



Insubria Erasmus Day

Presentation of University calls for
international mobilities

Academic Year 2025/2026

January 29th 2025

Erasmus+ is the European Union program for Education, Training, Youth and Sport 2021-2027

It offers the extraordinary opportunity to:

- ✓ have new cultural experiences in a different university system
- ✓ improve your knowledge of another language
- ✓ meet young people from other countries
- ✓ participate actively in building a more United Europe



Useful information and documents are available on the website

<https://www.uninsubria.it/internazionale/mobilita-allestero/programma-erasmus>

- ✓ Around **1100 available spots** at more than **250 universities**
- ✓ **28 countries** of destination
- ✓ More than **450 Erasmus students** (incoming e outgoing) during the AY 2022/2023
- ✓ More than **520 Erasmus students** (incoming e outgoing) during the AY 2023/2024
- ✓ More than **610 Erasmus students** (incoming e outgoing) during the AY 2024/2025

For the list of available destinations, based on your degree program or your disciplinary area, check the [list](#) on the website.

It is essential to acquire, well in advance, accurate information on the courses taught in foreign destinations: academic calendar, duration, CFU, preparatory requirements, exam methods, starting date of lessons, etc.



ERASMUS+ MOBILITIES: PROGRAMS

Erasmus
For Studies

Erasmus
Traineeship

Double
Degree

Call for applications E+ Studies-Traineeship
AY 25-26

Call for applications E+ DD
AY 25-26

Erasmus+ for studies

Features and instructions to apply

Erasmus+ *Studies: features*

- ✓ Didactic activities (classes/exams) compliant with the study plan
- ✓ Duration: **minimum 2 and maximum 12** months, for each degree (24 months for long single-cycle Master degree)
- ✓ Period:
 - I semester/whole AY (departure between August and October 2025)
 - II semester (departure between January and March 2026)

The mobility must end within **December 31st 2026**

- ✓ Credits: at least **20 CFU for each semester** must be acquired during the mobility

The propedeutics must be respected!



Erasmus+ Studies: *who can apply*

All students regularly enrolled at the University, or in irregular position for no more than 1 year if they are intermediate/repeating courses, who have registered at least 1 exam on ESSE3.

Students who are in final irregular position course MAY NOT participate.



*The difference between intermediate irregular and final irregular positions can be found [HERE](#)

Students who have already participated in the Erasmus+ program (Study and Traineeship) in previous years can also apply: the months already completed will be deducted from the available mobility months



Erasmus+ Studies: *how to apply*

- ✓ **How to submit the application:** access with your computer to [Servizi Online](#).
- ✓ **Destinations:** it's possible to indicate **5 destinations**, in order of priority
→ the spot will be assigned according to the Erasmus+ score
- ✓ **Deadline:** **February 28th 2025** at **11:59p.m....**Don't wait for the last day to apply!
- ✓ **Rankings:** will be published on the website on March 18th at 4 p.m. together with the instructions of acceptance, withdrawal and relocation of destinations

The selected student who does not accept the destination within the deadline will be automatically excluded



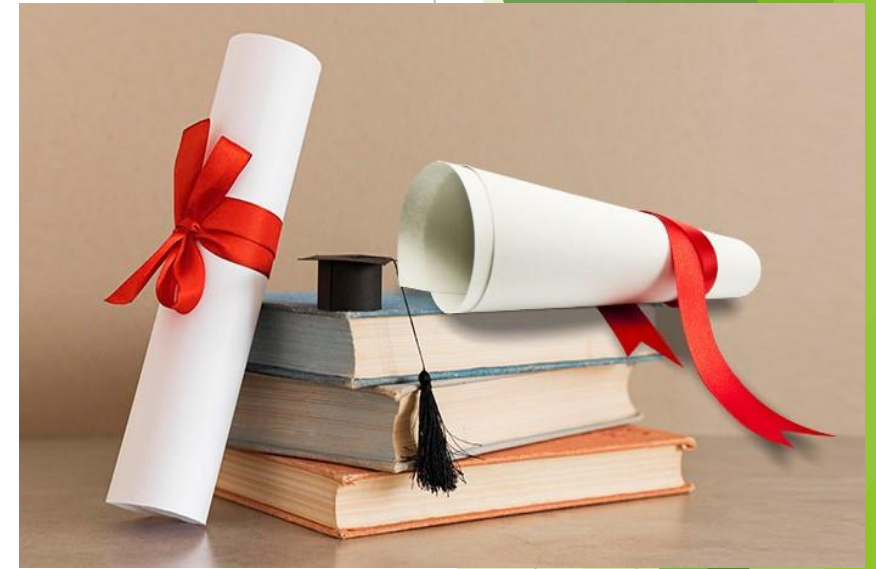
Double Degree

Features and instructions to apply

Double Degree: *features*

- ✓ Program: same activities as the Erasmus+ for Studies but it gives the opportunity to obtain two degrees: one at the University of Insubria and one at the host institution
- ✓ Duration: **one** or **two semesters**, according to the Double Degree Agreement (see *Allegato 1* on the call)
The mobility must end within December 31st 2026
- ✓ Credits: students must get the number of credits required by the Double Degree study plan abroad

For more details please check the program related to each course of study on the **Allegato 1 - Schede bando Double Degree**, available on the website dedicated to the call for applications



Double Degree: *who can apply*

- ✓ Students enrolled in the 1st year of the Master degree associated with a Double Degree Agreement
- ✓ Students enrolled for the last year of the Bachelor degree who plan to enrol for the AY 25/26 to a Master degree associated with a Double Degree Agreement
- ✓ Students enrolled for the 1st year of the long single-cycle Master degree in Law who will choose the international linguistic curriculum (percorso linguistico-internazionale) in the 2nd year

Students who have already participated in the Erasmus+ program (Study and Traineeship) in previous academic years may also apply.



Double Degree: *how to apply*

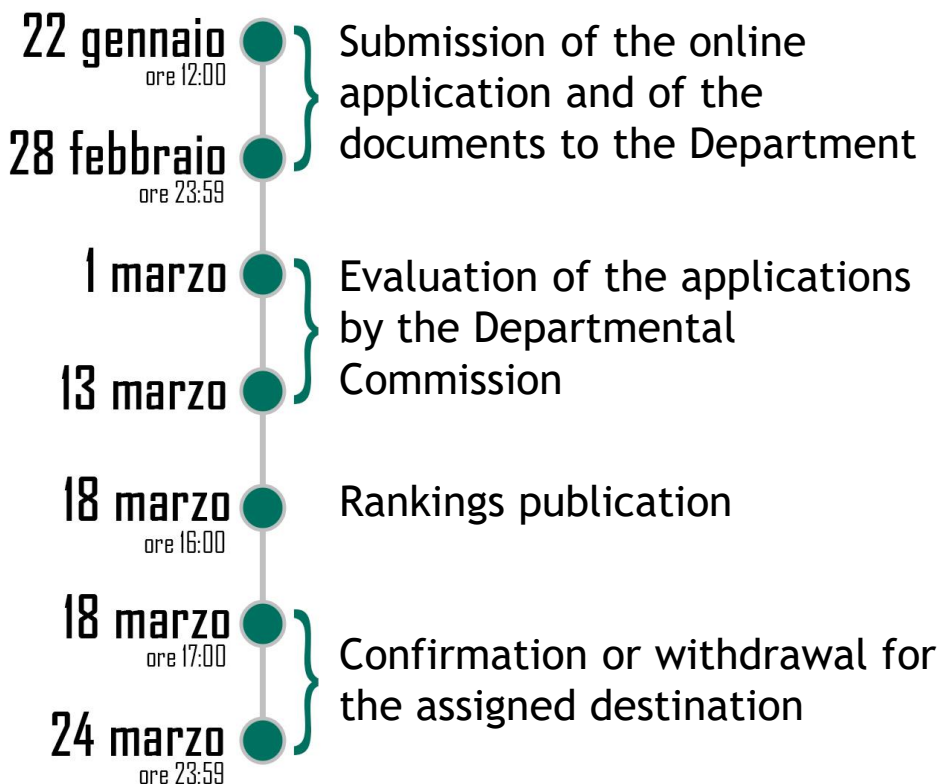
How to apply for the Double Degree

1. access with your computer to [Servizi Online](#) and select the destination (GEEM students can select 3 destinations, ordered by preference)
 2. submit to the Segreteria didattica of the Department the required documentation listed on the *Allegato 1 - Schede bando Double Degree*
- ✓ **Deadlines:** **February 28th 2025** at **11:59p.m....** Don't wait for the last day to apply!
 - ✓ **Rankings:** will be published on the website on March 18th at 4 p.m. together with the instructions regarding the acceptance and withdrawal of the destination



Students who do not complete both steps 1 and 2 will be excluded from the rankings

bando Erasmus+ 2025/2026 IL CALENDARIO Doppio Titolo / Double Degree



Erasmus+ Traineeship

Features and instructions to apply

Erasmus+ Traineeship: *features*

- ✓ Program: practical activities compliant and coherent with the student's career plan
- ✓ Duration: **minimum 2 and maximum 12** months, for each degree (24 months for long single cycle Master degree)
 - Departure date and duration of the internship will be agreed directly with the host organization
 - The mobility can start from **June 1st 2025** and it must end **within December 31st 2026** (for post-graduation mobilities the student must return within 12 months from the graduation)
- ✓ Credits: it is not necessary to acquire a minimum number of CFU abroad; it is however necessary to provide for the acquisition of a number of credits appropriate to the duration and type of activities



Erasmus+ Traineeship: *who can apply*

All students regularly enrolled at the University, or in irregular position for no more than 1 year if they are intermediate/repeating courses, who have registered at least 1 exam on ESSE3.

Students who are in final irregular position course MAY NOT participate.



*The difference between intermediate irregular and final irregular positions can be found [HERE](#)

Students who are **about to graduate** can apply for a mobility which can be carried out before or after the graduation (they cannot overlap)

ATTENTION: the application must be submitted before the graduation

Students who have already participated in the Erasmus+ program (Study and/or Traineeship) in previous years may also apply: the months already completed will be deducted from the available mobility months



Erasmus+ Traineeship: *how to apply*

- ✓ **How to submit the application:** access with your computer to [Servizi Online](#).
- ✓ **Destination:** the host organization must be contacted by the student and it has to be declared when applying
 - Attach to the online application within the deadline the **Learning Agreement 1st part** filled out and signed by the host organization
- ✓ **Deadline:** **February 28th 2025** at **11:59p.m....**Don't wait for the last day to apply!
- ✓ **Ranking:** single, will be published on the website on March 18th at 4 p.m. together with the instructions regarding the acceptance and withdrawal procedure

The selected student who does not accept by the acceptance deadline will be automatically excluded

bando Erasmus+ 2025/2026 IL CALENDARIO E+ Traineeship



Mobility for Studies? For Double Degree? For Traineeship?



- ✓ Students can apply at the same time for the Double Degree call and for the Erasmus+ for Studies: if successful for the E+ mobility for Studies but not for the DD, it is possible to carry out a «classic» mobility, otherwise only one program can be accepted
- ✓ It is possible to apply for the E+ Studies and E+ Traineeship and, if successful:
 - ▶ carry out the mobilities in the same academic year, as long as the periods do not overlap
 - ▶ to leave for only one of the two experiences, withdrawing from the other
 - ▶ it is NOT possible to carry out the two mobility experiences in two different academic years

SELECTIONS AND FINANCIAL SUPPORT

how selections are made e
how much is the financial contribution?

How does the selection work

The selections are based on the Erasmus+ formula:

$$(0,7 \times M) + [(0,3 \times R) \times 30]$$

M = weighted average (exams registered in ESSE3 on the call deadline date)

R = ratio between credits acquired and credits expected in your booklet in the year of enrollment (in-plan and non-plan activities will be considered; supernumerary activities will be excluded)

Practical information are available at [this link](#)



With a score lower than 18
the student is
automatically excluded
from the selection

Selections for Double Degree

The selections for access to the Double Degree programs will be made directly **by the involved Departments** and will take place according to the procedures illustrated in the forms attached to the Double Degree call (*Allegato 1*)

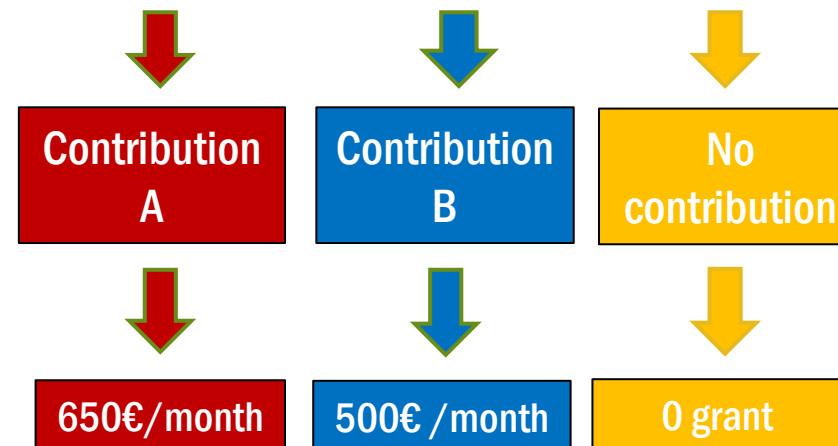
ATTENTION: some Double Degree programs require an interview with the Commission so make sure to check on the *Allegato 1*



Financial support

For E+ Studies e Traineeship

Bachelors and long single cycle Masters	$x \geq 23$	$23 > x \geq 21$	$21 > x \geq 18$
Masters	$x \geq 24$	$24 > x \geq 22$	$22 > x \geq 18$



Double Degree

Contribution	€ 650/month
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SUPPLEMENTARY CONTRIBUTIONS: TOP UP FEWER OPPORTUNITIES



+ 250€/month

- ✓ disability certified in the Esse3 system (exemption H)
- ✓ student with ISEE year 2024 (uploaded into the Esse3 system) up to €27.726,79
- ✓ student with minor children*
- ✓ working student (contract in force during the mobility)*
- ✓ professional athlete*
- ✓ student orphan of at least one parent*
- ✓ student child of victims of terrorism or organized crime*

*to be self-certified by the deadline of the call



Top ups are NOT
assignable for zero
grant mobility

When do students get the contribution?

The financial contribution will be paid through bank transfer divided in two tranches:

- **the first tranche is 70%** of the whole contribution and it will be paid within 120 days from the receipt of the *statement period form* (correctly signed and stamped by the host destination)
- **the second tranche (30%)** will be paid after the conclusion of the mobility, after the Office has received all the required documentation

IMPORTANT: expect independent subsistence for the initial period!



Update the bank data (IBAN) on the Esse3 profile before the departure

Documentation

Documents to be submitted
before, during and after mobility

Before the mobility

- Prepare the **Learning Agreement** with the Departmental Erasmus coordinator
- Sign the **Financial Agreement** (one month before the departure)
- Verify, and update if necessary, the **IBAN on Esse3**

Attention: check with the host organization about any additional procedures and deadlines!

Language preparation

- 1) **OLS linguistic evaluation test** (to be taken online)
- 2) optional and free courses in French, Spanish and German offered by the University
- 3) Language certification (you can request it to the Erasmus office if necessary)



ATTENZIONE

In case of withdrawal,
please
communicate
promptly!

During the mobility

- ✓ as soon as you arrive at the foreign destination you must have the **Arrival Certificate/Statement Period Form** signed and sent via email to erasmus@uninsubria.it → condition for receiving the financial contribution
- ✓ students are covered by a university insurance policy (TPL and Accident published on the University website) and health insurance (Regional Services Card)
- ✓ check your University mailbox frequently and promptly communicate any needs/problems
- ✓ follow the OLS online language course on the new EU Academy platform



After the mobility

- ✓ Deliver the original **Period Certificate/Statement Period** form to the office with the stamp/signature of the foreign destination and the end date of the mobility (mandatory)
- ✓ Fill in the **Erasmus+ Participant Report** (mandatory)
- ✓ Forward by e-mail the **Transcript of Records** issued by the host institution/foreign university necessary for the recognition of the performed activities
- ✓ Complete and send the **Recognition form** for activities performed abroad to the Erasmus mailbox



Questions? Doubts?



International Relations Office

- ▶ VARESE - Padiglione Rossi (loc. Bizzozero)
- ▶ COMO - via Valleggio, 11

Contact by e-mail: erasmus@uninsubria.it