



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

GoGlobal!



**A Guide to Outbound
Global Mobility**



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Rebekah Watson, History Student

I went to Stellenbosch University and it was one of the best experiences of my life. I met many amazing people and we road-tripped to Namibia, flew to Johannesburg, and went on safaris. We swam in the Indian Ocean and saw dolphins and whales. We flew to Zimbabwe for a weekend and completed the Garden Route, not to mention countless trips to the sea in between our lectures. I was able to do all this and still achieve good grades to return home with.



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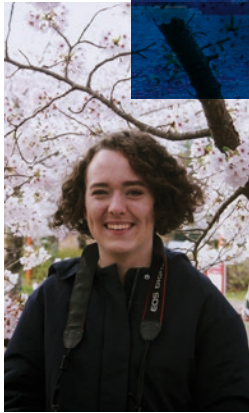
Global Mobility is any international experience that is closely aligned to a student's programme of study, approved as a formal mobility programme by the relevant School and normally at least four weeks in duration. Over the past number of years, Trinity has established collaborations with some of the world's leading universities.

For Trinity students, this means access to a network of more than 300 exchange partners and the option to spend time abroad during their degree, typically in third year. Trinity students can study across Europe under the Erasmus Programme or further afield to the US, China, Australia, Africa, the Middle East and elsewhere as part of the International Exchange programme. An increasing number of overseas internships and short programmes as well as clinical and research placements are also available. Students do not pay additional tuition fees and can compete for Global Mobility Bursaries to off-set the costs of travel.

The number of students at Trinity studying abroad has significantly increased in recent years. In 2025/2026, over 1000 students participated in an outbound mobility. Our Global Engagement Strategy puts a renewed emphasis on outbound mobility. In a world where our graduates will need to address many global challenges, it is important that their university education equips them with the ability to work with other cultures and countries. Trinity Global continues to develop new student mobility opportunities and strives to work with academic coordinators to remove barriers and offers an increasing number of bursaries.

Studying abroad is an important part of a Trinity education and students who undertake global mobility programmes have the opportunity to develop sought after skills and attributes such as linguistic skills, intercultural competencies and global citizenship. These demanding times require us to be as flexible and innovative in our approach as possible, and we continue to explore new ways of facilitating mobility.

Why Go Abroad?

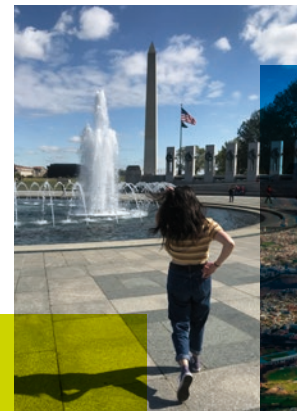


Diversity and inclusion

Travel is important for understanding diversity and inclusion. Students will feel an affinity with the country they have studied in while developing an understanding of and sensitivity to the cultures of peer students they study with. This ensures greater cultural understanding both at home and overseas and builds up social and economic ties between nations. Being ethically aware and acting on the basis of knowledge and understanding are essential elements of Trinity's graduate attributes that can be developed through a mobility experience. Diversity enhances education and students benefit intellectually from studying alongside peers from different racial and ethnic backgrounds.

A global perspective

No one university can solve all the problems facing the world. We encourage students to stay longer at your exchange destination and make the most of new ways of learning, internship opportunities and independent research. Try to avoid multiple trips and make the journey part of the experience. An understanding of the interconnectedness between climate, biodiversity, politics and culture is key, and you should aim to link this to your own studies. Your international experience should help you to appreciate knowledge beyond your chosen field.



**“Humans are members of a whole,
In creation of one essence and soul”**

Sa’adi, 13th century Persian poet



Communication skills

Exchanges create future leaders who instinctively appreciate the value of international collaboration, understanding, and empathy. Key to this is effective communication skills. Students studying abroad will learn to present work through different media and gain an understanding of different digital platforms. The necessity to listen, persuade and collaborate while abroad means students will improve their linguistic skills. You will also have the opportunity to improve your foreign language skills or pick-up an entirely new language.

Enhanced career

opportunities

Time spent studying abroad is proof that you have the confidence to take measured risks, are adaptable to change, are able to connect with a wide range of people and are committed to personal development. The skills you gain on exchange are transferable and something that employers are looking for more and more. The ability to see the bigger picture and understand global perspectives is attractive to employers. Many students also have a better understanding of what they want to do in their future careers when they return from studying abroad.

Personal development

Self-development and awareness leading to enhanced self-confidence and self-esteem are often the most noticeable changes in returned exchange students. The necessity to confront challenges outside a familiar support network and comfort zone build maturity and social skills. Students also enhance their network of friends and connections building meaningful relationships that are beneficial beyond the exchange.



Trinity Graduate Attributes



Myth Busters

1. Do I need to speak another language to go on exchange?

The short answer is no – you don't. There are plenty of English-speaking partner universities that may be a good fit. In recent years, over 60% of students who went on Erasmus did not study a language. Students going on an International Exchange outside of Europe do not require any language skills either – the majority of modules offered by our international partners are taught through English. However, it may be helpful and interesting to take some language classes when studying abroad to further immerse yourself in the relevant culture.

2. I'm worried about moving to another country

We are partnered with leading universities worldwide, each of whom hosts international students from all around the world. Aside from safety and orientation talks that you will be asked to attend, our colleagues at our partner universities are super helpful and take great care of students – they'll be able to help you settle in and feel safe. In addition, some of our partners guarantee on campus accommodation to visiting students. If you have any concerns about going to a particular country, just get in touch with us in Trinity Global. We also encourage you to carry out your own research on your preferred exchange destination, local areas and accommodation options – this will help you foresee any cultural differences or any safety concerns. The team at Trinity Global is with you through every step in your exchange journey, so even when abroad, we'll be in touch with you regularly.

3. I'll be alone – it'll be difficult to make friends

One of the great benefits of studying abroad is stepping outside your comfort zone and making some new and wonderful friendships. Make sure to attend any orientation sessions hosted by your exchange university and sign up for any mentor/buddy programmes available. Clubs and societies are also a great way to meet new people at a new university. Our exchange partners host visiting students from all over the world so you won't be the only student new to the university – ask your exchange host how best to connect with other exchange students.

4. Employers don't care

With the world becoming increasingly international and employers looking for a global workforce with a global mindset, your study abroad experience will be music to any company's ears. Employers are looking for workers who can demonstrate all the competencies that you develop from living abroad – your cross cultural skills, your agility and flexibility, your ability to work with different people from all walks of life, your ability to step outside your comfort zone. The soft skills that you develop abroad add hugely to your CV and may be the reason that you land your dream job.

5. It costs too much

Studying abroad usually doesn't need to cost more than living in Dublin, depending on the location that you apply for. Before going on exchange, make sure to do some research around the cost of living not just in a particular country, but also in different cities, as these can also vary significantly. You can tailor your exchange experience to your budget. And don't forget, there are financial aids in place to support you with the costs – see the Bursaries and Grants section of this guide.



Andrea Paruta, Theoretical Physics

I chose the University of Pennsylvania due to its prestigious qualifications and because it is known to be an experimentally focused environment for physics. Also, I wanted to see how graduate courses would be in the USA if I decide to apply there for a PhD. I was surprised by the number of networking courses and classes they offered, which were really helpful in learning how to gain more career opportunities.

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Audrey Brown, PPES

I chose to study at Yonsei University because I wanted to have an experience entirely different than Trinity. Academically, I was excited by the idea of studying various disciplines and topics not offered at Trinity. I also wanted to experience a new culture and push myself out of my comfort zone to learn new things about myself and the world. While Seoul could seem overwhelming at times, the accessibility to student clubs and organizations, and the general feeling of community made it feel like home.



How Can I Go Abroad?

Trinity has collaborations with some of the world's leading universities. For Trinity students, this means access to a network of more than 300 exchange partners across the globe. How you apply depends on where you wish to go – there are a wide variety of opportunities to explore. Take a look at the section below to see which type of exchange best suits your needs.

International Exchange

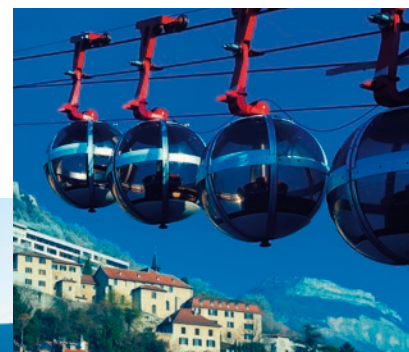
The International exchange programme, also referred to as the 'College-wide exchange programme', is open to eligible students at Trinity across most disciplines. These are exchanges with universities outside of Europe, so if you're interested in studying further afield whether in Australia, the US, Canada, China, Hong Kong, Singapore, South Africa or other such destinations then this is a suitable exchange option for you. It is important to check in with your School for advice on whether you are eligible for an International Exchange programme. The Mobility Coordinator in your School will advise you on what your best options are, and ultimately will sign off on your learning agreement for the exchange programme so it is important to get their advice and input early.

Whereas the term college-wide is self-explanatory and means that students across the university can apply for this, we strongly advise students thinking of going on International Exchange to investigate and research all of their options before choosing which exchanges to apply to. While International Exchanges can be integrated into many degree pathways, there are a few restrictions in place – in particular, for students from the Health Sciences. Instead, some Schools have their own School-Level Exchanges (more information further down in this section) and these tend to be tailored to the respective discipline. For more information on International Exchange and all of our international partners, please visit the Study Abroad website: www.tcd.ie/global/mobility/outbound

Erasmus+ Exchange

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. Trinity has been a very active participant in the Erasmus+ programme since it was launched in the 1980s, and we strongly believe in the educational value of student exchanges, where students participate in learning alongside their peers in universities abroad. The student community in Trinity is truly enriched by having Erasmus students as part of our diverse community for part of their studies. Studying abroad is a central part of Erasmus+ and has been shown to have a positive effect on later job prospects. It is also a chance to improve language skills, gain self-confidence and independence and immerse yourself in a new culture.

You can study abroad at a partner university on Erasmus for one semester or a full academic year. The 33 Erasmus+ Programme Countries are the 27 EU Member States, Iceland, Liechtenstein, Norway, North Macedonia, Serbia and Turkey. Erasmus exchanges are usually agreements between a School or Department in Trinity and an equivalent in a partner university. This means that most Erasmus exchanges are subject-specific, though we do have a small number of general agreements that cover multiple departments. Even though Trinity has more than 250 Erasmus exchange partners, students can generally only apply to study abroad at their School or Department's specific partners.



School-level exchange and other mobility opportunities

- ➔ College-wide Erasmus: The Coimbra Group Student Exchange Network (SEN), www.coimbra-group.eu, and CHARM Mobilities aim to promote and enhance exchanges amongst participating member universities in almost all academic disciplines. These general exchanges give students from almost all departments in College the opportunity to study abroad at leading European universities while benefitting from the Erasmus+ grant and associated supports.
- ➔ Students studying subjects with very specific academic requirements degree have access to opportunities to study overseas through a range of programmes coordinated by their own Schools and Departments. For example, students from Health Sciences, Law, Social Science and Philosophy, Business and Engineering have a range of School Level options available to them. You should check with the Mobility Coordinator in your School for further information. The above list of Schools is not exhaustive and other programmes might also have bespoke exchange opportunities available. Speak to your School to find out more.
- ➔ The UNITECH International Society (www.unitech-international.org) was founded in 2000 with an objective to jointly develop a group of talented young engineers to successfully navigate future challenges in global industry and to help bridge the gap between the corporate and academic world. UNITECH exchanges are open to students from the School of Engineering and often combine an Erasmus study exchange and an Erasmus traineeship in a corporate partner.



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Finn Frost Jackson, European Studies

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I really enjoyed the welcoming environment that the students and professors at the university provided, as I really felt I was integrated. The style of teaching was quite different to what I had become accustomed

to in Ireland, and it gave me a new perspective on how to approach learning and my own studies back home. Studying in Havana is an extremely unique and enriching experience that not only allowed me to learn in the classroom but also through experiencing Cuban culture and society for myself.



- ➔ CLUSTER (Consortium Linking Universities of Science and Technology for Education and Research) is a consortium of elite European universities in science and engineering (and architecture) with associate members from around the world (www.cluster.org). CLUSTER exchanges are open to students from the School of Engineering and allow students to benefit from the Erasmus+ grant and associated supports during their time abroad.
- ➔ ELAN, the European Liberal Arts Network (www.europeanliberalarts.eu), is an innovative educational network designed to promote and develop a Liberal Arts approach to higher education. ELAN exchanges give students from the Faculty of Arts, Humanities and Social Sciences the opportunity to study abroad at leading European universities while benefitting from the Erasmus+ grant and associated supports.
- ➔ Summer Programmes: Many of our partner universities also offer shorter summer courses which are open to current Trinity students. Taking part in a summer programme can be a great way to experience studying abroad without spending a whole term or year abroad. Most programmes typically run from 2-4 weeks in length and tend to be quite cost efficient, with some partners offering generous tuition waivers or discounts. Unlike exchange programmes, it is important to note that credits gained through summer programmes are not typically recognised for credit towards your Trinity degree, but keep in mind you will still get an international study experience, gain useful skills to add to your CV and impress future employers.

Where Can I Go?

INTERNATIONAL EXCHANGE PARTNERS



CANADA

McGill University
University of British Columbia
University of Toronto
University of Waterloo



UNITED STATES

Barnard College
Boston College
Drexel University
Georgetown University
George Washington University
New York University
University of California
University of Chicago
University of Florida
University of Massachusetts Amherst
University of North Carolina, Chapel Hill
University of Notre Dame
University of Pennsylvania
University of Southern California
University of Wisconsin at Madison



ERASMUS EXCHANGE PARTNERS

More than 300 Erasmus and International Exchange partners in 47 countries.



MOROCCO

Université Internationale de Rabat



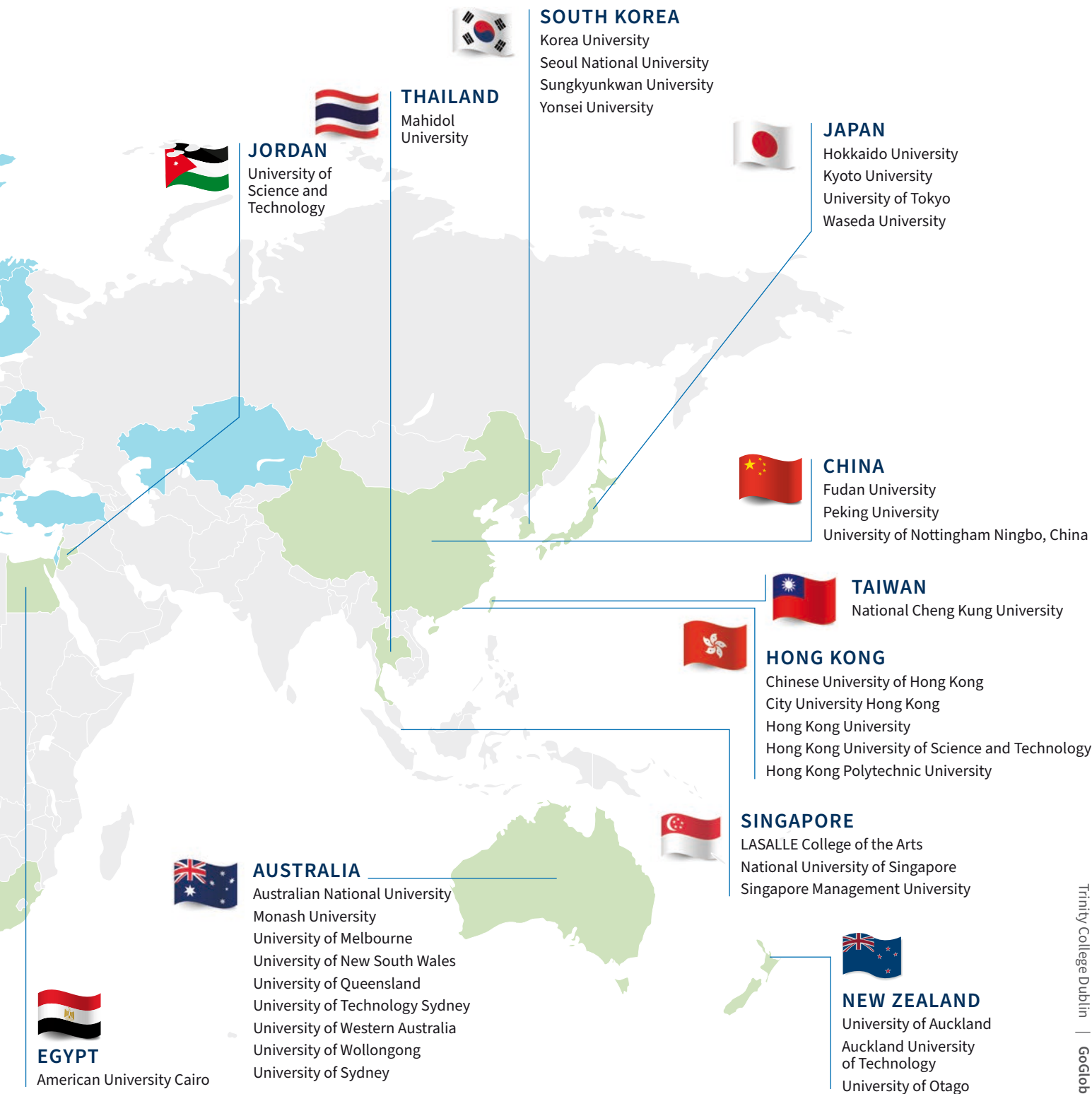
SOUTH AFRICA

Stellenbosch University



CHILE

Universidad Adolfo Ibáñez



SOUTH KOREA

Korea University
Seoul National University
Sungkyunkwan University
Yonsei University



THAILAND

Mahidol University



JORDAN

University of Science and Technology



JAPAN

Hokkaido University
Kyoto University
University of Tokyo
Waseda University



CHINA

Fudan University
Peking University
University of Nottingham Ningbo, China



TAIWAN

National Cheng Kung University



HONG KONG

Chinese University of Hong Kong
City University Hong Kong
Hong Kong University
Hong Kong University of Science and Technology
Hong Kong Polytechnic University



SINGAPORE

LASALLE College of the Arts
National University of Singapore
Singapore Management University



AUSTRALIA

Australian National University
Monash University
University of Melbourne
University of New South Wales
University of Queensland
University of Technology Sydney
University of Western Australia
University of Wollongong
University of Sydney



EGYPT

American University Cairo



NEW ZEALAND

University of Auckland
Auckland University of Technology
University of Otago

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Ceola Donlon, Law and German

I loved that Tübingen is a small university city, the perfect size for Erasmus and an experience different to what we have at home. It's a beautiful old town surrounded by nature too which I loved in winter and summer. These factors were reasons why I wanted to go there and reasons I loved my time there. The best part of being a student in Tübingen however, was undoubtedly the friends I made there.



How to Apply

Typically, most undergraduates go abroad in their third year. Smaller numbers of students from specific programmes go abroad in their second or fourth year. In all cases the timeline for going abroad starts at least one year before you actually pack your bags and leave Ireland. Students should start doing their research in first year and typically apply for their exchange in second year.

International Exchange

Semester One

- ➔ Second year students should attend global mobility information sessions organised by Trinity Global. These will be advertised on social media and the university events calendar. Follow the Trinity Global social media channels outlined below to stay updated!
- ➔ Research your preferred partners and use the Trinity Global Mobility website for guidance.
- ➔ Speak to your School about your preferred options and receive approval from your Department/School's Academic Mobility Coordinator before starting an application.
- ➔ Write a personal statement explaining why your chosen partner is the best academic fit.
- ➔ Complete the application form (this will be made available after the information sessions and will be discussed in detail at those sessions).
- ➔ Submit application form and relevant materials by the deadline – this will be confirmed at the information sessions and on social media.

Please note, timelines may differ depending on if you are participating in mobility during Semester 1, Semester 2 or Full Year. Semester 2 students may not be able to apply to your host university until later in the year. This is dependent on host university requirements and deadlines.

Semester Two

- ➔ Successful applicants will receive an offer by early Spring.
- ➔ Once you accept your offer, Trinity Global will be in touch with you about next steps and the nomination process to your host university. You are required to apply to your host university and be accepted as an incoming student. You must adhere to the application requirements and deadlines to be considered for mobility. This is the student's responsibility.
- ➔ If you wish to reject your offer or pull out from the programme, please make sure to notify global.mobility@tcd.ie and your Academic Coordinator.
- ➔ You must notify both Trinity Global and your Academic Mobility Coordinator if you wish to reject your offer or pull out from the programme, please make sure to notify Trinity Global and your Academic Coordinator.

At the end of the academic year

- ➔ Attend mandatory pre-departure training and organise your visa (if applicable), health insurance and travel insurance. Don't book any non-refundable flights or accommodation unless you have a visa organised and all your paperwork complete.
- ➔ Prepare for your departure (secure accommodation, etc.).
- ➔ Submit your learning agreement – your Academic Mobility Coordinator must sign off on this and we strongly encourage you keep in touch with them at every step of this process.



Erasmus

Semester One

- ➔ Contact the School/Departmental Erasmus coordinator(s) to register your interest in Erasmus.
- ➔ Attend information sessions on Erasmus opportunities and research each of your options. Every department has its own set of Erasmus agreements. Make sure that your choices are compatible with your degree subject(s) and your pathway.
- ➔ Examine your School/Department's application procedures and deadlines. Each School has its own process for this but the criteria typically revolve around motivation, academic excellence and fit.
- ➔ Submit your application as advised by the relevant School/Department.

Semester Two

- ➔ Receive the placement offer from your School/Department.
- ➔ The Global Mobility Team will nominate you to the host university.
- ➔ Your host university will then make contact with you asking for additional information so they can complete your application. Follow all instructions the partner university sends you within the deadlines given to ensure there are no issues with the acceptance of your offer. This is the student's responsibility.

At the end of the academic year

- ➔ Organise your Erasmus grant documentation (and Learning Agreement).
- ➔ Attend pre-departure information sessions hosted by Trinity Global.



REMEMBER!

Late or incomplete applications will not be accepted.

First year grades are important for this process: When applying for exchange, most students will be applying in their second year of studies and we will be looking for your first year grades. There are some exceptions to this (for example students in the School of Engineering go abroad in fourth year and the application is therefore based on second year grades).

Credits gained during your semester or year abroad will transfer back to Trinity and count towards your final year.

During your time abroad, you are required to register online with Trinity for the academic year. Although you will not have to pay any tuition to the host university you will still have to pay your regular Trinity fees.

All students abroad on an exchange need to register as usual for your next year at Trinity.

Please note in scenarios where students wish to return to Trinity from their mobility for exceptional reasons, there are specific reintegration deadlines. Students can seek approval to return from exchange early, but no later than week four of the relevant semester. If a student returns later than this they would have to repeat the year.

Please note, timelines may differ depending on if you are participating in mobility during Semester 1, Semester 2 or Full Year. Semester 2 students may not be able to apply to your host university until later in the year. This is dependent on host university requirements and deadlines.



Julie Riedel, Global Business

I always wanted to go to Australia and thought it would be ideal combining my studies and my desire to see this beautiful country. I chose Sydney because it is known to be a very international and vibrant city. I thought it would be hard to make friends, but it was very easy. I joined the tennis club and made so many friends who I'm still in touch with today. I would highly recommend going to Sydney because it offers an incredible opportunity to meet people from different nations who are in the same situation as you. The International Office at UTS provides exceptional support and often goes beyond their official duties to help.

Pre-departure

So you've received an offer and are going on exchange. Congratulations! However, before you mentally start packing your bags, do keep in mind that this is only the beginning of your exchange journey, and there are a few important steps to get through first. It will be worth it in the end!

Going abroad is a fantastic experience, but it's not a decision that should be taken lightly and without prior thought. This section will walk you through the main questions you need to ask yourself before you go on exchange, and some things you need to start thinking about even before applying for an exchange. Don't fret – any students going on exchange will be asked to attend pre-departure information sessions where all these considerations will be discussed in detail and where you'll have the opportunity to ask any niggling questions or concerns.

Academic considerations:

- ➔ When selecting your modules you must meet any prerequisites for your course in order to ascend to the final year of your degree in Trinity. Your Academic Mobility Coordinator/s will be able to discuss this with you.
- ➔ When selecting modules, make sure you have a few backup modules in mind and have also discussed these with your Academic Coordinator. You are not always guaranteed to get the modules of your choice at the partner university so it can be very useful to have a few additional options approved in advance.
- ➔ If you are undertaking an exchange in a country where English is not the language of instruction and you are not studying the language that is relevant, make sure to enrol in modules delivered through English. You should also consider enrolling in a local language course to help you navigate through daily life at your host country, though this is typically outside of your modules for credit.
- ➔ For Erasmus students Online Linguistic Support – OLS can be provided.

Your learning agreement is very important!

- ➔ In advance of going on exchange, you will have to complete a Learning Agreement. The Learning Agreement type you will be required to submit will depend on the type of exchange that you do.
- ➔ Students going on mobility will need to complete a Learning Agreement detailing the modules they intend to study abroad. This will need to be approved by your Academic Coordinators and updated in the event that there are any module changes.
- ➔ Remember that in most cases, the courses you take overseas count towards your final degree. If you have queries regarding this, talk to your Academic Coordinator.

Scholarships and costs

Tuition costs

- ➔ During your time abroad, make sure that you still register online with Trinity for the academic year – although you will not have to pay any tuition to the host university you are required to pay your regular Trinity fees.
- ➔ There is typically no additional tuition cost involved in the majority of international/exchange programmes (there are some exceptions to this).

Other costs associated with going on an exchange

- ➔ Health and travel insurance: All students must carry adequate insurance and this is your responsibility. Some universities, particularly in North America, require visiting students to take out their on-campus medical insurance policy so you may not have the flexibility on this. Contact your host university regarding health insurance requirements for your programme.



**“Travel improves the mind wonderfully,
and does away with all one’s prejudices.”**

Oscar Wilde, “The Happy Prince and Other Tales”

- ➔ Other costs including visa fees, vaccinations and travel expenses.
- ➔ Be mindful of any medical check-ups or vaccinations you may need and complete these before your exchange.
- ➔ Accommodation costs can vary considerably. Please note some host universities require you to live in on-campus accommodation at your own cost (this is common in the US and Canada). Meal plans may also be a requirement in some countries so you will need to budget accordingly.
- ➔ Be mindful of overall living costs – do some research even before you apply for an exchange but remember that cost of living often varies even within the country as well. Keep in mind that certain countries outside the EU, such as the US and Canada may require you to show proof of funds for the duration of your exchange before you have your visa approved.
- ➔ Students going on mobility should research the cost of living at their host destination to gauge how much they will need to budget for their year abroad.



**“Travel makes one modest.
You see what a tiny place
you occupy in the world”**

Gustave Flaubert, 1853



Global mobility bursary (*International Exchange only*)

- ➔ Trinity Global aims to facilitate wider access to the International Exchange programme and one way to achieve this is through the provision of Global Mobility bursaries.
- ➔ These bursaries are competitive, and students will need to apply separately.
- ➔ Information on how to apply for these bursaries will be provided at the Trinity Global information sessions.

Erasmus+ grant

- ➔ The Erasmus+ grant is as a contribution to your travel and subsistence costs. The grant, which is administered by Trinity, is contingent on adequate funding being issued by the European Commission through the National Agency in Ireland.
- ➔ In order to receive the Erasmus+ grant, students must complete all relevant parts of the Erasmus+ Grant Agreement and associated documents.
- ➔ Monthly grant rates are determined by the National Agency prior to the beginning of Academic Year in accordance with national priority and criteria. It ranges from €330 to €535 per month dependent upon the type of Erasmus+ mobility and the cost of living in the destination country. Additional top-ups to the Erasmus grant are available for students who are SUSI or BTE recipients.

- ➔ Students receive the Erasmus grant in two instalments on a reimbursement basis. The first instalment is issued after your arrival and the second instalment is issued after you have returned home. Payments are only issued after we have received all of the required documents. Further information will be sent to students before departure.
- ➔ If for any reason you withdraw from the Erasmus+ programme earlier than planned, and after you have been issued with the first instalment, then you must contact the Erasmus team immediately so they can update your student record. In this scenario, you must reimburse funds on a pro-rata basis.

Your other loans and grants while on exchange

- ➔ If you are currently in receipt of any type of grant or loan, please note that these should not be affected by your exchange e.g. SUSI grant, Northern Ireland Student Loan. You will still be entitled to receive these during your exchange.
- ➔ However, students who are in receipt of the US Title IV Federal Aid should ensure that they remain eligible for this loan if choosing to study abroad. Please contact the Financial Aid Officer in the Academic Registry for assistance.
- ➔ If you would like to clarify the status of your loan/grant during your studies abroad, please get in touch with academic.registry@tcd.ie for further information.



Students with disabilities

- ➔ For students who have any disabilities, please let the Trinity Disability Service know you are going on exchange before you depart www.tcd.ie/disability/support-and-resources/erasmus-disability-supports. You should also contact your Personal Tutor where relevant.
- ➔ If you have any special requirements that need to be in place at your host university you need to check this with them before you depart. If you need any support in doing so don't hesitate to get in touch with Trinity Global.

Health considerations

- ➔ Try to complete any outstanding medical/dental/eye checks before you go abroad – if you have any mental health/medical concerns contact the host university so they can connect you with appropriate services.
- ➔ If you need to carry any medication during travel (insulin, anti-depressants, epi-pen etc.) ask your doctor for a letter that you can carry while travelling.
- ➔ Ensure you will be able to access any required medication overseas. We advise you discuss this with your GP in advance of travel.
- ➔ It is the students responsibility to obtain any required comprehensive health and travel insurance.

- ➔ Students with physical, mental or health-related conditions may apply for additional funding after they have been selected to study abroad. Get in touch with Trinity Global for more advice on this.

Sustainability considerations

- ➔ Trinity is committed to enhancing the institution's sustainability efforts and we all have an important part to plan in this. We encourage you to make sustainable choices while undertaking an international experience.
- ➔ We ask that students are mindful of their increased carbon footprint when travelling overseas. Try to use sustainable modes of transport where possible to limit your footprint. If it is not possible to avoid flying, we suggest that you use some of your bursary or grant to offset the carbon used.
- ➔ Avoid multiple trips where possible. Perhaps make the journey part of the experience – can you take the train instead of a flight for some of your journey?
- ➔ Consider visiting local tourist sites and fully immerse yourself in your exchange destination instead of flying to multiple cities adding to your carbon footprint.
- ➔ Think about sustainability in your day-to-day life while undertaking an international experience. Do you need to purchase new furniture for such a short time frame? Can you find secondhand items or donate your used items to a secondhand store when leaving. Every little helps!

Travel/visa considerations

- ➔ Depending on the country of your exchange, there will be different visa requirements. Make sure to check in with the relevant Embassy. They will be able to advise you on the type of visa you will need depending on the duration of your exchange, your nationality etc.
- ➔ All students must have a valid passport with at least 6 months of validity remaining after their return from abroad.
- ➔ Remember, most students going on mobility outside of Europe will require a visa. Visa processing times are outside of the control of Trinity. The visa process can take some time to apply as soon as possible.
- ➔ Refer to the information provided by your host university in relation to visa application procedures. Your host university will issue any necessary letters/invitations and will advise you on the type of visa you will be required to get – once you have official confirmation of offer, submit your visa application.
- ➔ From a diversity and safety point of view, it is important to research your host country destination in advance of your exchange. Familiarise yourself with the cultural context of the country along with customs and attitudes.
- ➔ Research the laws and the legal status in your host country with regard to LGBTQ+ issues, same-sex sexual behaviour, and expressions of LGBTQ+ identity.
- ➔ Make sure to extend your research when travelling abroad outside your host country i.e. to neighbouring countries – attitudes and legal context may be different just across the border.



Aizzah Adil, Law student

When I first chose to apply for an exchange programme, I wanted to have the opportunity to learn about different types of law in other jurisdictions. Undoubtedly, I was able to do this, but I got more out of it than academics alone. While on a school exchange to Washington and Lee University, I got the opportunity to study with postgraduate students since Law is not taught at an undergraduate level. This did seem daunting at first, but I gained confidence in my abilities. The faculty members were so welcoming and I got plenty of help making social connections. I was able to make friends despite the challenges. I was able to explore outside of the university town too by going on trips with the outing club, the members of which arranged a lot of outdoor activities. The exchange was truly beneficial in my opinion because you learn a lot about yourself and you gain a lot of independence.

While Abroad

While you are on your exchange you will be busy having lots of fun and making memories, but it is important to also ensure you make time for your classes, readings and study. Remember, your grades count towards your final degree in Trinity. It can be challenging to find the balance between the two, but multi-tasking will be one of the many skills that you'll further develop during your time abroad.

Stay in touch

Stay in touch with us – the same supports are still available so make sure to get in touch with your Tutor if anything arises or even to just to check in. Also stay in touch with the Global Mobility Team for any exchange related queries, and with your Academic Mobility Coordinator if there are any changes to your modules while you're abroad or you have any academic queries.

If there are any changes to the duration of your exchange or if you need to leave early due to an emergency etc, notify global.mobility@tcd.ie for support. Make sure to also regularly check your Trinity email account as important information will be communicated via this platform, or you may find it handy to have your Trinity emails temporarily forwarded to your new student email address to ensure you don't miss anything.

Follow policies and procedures

- ➔ When you're abroad, be mindful that you are representing Trinity and you should always be a respectful ambassador for the university.
- ➔ You are required to follow the policy and procedures of your host university while a student there – it is very important that you respect this important principle.
- ➔ Be mindful also of local laws, the age of consent in your exchange destination and social norms i.e. drinking or drug use.
- ➔ Please note, that if you bring the university into disrepute, it is possible that disciplinary action would be taken against you either at the host university and/or by Trinity. It is possible for students to be expelled from Trinity for bringing the college into disrepute while on exchange.

Be a Trinity ambassador

- ➔ We are very happy to invite you to get involved in promoting student mobility for other students. If you have a chance to represent Trinity at any study abroad fairs that the host University might have, just let us know and we will equip you with the information you need.
- ➔ Keeping a journal or a blog can be a great way of reflecting on your experiences, your accomplishments and personal growth and a reminder of all that you have learned all the adventures that you have embarked on during your exchange. Aside from keeping your own personal journal, we also actively encourage students to share some of their experiences with Trinity Global. The testimonials and blogs that you share with us can be helpful to Trinity students who are on the fence about going abroad – think of all the questions you had before you applied! You can send in your testimonials/videos/blogs/vlogs to Trinity Global or alternatively you can post it on any social media, using the hashtag #TrinityAbroad.
- ➔ Please follow us on Instagram at TCDGlobalRoom and tag us if you would like to share pictures and videos of your time on mobility.

Do remember that by submitting any such materials, you agree to the use of this material in marketing collateral such as the website, brochures, printed materials, promotional sessions.

Stay safe

- ➔ We encourage students to be vigilant and especially so when you first arrive in your new host country and are becoming familiar with your new surroundings.
- ➔ Make sure you map out your itinerary from the airport to your accommodation when arriving at your exchange destination including contact numbers for your accommodation.
- ➔ Always carry copies of important documentation – have your insurance policy number in your wallet as well as a copy of your passport or immigration card.
- ➔ Make sure to carry a form of identification with you at all times.
- ➔ Familiarise yourself with any important student support services offered by your host university such as student counselling. If you feel unsafe in any way report this behaviour immediately to both the host university and to Trinity Global. For any issue you prefer to raise through Trinity, please contact the Global Mobility Team at global.mobility@tcd.ie with your concerns and they will be able to communicate with your host on your behalf.

If something goes wrong

- ➔ Although the majority of students have a smooth experience while on exchange, it is important for all students to know what protocols to follow if something does go wrong.
- ➔ Make sure you attend any safety and orientation events run by your host university.
- ➔ Always follow the host university's advice, as well as any local/national advice and guidance.
- ➔ If you find yourself in an uncomfortable or potentially dangerous situation, make sure you inform your friends/family, your host university (with colleagues based locally who can provide more urgent support), Trinity Global, the local police and/or your nearest Embassy, depending on the severity of the situation.
- ➔ Please make sure to also check your Trinity email account – in wider emergency situations there may be important updates and offers of support from Trinity sent to this email address, or we may be reaching out to you for information or details surrounding your exchange/whereabouts/wellbeing. This has been of paramount importance in dealing with different emergency scenarios worldwide over the years and we ask students to take this request very seriously.



Travel wise

- ➔ Check the Department of Foreign Affairs website (www.ireland.ie/en/dfa/overseas-travel/advice) before you go on exchange. Check this regularly for updates while overseas.
- ➔ You can also follow the Department of Foreign Affairs on Twitter: @dfatravelwise and read their “Know Before You Go” Guide on their website.
- ➔ Familiarise yourself with host university and local emergency numbers and save them to your phone.



Rushen Zhang, Philosophy and Political Science student

I have so many wonderful and unforgettable memories at Fudan University during the exchange period. I really recommend all the students in Trinity should strive for an exchange experience in their university career. Fudan University not only has a serious academic environment but also provides various different social activities on the campus. I joined a drama club called Rye Theatre. It is the only English-speaking drama society in the university. We performed Tennessee Williams' play together and the days of rehearsing together are memories that I will never forget.

When You Return

Reflecting on your experience

A helpful resource to support you in reflecting on your experience abroad is Trinity's Guided Self-Reflection Tool which is aimed at guiding students to reflect on their experiences outside the classroom, and to help capture and articulate their learning. You can find more information on this at:

www.tcd.ie/students/reflection

You should also consider checking in with the Trinity Careers Service when you get back to Dublin. The Trinity Careers Service can help you contextualise your experience and present your semester/year abroad achievements to potential employers.

Make sure to update your LinkedIn and join your host University's alumni group.

For advice on how to articulate your experience for better employment prospects, check out the Trinity Careers Service website:

www.tcd.ie/careers/students

Share your experience! You can send Trinity Global a testimonial of your time on exchange to help other Trinity students who are considering going abroad.





Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



For further information on the exchange opportunities available and relevant contact details check out the Study Abroad website: www.tcd.ie/global/mobility

For information on upcoming Outbound Mobility information sessions, advising sessions and application deadlines, follow Trinity Global on social media.