunities

- The Erasmus+ programme supports also students with fewer opportunities to participate in a mobility period. Participants with fewer opportunities are entitled to a fixed-fee additional grant of 250€/month on top of the ordinary Erasmus+ mobility grant. Contact: international@arcada.fi in case you are entitled to a top-up grant.
- Social obstacles
 - students with families (student has an underaged child or children)
 - students who are family carers (student has an agreement of informal care with the municipality)
- Disabilities
 - students with EU's disability card or who have a right for the card
 - disabled students (at least moderate functional deficiency)
- Health obstacles
 - students having severe and/or chronic health problems (at least moderate functional deficiency)
- Migrant background
 - students who have received international protection (refugees, asylum seekers, students who have been granted international, subsidiary or temporary protection, or the student has a refugee's passport)

Students with fewer opportunities

The Erasmus+ programme also supports students with fewer opportunities to participate in a mobility period. Participants with fewer opportunities are entitled to a fixed-fee additional grant of 250€/month on top of the ordinary Erasmus+ mobility grant.

[In Finland the fewer opportunities category include:](#)

Social obstacles

- students with families (student has an underaged child or children)
- students who are family carers (student has an agreement of informal care with the municipality)

Disabilities

- students with EU's disability card or who have a right for the card
- disabled students (at least moderate functional deficiency)

Health obstacles

- students having severe and/or chronic health problems (at least moderate functional deficiency)

Migrant background

- students who have received international protection (refugees, asylum seekers, students who have been granted international, subsidiary or temporary protection, or the student has a refugee's passport)

Please click "yes" if you think you
are eligible for an additional grant.

No Yes

[Mark page as complete](#)

[« Back](#)

[Next »](#)

[Save progress](#)

APPLICATION FOR OUTGOING STUDENTS

0/8

- INFORMATION ▶
- PERSONAL INFORMATION ▶
- EDUCATIONAL BACKGROUND** ▶
- LANGUAGE SKILLS ▶
- PREFERRED STAY ABROAD ▶
- INTERNATIONAL ENGAGEMENT ▶
- EMERGENCY CONTACTS ▶
- RELEVANT DOCUMENTS TO BE UPLOADED ▶
- DISCLAIMER ▶
- SUBMIT APPLICATION ▶

EDUCATIONAL BACKGROUND**Current studies**

Current study programme* ▶

Number of years studied at Arcada prior to exchange* ▶

ISCED code and Field of Study ▶

Check the correct ISCED code for your degree program under "i".* ▶

**Previous Exchange**

I have previously been on exchange through Arcada* ▶

Where? (Country and institution)* ▶

Year when the exchange started* ▶

I have previously received an Erasmus Scholarship* ▶

 No Yes Mark page as complete

Welcome international@arcada.fi

[Log out](#)

- INFORMATION ►
- PERSONAL INFORMATION ►
- EDUCATIONAL BACKGROUND ►
- LANGUAGE SKILLS ►
- PREFERRED STAY ABROAD ►
- INTERNATIONAL ►
- EMERGENCY CONTACTS ►
- RELEVANT DOCUMENTS TO BE UPLOADED ►
- DISCLAIMER ►
- SUBMIT APPLICATION ►

LANGUAGE SKILLS

Do you have the required language skills in the language of instruction at the host university?*

No Yes

If no, please describe your plans on fulfilling the requirements before departure.

Comments regarding your language skills

Language of instruction during exchange*

Please select

Mother tongue*

Mark page as complete

In order to be accepted for an exchange, you have to fulfill the language requirements of the host institution when the study period abroad begins. Check the language requirements on the webpages of the host university



Save progress

Back

Next

- INFORMATION ▶
- PERSONAL INFORMATION ▶
- EDUCATIONAL BACKGROUND ▶
- LANGUAGE SKILLS ▶
- PREFERRED STAY ABROAD ▶
- INTERNATIONAL ▶
- EMERGENCY CONTACTS ▶
- RELEVANT DOCUMENTS TO BE UPLOADED ▶
- DISCLAIMER ▶
- SUBMIT APPLICATION ▶

PREFERRED STAY ABROAD

Academic year*

Please select

Priority (1)

Start semester (Spring 2027 possible only for students applying to Canada)*

Please select

Duration in semester*

Please select

Do you want to do exchange in one of Arcada's partner institutions?

Please select

 No Yes

Country *

Institution*

Are you planning to do a double degree at Frankfurt University of Applied Sciences, at Ostbayerische Technische Hochschule Regensburg or at Lillebaelt Academy, University of Applied Sciences (Erhvervsakademiet Lillebælt)?

 Priority No Yes

Only possible for business students. For more information see
<https://start.arcada.fi/en/exchange-studies/studies-abroad/double-degree-in-business>

Please find more information about the Double Degree in Start:
<https://start.arcada.fi/en/exchange-studies/studies-abroad/double-degree-in-business>

SECTION	STATUS
LANGUAGE SKILLS	✓
PREFERRED STAY ABROAD	✓
INTERNATIONAL ENGAGEMENT	✓
EMERGENCY CONTACTS	✓
RELEVANT DOCUMENTS TO BE UPLOADED	✓
DISCLAIMER	✓
SUBMIT APPLICATION	▶

INTERNATIONAL ENGAGEMENT

I have been an international tutor
for an incoming exchange student*

No Yes



Mark page as complete

◀ Back

Next ▶

 Save progress

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[Log out](#)

- INFORMATION ►
- PERSONAL INFORMATION ►
- EDUCATIONAL BACKGROUND ►
- LANGUAGE SKILLS ►
- PREFERRED STAY ABROAD ►
- INTERNATIONAL ►
- EMERGENCY CONTACTS ►
- RELEVANT DOCUMENTS TO BE UPLOADED ►
- DISCLAIMER ►
- SUBMIT APPLICATION ►

EMERGENCY CONTACTS

Emergency Contact (1)

Family name*

First name*

Relationship*

Email*

Phone number*



Emergency Contact

 Mark page as complete

INFORMATION ▶

PERSONAL INFORMATION ▶

EDUCATIONAL BACKGROUND ▶

LANGUAGE SKILLS ▶

PREFERRED STAY ABROAD ▶

INTERNATIONAL ▶

EMERGENCY CONTACTS ▶

RELEVANT DOCUMENTS TO BE UPLOADED ▶

DISCLAIMER ▶

RELEVANT DOCUMENTS TO BE UPLOADED

A preliminary study plan signed by you and the responsible person in your degree programme*

 No file chosen

Motivational letter (Max. 1 page)
(Description of your study and career related goals in relation to your exchange)*

 No file chosen

An International tutor certificate provided by ASK (if you have been an international tutor)

 No file chosen Mark page as complete

Allowed format pdf. The courses can be found on the website of the host institution. In case the new courses are not yet available on the website, please use the most updated information available at the time of application. The preliminary study plan form in Start, under ["Choice of Courses and study plan"](#).



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[Log out](#)

INFORMATION ►

PERSONAL INFORMATION ►

EDUCATIONAL BACKGROUND ►

LANGUAGE SKILLS ►

PREFERRED STAY ABROAD ►

INTERNATIONAL ►

EMERGENCY CONTACTS ►

RELEVANT DOCUMENTS TO BE UPLOADED ►

DISCLAIMER ►

SUBMIT APPLICATION ►

DISCLAIMER

I certify that the information given in this application and the documents provided are correct and complete to the best of my knowledge and belief. I understand that any discrepancies in these details may result in my enrolment being cancelled. I understand that the application is binding. *

 Yes

I have taken notice that the information on this form will be stored electronically and used by the international coordinator in accordance with the provisions of the Data Protection Act.*

 Yes

I agree that my name and email address can be forwarded to the host university.*

 Yes

I hereby confirm that I will comply with the laws of my host country and with the rules and regulations of the hosting institution.*

 Yes

I understand that it is my responsibility to make sure that I have sufficient insurance when going abroad.*

 Yes

Mark page as complete

 Save progress

◀ Back

Next ▶

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[Log out](#)[INFORMATION ▶](#)[PERSONAL INFORMATION ▶](#)[EDUCATIONAL BACKGROUND ▶](#)[LANGUAGE SKILLS ▶](#)[PREFERRED STAY ABROAD ▶](#)[INTERNATIONAL ▶](#)[EMERGENCY CONTACTS ▶](#)[RELEVANT DOCUMENTS TO BE UPLOADED ▶](#)[DISCLAIMER ▶](#)[SUBMIT APPLICATION ▶](#)

SUBMIT APPLICATION

Please make sure that you have completed all mandatory fields and uploaded all necessary documents. You can submit your application once all the sections on the menu are marked with green checkmarks. No more changes will be possible after submitting your application.

[!\[\]\(590c33989bc1cd1fa34ea17aeb396734_img.jpg\) Submit](#)[!\[\]\(49d16ba3fbf8b6002ff14b303fd69be1_img.jpg\) Back](#)

INFORMATION	▶
PERSONAL INFORMATION	✓
EDUCATIONAL BACKGROUND	✓
LANGUAGE SKILLS	✓
PREFERRED STAY ABROAD	✓
INTERNATIONAL	✓
EMERGENCY CONTACTS	✓
RELEVANT DOCUMENTS TO BE UPLOADED	✓
DISCLAIMER	✓
SUBMIT APPLICATION	▶

✓ Your form has been submitted successfully. You can use the link below to view your file.



[Download Application PDF](#)

SUBMIT APPLICATION

Please make sure that you have completed all mandatory fields and uploaded all necessary documents. You can submit your application once all the sections on the menu are marked with green checkmarks. No more changes will be possible after submitting your application.

◀ Back

Submit

Documents you need to upload

1. Study plan (signed by the responsible person at your programme)

- Students in Business – Hanna Grönholm
- Students in IT – Hanna Grönholm
- Students in Engineering – start with contacting your study counsellor Sofie Sundström! (Rizwan Ullah, Kim Roos)
- Students in Sports and Health Promotion – Riitta Vienola
- Students in Physiotherapy – Kati Hellstén
- Students in Occupational Therapy – Marina Arell-Sundberg
- Students in Social Services – Eivor Söderström
- Students in Culture and Media – Monica Löv
- N.b.: students studying at the Department of Healthcare should book a time with:
 - Christine Stockmann-Broo: Students in Nursing (swe) and Healthcare
 - Pauleen Mannevara: Nursing (eng) students
 - Pernilla Stenbäck: Students in Midwifery
 - Niko Loimijoki: Students in Emergency care

when starting planning studies or practical training abroad

1. **Motivation letter** (describe your study and career related goals) in Swedish or English, hand in together with a study plan to your program before uploading if needed
2. **international-tutor certificate if you have served as i-tutor**

Study plan

- The purpose of the study plan is to ensure that you will receive recognition in your degree for the courses completed abroad
- The study plan must also state which courses will be compensated at Arcada
- The course list in the website of the host institution, at that time available information!
- The exchange studies must be included in a degree pursued at Arcada and the chosen courses at the host institution should therefore be relevant for your curricula at Arcada. You can choose courses that will replace corresponding courses at Arcada or study some of your extension studies abroad.
- Fill in planned period of the mobility (start month/year and end month/year). The semester dates and the study period varies from university to university. Check the semester dates on the host university's webpage for incoming exchange students.
- <https://start.arcada.fi/en/my-studies/exchange-studies/studies-abroad/how-do-i-apply/choice-of-courses-and-study-plan>

- You must study full time while on exchange and you should achieve approx. 30 ECTS in one term and 60 ECTS in one year.
 - If you are a tuition fee paying student, planning to apply for a scholarship, please read this: <https://start.arcada.fi/en/my-studies/academic-year-registration-and-right-to-study/registration-for-the-academic-year/scholarships> (Tuition fee paying students pay the tuition as normal to Arcada also during the exchange)
- Can be found in the (Start, Studies Abroad, How do I apply, Choice of courses and study plan)
- Fill in the form electronically, print it out and have it signed.
- This is an attachment to the application. Later in the process you will need to fill out another official learning agreement

PRELIMINARY STUDY PLAN FOR EXCHANGE STUDIES

Name of student	Field of study / degree
Start date of study abroad period (dd/mm/yyyy)	End date of study abroad period (dd/mm/yyyy)
Receiving institution	Receiving country

Details of the proposed study programme abroad

Total number of ECTS:

Total number of ECTS:

Additional courses as backup (in case of for example overlapping courses)

Receiving institution: study plan			Sending institution: recognition	
Course unit title (and code)	ECTS or local	Semester (autumn/spring)	Course unit title (and code)	ECTS

STUDENT

I agree to report any changes to this agreement to my home institution during my stay abroad

<u>Name of student</u>	
<u>Place and date</u>	<u>Student's signature</u>

RESPONSIBLE PERSON AT SENDING INSTITUTION

We confirm that this proposed ~~programme~~ of study/learning agreement is approved:

Name of Responsible person* at the Sending institution	
Place and date	Signature of Responsible person at the Sending institution

*Responsible person at the sending institution: an academic who has the authority to approve the learning agreement of outbound students, to amend it when needed, as well as to guarantee full recognition of such programme on behalf of the responsible academic body.

Questions about your study plan

- If you cannot find courses on the website of the host institution, contact the international coordinator
- If you have questions regarding your course selection, courses that will be compensated etc.
 - Contact your programme (Book time by email. Be prepared. Have a course list and study plan with you)



Before submitting your application

- Check our website (start.arcada.fi → Study guide → Studies abroad)
- Read travel reports from former exchange students
- Visit the host university website to find out about their courses and services
- Check when the semesters start and end at the host university!

Selection process



- After it is confirmed that the student is eligible for an exchange, the selection process will take place in order to divide the exchange places in a fair way.
- Start → How do I apply → Selection process
- The international coordinator will contact you in 2-5 weeks after the deadline to let you know if you are nominated for an exchange or not

What happens after I have submitted my application and what is the selection process?

Selection process

You will receive an answer within 2-5 weeks after the application deadline. We will contact you if something is unclear. We will process all applications after the application period. If we receive more applications than available exchange places we will rank the applications.

Selection criteria:

- success in studies: Points will be handed out according to the average grade. (Maximum 5 points)
- motivation and study and career related goals for the exchange.
 - strong motivation and clear goals (4 points)
 - strong motivation but not clear goals/clear goals but not strong motivation (2 points)
 - neither strong motivation or clear goals (0 points)
- Active as an international-tutor: tutor certificate issued by ASK of proven activity (1 point). 0 points without certificate.

Application to the host university

- Only after you have been nominated!
- Different universities have different application procedures and dates
- **Check the deadline already now!**
 - Can sometimes be before our own dl!
- It is your own responsibility to hand in all the required documents on time
- Housing: Most universities assist incoming exchange students in arranging accommodation.

And then?

- Confirmation of acceptance from the host university – remember to let us know!
- Pre-departure 1: Practical information (Grants, Kela etc.)
- Pre-departure 2: Cultural training, employability, self reflection tools
- Dates will be send to your Arcada e-mail!

Things to think about before applying

- ✓ *Why do I want to go for a student exchange? How motivated am I?*
- ✓ *During what point in my studies would be the most suitable time to go?*
- ✓ *How successful have I been in my studies?*
- ✓ *What about my financial situation? – Make a budget!*
- ✓ *Have I got the required language skills?*
- ✓ *How do I feel health-wise?*
- ✓ *How flexible and independent am I?*

Remember that you need to be active in the process!





Remember

- We are here to support you but you are in charge of the application process. Make sure you hand in all documents on time.
- Please contact the responsible person at your programme with questions regarding courses
- **start.arcada.fi** most probably have the answers to most of your questions
- You have to be signed present at Arcada when you go on an exchange, otherwise you cannot apply for the grants, get student funding from Kela or go through our exchange agreements
- Studies abroad cannot be used as a reason to apply for extended studytime at Arcada after your return
- Never buy the flight ticket before you are sure that you can go or have the visa in your hand (if needed)
- Never give up your flat here before everything is arranged

Contact details

- Christa Holm, Annika Keskinen
 - international@arcada.fi
 - +358 (0)294 282 670
- Consultation:
 - Upon agreement. Please book a time through international@arcada.fi
- start.arcada.fi → My Studies → Exchange studies



“I think that going on exchange is something everyone should experience. It sounds like a cliché, but it really gives you social skills and experiences that you simply cannot gain in your home country.”

“You learn about different cultures, you learn how to interact with all kinds of people, you learn to appreciate your own country more, and you learn a lot about yourself.”

“You’ll make lifelong friends!”

Photo by [Paul Gilmore](#) on [Unsplash](#)