Radboud Go Abroad
Go Europe! Erasmus+: What is in it for you?

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Student Life and International Mobility
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Programme

1. Why go abroad on an exchange?
2. What can I do?
3. Where can I go?
4. How can I get started?
5. Questions?
Practical matters

• Questions at the end of the presentation

• These slides will become available on our website www.ru.nl/radboudgoabroad/ later this week.

Why go abroad on an exchange?
Professional skills

**Employment and Career Development**
**Erasmus Students**

- More than 85% of Erasmus students study or train abroad to enhance their employability abroad.

- Unemployment rate: Young people who study or train abroad are half as likely to face long-term unemployment. 5 years after graduation, the unemployment rate of Erasmus students is 23% lower.
Why go abroad on an exchange?
Professional skills

Why go abroad on an exchange?
Social and cultural experience
Why go abroad on an exchange?

Personal development

Feedback from Radboud students who went abroad on an Erasmus+ exchange in 2022 and first half 2023:

✓ More confident and convinced of own abilities 92%
✓ Increased insight in strengths and weaknesses 90%
✓ Increased ability to adapt to and act in new situations 93%
✓ More open-minded and curious about new challenges 86%
✓ Increased ability to find solutions in difficult situations 84%
✓ Increased ability to work with people from other backgrounds / cultures 80%

An article on living abroad published by Harvard Business Review states that Living Abroad Helps You Develop a Clearer Sense of Self

What can I do?

Study exchange
• One semester up to one academic year (min. 2 months)
• Only to partner universities
• Talk to your faculty’s International Office for more information!

Internship
• Minimum 2 months, maximum 12 months
• Minimum of 35 hours a week
• Can be at partner university, but also at a research centre, lab, etc.
• Can be part of your degree
• Also available after graduation – if you apply before you graduate.

Erasmus+ funding: maximum of 12 months funding per study cycle.
Where can I go?
Destinations in Europe

Check out our website for an overview of our international partners

How do I get started?

- Make an appointment with your faculty’s International Office for possibilities (where/when), available places, and deadlines (deadline for stay abroad within Europe: 29 February 2024, 23:59 CEST)
- Submit an application for a ‘stay abroad’ in Osiris
- Selection results by mid-March 2023
- Applying at the partner university: check their deadlines and application procedure carefully
How do I apply for my Erasmus+ grant?

- If your application in Osiris has been approved by your faculty, you will receive an email (after 1 April 2024) inviting you to start your Erasmus+ grant application
- Then: fill out the online application form and submit the required documents in time, but ultimately 2 weeks before the start of your study/traineeship abroad
- Advance payment of 75% of your grant
- Upon your return: receive the final 25% after submission of the final required documents

What will I get? Erasmus+ grant rates

<table>
<thead>
<tr>
<th>Receiving country</th>
<th>Amount per day</th>
<th>Amount per day</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Studies</td>
<td>Traineeships</td>
</tr>
<tr>
<td>Denmark, Finland, Iceland, Ireland, Luxembourg, Sweden, Liechtenstein, Norway</td>
<td>13</td>
<td>18</td>
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<tr>
<td>Austria, Belgium, Germany, France, Italy, Greece, Spain, Cyprus, Malta, Portugal</td>
<td>11</td>
<td>16</td>
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<td>Bulgaria, Croatia, Czech Republic, Estonia, Latvia, Lithuania, Hungary, Poland,</td>
<td>9</td>
<td>14</td>
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<tr>
<td>Romania, Slovakia, Slovenia, North Macedonia, Turkey, Serbia</td>
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United Kingdom
- Grant for up to 100 days (applies to both studies and internships)
- Amount per day traineeship: 17 euros
- Amount per day studies: 12 euros
Additional Erasmus+ top-ups

Inclusion top-up
Available for:
• students with a physical or mental disability that forms a barrier to your studies or international mobility
• students from families with a lower basic income

Additional €8.33 per day, on top of regular grant rate.

Green Travel top-up
Available for students who use a sustainable mode of transportation to their destination country.

One-time payment of €50.

Please check the criteria to see if you are eligible.

Contact information

Whom to contact for what?

- Questions about possible destinations and your Osiris application: your faculty’s International Office

- Questions about your grant application, including the top-ups: team Student Life and International Mobility (erasmus@ru.nl)
Wellbeing Week: Finding comfort in discomfort

Monday 27 November – Friday 1 December

Homesickness – open talk

Check out the programme [here](#)!