

Student's Checklist: Time abroad



Student's name: _____

Read each point carefully and check after completion

Conditions for applying:

- I'm interested and motivated
- Studies are going ok according to PCDP
- I pass the health requirements
- I can make due with my language skills
- I am aware that the exchange rules must be followed and that the experience shall be recorded

Application:

- Meeting with teacher in charge
- Resumé (CV) in english
- Application sent
- Application has been gone thru with the International Coordinator
- I have attended the International Training Course

Once you have a destination:

- Agreements have been arranged:
 - Grant agreement
 - Training agreement
 - International Training Agreement
 - Europass Mobility -certificate
- Erasmus-programme: OLS 1. language competency passed
- Done research on the destination country, city and school/workplace

Travel arrangements:

- Passport is valid at least for 6 months after returning
- Meet the entry criteria - (covid 19, see next page)
- I've read the crisis instructions for trips abroad
- Travel tickets and accommodation are reserved
- Kela European Health Insurance Card and applied for increased study benefit

Health (and covid-19) related issues:

- I've checked the destination-specific entry regulations:
 - Regulations by the country health officials and transport/airline-specific ones
- I have printed my covid vaccination certificate from Omakanta
- I'm aware of the local restrictions with covid and where to find updates on the restrictions
- I know what to do if I get infected or exposed
 - Insurance, quarantine accommodation, health care in general
 - Contact information for the contacts in the destination, back home and in Varia
- I have done the travel notification to the Ministry for Foreign Affairs of Finland
- I have enough of the medicines I need, as well as the prescriptions printed in English thru Omakanta or a pharmacy
- The medicines are in their original packaging
- I have masks and hand sanitizer with me

<https://um.fi/matkustusilmoitus>

<https://www.kanta.fi/koronatodistus>

<https://um.fi/matkustustiedotteet-a-o>

<https://thl.fi/fi/web/infektiaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19/matkustaminen-ja-koronaviruspandemia>

<https://www.terveyskirjasto.fi/mat00010>

<https://www.terveyskirjasto.fi/mat00010>

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Student's signature and date:

During the time abroad :

- I have documented my experiences and things I've learnt as per agreed (travel report and aims set in PCDP)
- I have gathered the necessary signatures and stamps for my documents
- I have done the necessary Instagram posting on the international services account

After time abroad (within 2 weeks of returning):

- I have returned the following to the International Coordinator
 - Training agreement
 - International Training Agreement
 - Europass Mobility -certificate
 - Final version of the travel report
- I have applied for the meal allowance (€ 5.36 / working day for undergraduates, if meal not provided at work placement)

After time abroad:

- Erasmus-programme:
 - OLS 2. language competency passed
 - Submitted answers to "Erasmus participant report" -survey (email)
- Discussion with the teacher in charge
 - Credits completed during time abroad
e.g. International Training Course
'Operating in an international environment'