1. What you need to do and know before you go (after you have been accepted in SoleMOVE)

2. When you are there
   - Cultural adaptation, getting the most of it

3. When you are back
   - Reporting, AHOT (RPL), Reorientation (paluuorientaatio)
   - Internationalisation at home: Attend ESN, Cafe Lingua, Become a tutor (Kummi) for exchange students in Oulu
   - Start planning a new exchange
   - Update your CV
After you have been accepted in SoleMOVE

- Confirm your exchange in SoleMOVE
- Apply to Host University, check application deadlines, requirements, language certificate, consult your coordinator
- Learning Agreement – signatures!
- Changes?
- Study load:
  - Recommendation: 30 ECTS/Semester
  - Host institution may have restrictions and requirements
After you have been accepted in SoleMOVE

- Check feedback from previous students: SoleMOVE front page, click Exchange Destinations Abroad and Feedback, choose "Search feedback", add Country, Study”, find tips for:
  - Housing
  - Living costs
  - Travelling
Before you go

- Register as "PRESENT/LÄSNÄOLEVA" in the University of Oulu
- Student union payment voluntary. Without payment, registration not possible in WEBOODI, send an email to: opintoasiat@oulu.fi
- If you want to rent your flat in Oulu, see for tips at:
  - http://www.oulu.fi/english/studentexchange/housing
- PSOAS, Erasmate, etc
Before you go

- HEALTH AND SECURITY, FINANCE
- Get insurance!
- Vaccinations: http://www.ktl.fi, Matkailijan terveysopas
- Medicines
- VISA
- Check if you need a visa or a residence permit (especially foreign citizens)
- MONEY: Can you get an account?
- Need Visa/MasterCard?
After you have been accepted by the host university

- SoleGRANT application
- Attach Acceptance letter or acceptance email from host university
- Check exact semester dates, apply accordingly
- Look for extra funding: http://www.aurora-tietokanta.fi/
- Rotary stipends, etc.
SoleGRANT application

- [https://saas.solenovo.fi/solemove/](https://saas.solenovo.fi/solemove/)
- You received SoleGRANT Guide by email when you were accepted, make sure you follow instructions.
OLS (Online Language Support)

- You will receive a link to a MANDATORY language TEST (OLS)
- Has to be done BEFORE and AFTER exchange
- In the language of studies
- If you receive a lower grade than A1-B1, you will receive a link to a voluntary language course
- You can also do a BASIC COURSE in the host language
- Available languages: EN, DE, ES, FR, IT, NL
- If you want to change the language of your test, send an email: international.office@oulu.fi
OLS (Online Language Support)

- OLS offers also interactive live sessions, check what you can do online together with a tutor and other students around Europe!
  - https://www.youtube.com/watch?v=cRPnZ_Fph_o&list=PLJmEREKFYU8U_GYsj0c-nR56iVp4q1ud4&index=2
  - https://www.youtube.com/watch?v=XaiENpNI_i8&list=PLJmEREKFYU8U_GYsj0c-nR56iVp4q1ud4&index=5
When you are there

SUBMIT A TRAVEL NOTIFICATION

FOREIGN MINISTRY KEEPS YOU UPDATED
When you are there

HOST UNIVERSITY "PAPERWORK"

- No tuition fees
- Other possible expenses (books, student union fees, etc)

CHANGES TO LA

- Check the possible requirements of study load and what courses are available
- Make the changes in LEARNING AGREEMENT and send it to your coordinator at home
CULTURAL ADAPTATION
- Be open. Get to know people!
- Reflect your new experiences, yourself and your background (eg. educational, cultural, religious variation, values)
- Give yourself time to adapt
- You may also experience a cultural shock, with its different phases:
  1. tourist/honeymoon phase
  2. crisis
  3. adaptation
  4. reorientation, coming home may be a shock
- Make it a learning experience! It can give you a new perspective to your own culture.
- LAST: Do not forget to contact your family when you get there!
- WRITE A BLOG?
When you are there

Attend Study Abroad Fairs, material found at:

http://www.oulu.fi/yliopisto/opiskelu/vaihto-opiskelu/esittelymateriaalia

http://www.oulu.fi/english/studying/outgoing-student-exchange/marketing-materials

Remember that you are representing Finland, Oulu and our University!
Back in Finland
When you are back
MANDATORY REPORTING in SoleMOVE
After Exchange Tab:
- Learning Agreement & Changes
- Transcript of Records
- Letter of Confirmation with exact dates and signature, change dates of study according to LoC

Feedback
OLS test

If report is missing, Erasmus Grant will be refunded!

Transfer of Studies/Opintojen hyväksiluku
IN YOUR OWN FACULTY
AHOT-prosessi
http://www.oulu.fi/yliopisto/opiskelu/opinto-oikeudet-ja-ilmoittautuminen/ahot/
When you are back

INTERNATIONALISATION AT HOME
Reorientation/Paluuorientaatio (Student Union)
ESN (www.oyy.fi/esn)
Tutoring for exchange students in Oulu or International Master’ Degree Programme students
http://www.oulu.fi/yliopisto/opiskelu/vaihto-opiskelu
Hidden Competences

What new did you learn about your field of study? How did studying methods differ from UO?

Language skills

What did you learn about yourself?

Motivation?
Resistance to stress, resilience, intercultural competence

My strengths? My weaknesses?
Get ready for job interviews: what will you say when they ask: What competences did you actually develop during your exchange?

Update your CV
Plan a new exchange!
Thank you!
Have a safe trip!
Riitta Kataja, international.office@oulu.fi