ERASMUS PRE-DEPARTURE SPRING 2018
TODAY’S PROGRAM

• Who does what?
• Practical information
• Information about the Erasmus grant
• Information about the Learning agreement
• Information about the language assessment
• Looking closer at documentation
• Culture Shock
• Ask away!
WHO DOES WHAT?

International Center

- The Erasmus Grant
- Sends you the Erasmus Grant contract
- Sends you the language test and online language course
- Collects documentation for the allocated Erasmus Grant

Your Faculty

- Guidance for your area of study
- Pre-approval/credit transfer
- Nomination to the host university
- Will let you know about admission at the host university
- Sign your Learning agreement
ADMISSION AT THE HOST UNIVERSITY

• You have sent the application to/registered yourself at the host university, or you will do so soon
• You may have received a confirmation of your admission, a letter of admission and other relevant information
• You are in the process of preparing a Learning Agreement (We’ll get back to that)
• REMEMBER to hand in a copy of the pre-approval and the letter of admission to the SU office (if you are receiving Danish SU)
THE COURSES – CREDIT TRANSFERS

• Save everything from your lectures
• If your courses change – make sure to get the new courses approved at your study board
• Remember to update your Learning Agreement (LA is divided in Before and During Mobility)
HEALTH INSURANCE

- The blue card (EU health insurance) can be ordered at www.borger.dk. The yellow card is not enough. (it is also a requirement from Erasmus+)
- Great Britain: your passport and the blue card
- Note that you are not covered by the blue card when going to Turkey
- You will get access to medical treatment and hospital care, medicine and urgent care
- You will have the same rights as the citizens in your host country – you may have to pay some of the expenses yourself
- Other insurance if you are a non-EU citizen
INSURANCE

• Travel Insurance:
  For covering lost luggage, household effects, cancelled flights, repatriation, etc.

• Check your current insurance company

• www.studenterforsikring.dk
  – an example, but check the market
RESIDENCE PERMIT

If you are NOT a Danish citizen:

• EU/Non EU
• Depending on your citizenship
• Depending on the period you will be abroad
• Seek advice at your host university
• Seek advice at the Danish Immigration
• Be aware of what you need to do when going back to Denmark
HOUSING

• Housing arrangement through your host university
  Find out when you can move in

• Housing arrangement on your own
  Arrive a week or two before the studies start
  (listen to the host university’s recommendations)

• Sublet your Danish apartment to the international students through the International Centre
THE ERASMUS GRANT (I)

- The size of the grant will depend on destination (Country) and length of stay
- The amount is EUR 235/285 (DKK 1,750-2,120) per 30 days.
  You’re lucky, the amount has just been raised
- All students going to the same destination will get the same amount (1 or 2 semesters)
- You have received a contract for the Erasmus-grant (via mail)
- READ THE CONTRACT AND APPENDIX
- You will then need to sign and return the contract (a scan via mail is preferred)
THE ERASMUS GRANT (II)

- Around the time your studies abroad start, the grant will be transferred to your Nemkonto/Easy Account (in one, single payment)
- The grant is Tax free (when it covers documented expenses)
- Save receipts from transportation, housing etc. (in relation to SKAT/Tax)
THE ERASMUS GRANT (III)

Language course:

• You had the option of applying for an extra grant for participation in a language course. Deadline has passed.

• The extra grant does not cover participation costs, but you receive additional grant to cover the extended period (up to 1 month)

• The language course has to take place in the time leading up to the semester and be in the country where you will be studying.
TRINE HØJ ERIKSEN
2017-2018
INTERNATIONAL KOORDINATOR
AARHUS UNIVERSITET
ONLINE LANGUAGE ASSESSMENT

• As an Erasmus student you are required to do an online language test. (this does not apply for Native speakers)
• Why? EU wants to measure the improvement in linguistic skills
• There is no need to worry, you will not lose the grant (or the study abroad), no matter what your result will be. So use it as a tool to assess your language abilities
• The test will be in the primary language that you are taught in (Spanish, German, English, French, Italian, Dutch, Swedish, Portuguese, Polish, Czech, Greek, Bulgarian, Croatian, Romanian, Hungarian, Slovakian, Finnish)
• You need to take the test before and after the studies abroad (you’ll receive an email with a link to it)
ONLINE LANGUAGE COURSE

• The result of the test is graded based on The Common European Framework of Reference for Language (CEFR)
• A1 (lowest level) to C2 (highest level):
• Students with a result equivalent of B1 (slightly below average) or lower are automatically offered an online language course
• This online language course is free and it’s up to you to decide how much time you want to spend on it
LEARNING AGREEMENT (LA)

• As an Erasmus student you are required to fill in a Learning agreement. LA is a document similar to a pre-approval of courses where you list which subjects you’ll be following abroad and how many ECTS they are worth. You have to fill in the LA at the beginning of your stay abroad.

• LA is divided in two parts, Before mobility and During mobility

• You, your AU department and the Host University will need to sign the LA

• LA should be sent to erasmus@au.dk only when it has been filled in and signed by all parties (at the latest 2 weeks after the studies abroad have started)
DOCUMENTING THE RECEIVED GRANT

Within 30 days of the end of your studies, you will need to email erasmus@au.dk with:

• Learning Agreement (the final version in case of changes)
  (“before mobility” needs to be filled out and signed by term start and then sent in)
• Transcript of records
• Documentation for participating in a language course (if any)
• Evaluation (online)
• Final language assessment (online)

Remember: Get documentation for your faculty/transfer of credits (merit)
GOING TO A NEW COUNTRY

• New culture, new climate, new language, new currency, new foods, new housing, new friends, new study culture
• Learning while studying abroad isn’t just academic, you’ll also develop personal, social and intercultural competencies.
• Difficulties with adjusting
• Feeling confused and disorientated in a foreign environment and being out of one’s element
WHAT CAUSES CULTURE SHOCK?

- Information overload and stress
- Misinterpreting cultural values, norms and behavior in the host country
- Using your own culture for measuring the host culture
- What triggers acknowledgement and respect or disapproval?
- What you think will make you look favourable, doesn't necessarily do so
CULTURE SHOCK – THE U/W CURVE

• Euphoria
• Frustration
• Adaption
• Integration

Physical and psychological symptoms: allergy, flu, insomnia, feeling isolated/helpless/homesick, mood swings anxiety, turning inwards, thinking everything was better at home
ADVICE FROM AN ERASMUS+ STUDENT

• It’s important to be open for new experiences and not dwell on preconceptions. You need to give everything a chance. You can’t expect to have loads of new friends and get into a good rhythm right away – it’s fun, but also hard in the beginning. It can take a while to settle in, but it’ll happen. And when it happens, it’s the best feeling in the world to be on exchange.

• You can also get a culture shock when you return to Denmark. It takes a couple of weeks before you get used to being home. Your family and friends don’t want to keep listening to all the great stuff you have experienced on your exchange. If you have been on an exchange with someone you know from Denmark, then talk to them about how it is to be home again and the stuff you experienced together abroad.
SUMMARY (I)

• Is everything in order with your acceptance to the host university? If you have questions or doubts – contact the faculty coordinator
• Remember to inform SU
• Make sure your health insurance (blue card) is in order
• Prepare other insurances you might need (travel, home)
• Is your housing sorted out? Perhaps you can sub-let through the International Centre
SUMMARY (II)

- You’ve already received the LA. You need to fill it out, sign it and send it in at the latest 2 weeks after your semester starts. Send it to the International Centre (erasmus@au.dk)
- You’ll receive an Erasmus contract, that you will have to sign and return. (already done)
- You’ll receive a link for language assessment/language course
- Remember to save mails and copy or scan your documents
- Send in your documentation after you’ve finished your stay
  - Erasmus+ for International Centre (Erasmus@au.dk)
  - Course credits for your subject
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