



INSUBRIA ERASMUS DAY

Presentation of University calls for
international mobilities

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-allesteri/programma-erasmus>

- ✓ Around **1400 available spots** at more than **300** Universities
- ✓ **28 countries** of destination
- ✓ 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
- ✓ About **500 Erasmus students** (incoming e outgoing) during the AY 2025/2026

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

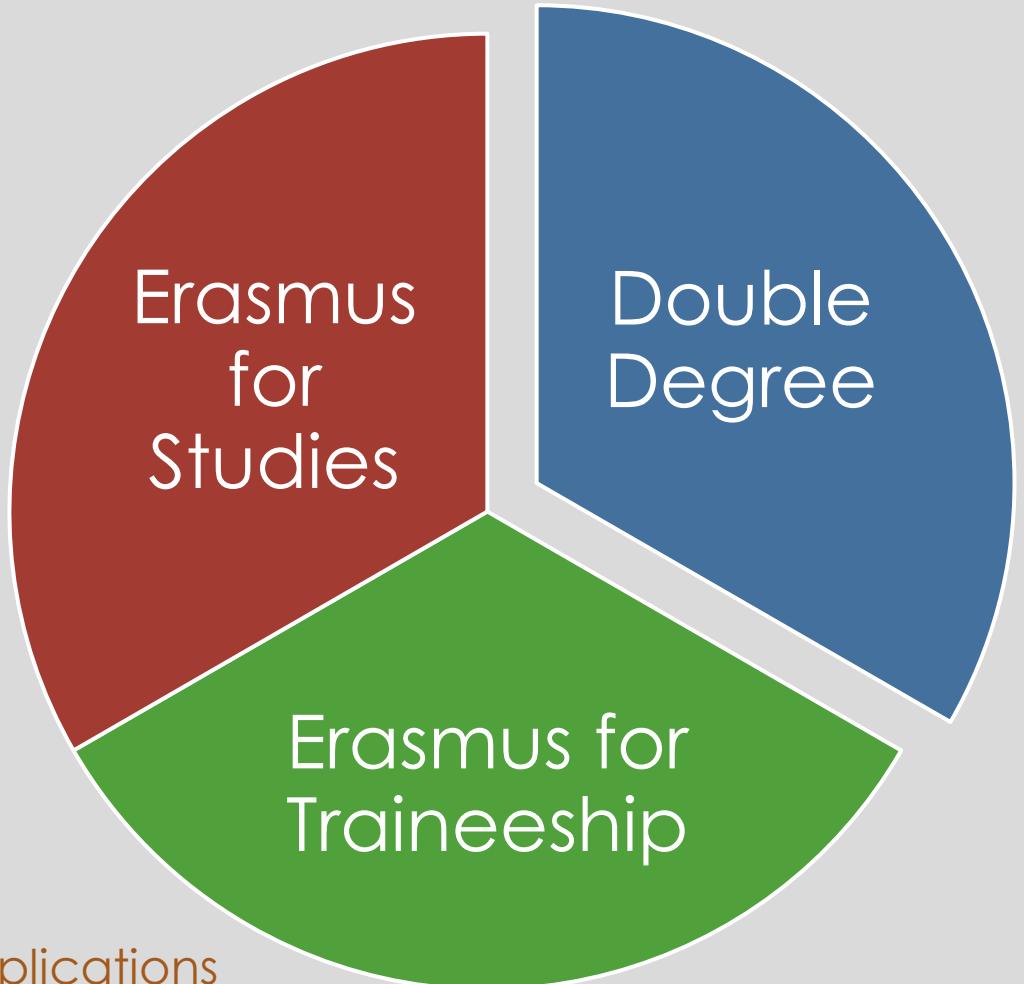
It is essential to acquire, well in advance, accurate information on the courses taught in foreign destinations: academic calendar, duration, CFU, preparatory requirements, exam methods, starting date of lessons, etc.

For **Double Degree Mobility**:

- ✓ 48 available spots in 11 Universities in 7 different countries
- ✓ 8 Master's Degree courses involved



ERASMUS+ MOBILITIES: PROGRAMS



ERASMUS+ FOR STUDIES

to undertake a period of study abroad
(courses and/or practical activities)
and have it fully recognized
in your career upon your return

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 2026)
 - II semester (departure between January and March 2027)

The mobility must end within **December 31st 2027**

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

The propedeutics must be respected!



DOUBLE DEGREE

for the acquisition of two degrees:
one issued by their own University and
one by a foreign partner University

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 2027
- ✓ 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

ERASMUS+ TRAINEESHIP

to undertake an internship at a company,
public body, research centre or University
in another country participating in the
programme

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 2026** and it must end **within December 31st 2027** (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



HOW TO PARTICIPATE

who can participate
and how to apply

Erasmus+ Studies/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 (fuori corso finale) 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 Traineeship) in previous years can also apply: the months already completed will be deducted from the available mobility months



Erasmus+ Studies/Traineeship: how to apply

- ✓ **How to submit the application:** access with your computer to [Servizi Online](#).
 - **Destinations E+ Study:** it's possible to indicate **5 destinations** (list available [here](#)), in order of priority → the spot will be assigned according to the Erasmus+ score
 - **Destination E+ Traineeship:** 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:** **March 2nd 2026** at **11:59p.m.** ...Don't wait for the last day to apply!
- ✓ **Rankings:** will be published on the website on March 17th at 4 p.m. together with the instructions of acceptance, withdrawal and relocation of destinations (the selected student who does not accept by the acceptance deadline will be automatically excluded)

Double Degree: who can apply

- The following may 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 26/27 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: March 2nd, 2026 at 11:59p.m. ... Don't wait for the last day to apply!**
- ✓ **Rankings:** will be published on the website on March 17th 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



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 and
how much is the financial contribution?

Study/Traineeship: How does the selection work

- The selections are based on the **Erasmus+ formula**:
 - **(0,7xM) + [(0,3xR) x 30]**
- **M** = Weighted average calculated considering all exams, both within and outside the study plan, taken by 28 February 2026 and extracted from the Esse3 transcript.
- **R** = Ratio between credits already earned and credits required, specifically:
 - the numerator is the sum of credits acquired by 28/02/2026;
 - the denominator is a fixed number based on the year of enrollment:

1st year=	2nd year=	3rd year=	4th year=	5th year=	6th year=
30	90	150	210	270	330



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

Both in-plan and out-of-plan activities will be taken into consideration, while activities indicated on Esse3 as below average or supernumerary will be excluded. **Practical information are available at [this link](#)**

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



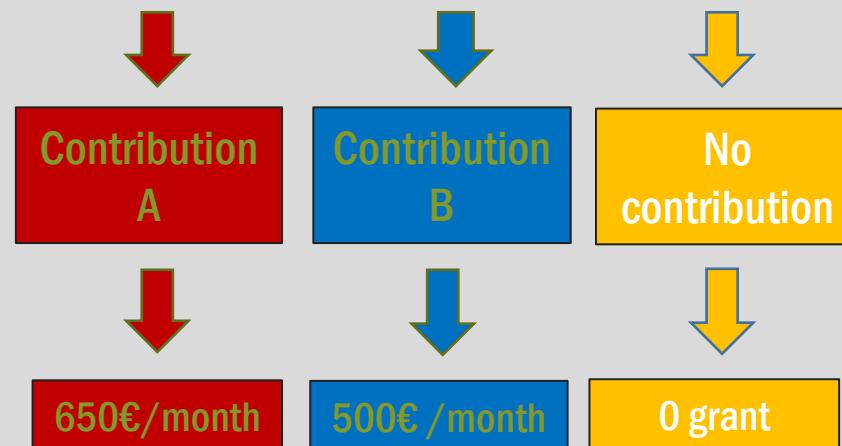
Financial support

For E+ Studies and Traineeship

Bachelors and long single cycle Masters	$x \geq 24.5$	$24.5 > x \geq 22.5$	$22.5 > x \geq 18$
Masters	$x \geq 25.5$	$25.5 > x \geq 23.5$	$23.5 > x \geq 18$

Double Degree

Contribution
€ 650/month



Travel top up (for all funded mobility)

Travel distance	Eco-friendly travel*	Non-eco.friendly travel
10 - 99 km	56,00€	28,00€
100 - 499 km	285,00€	211,00€
500 - 1999 km	417,00€	309,00€
2000 - 2999 km	535,00€	395,00€

*for travel by sustainable means:

- ✓ train
- ✓ car sharing (only with a specific car rental contract and the names of all passengers)
- ✓ bus
- ✓ bicycle

Keep both your outward and return tickets and send them by email at the end of your mobility period.

SUPPLEMENTARY CONTRIBUTIONS: TOP UP FEWER OPPORTUNITIES

- ✓ disability certified in the Esse3 system (exemption H)
- ✓ student with ISEE year 2025 (uploaded into the Esse3 system)
up to €27.948,60
- ✓ 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*



+ 250€/month



Top ups are NOT assignable for zero grant mobility

* to be self-certified by the deadline of the call for applications by attaching a specific form (and any additional documents) to the online application

When do students get the contribution?

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

- **the first installment 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 installment (30% recalculated) will be paid after the conclusion of the mobility, after the Office has received all the required documentation**



IMPORTANT: During the initial period, until the first installment is paid, the student must cover their own living expenses independently.

No payments will be made by the University in the months of August, December, and January.



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 (E+ Study and Double Degree mobility)
- Sign the **Mobility 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)



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 (optional)



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)
- ✓ Send any return tickets for sustainable transport to the office by e-mail for the eco-friendly **travel top-up** (optional)
- ✓ 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 Mobility Office

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

Contact by e-mail: erasmus@uninsubria.it