



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

GoGlobal!



**A Guide to Erasmus &
International Exchange**

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Caitriona Spratt, History student

I went on an exchange to Sungkyunkwan University in Seoul, South Korea. I chose South Korea because I love Asian history and it was somewhere that I was not particularly familiar with the culture. In the ten months that I was there I made so many new friends, met so many different people and learned so many new things. It was incredible to meet so many people from all over the world and learn about the politics and culture of their countries. It is also nice that I now have people from all over the globe whom I can go and visit!



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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, India, 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 2022/23, 37% of third year undergraduate Trinity students undertook an international experience as part of their programme. 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 that I have studied abroad

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. Studying abroad 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 & Grants section of this guide.



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Luca Cambursano, Physics student

I was so excited to arrive to University of Massachusetts Amherst. Everyone was so friendly and inviting and they really made me feel at home. I was even able to take a few trips to some of their hometowns in Vermont, New Hampshire, Maine and Massachusetts. I was able to have the US experience one would hope for, all in the midst of a pandemic. As cliché as it sounds this experience really has allowed me to grow as a person and I think anyone who is as fortunate to avail of this opportunity should. I have made lifetime friends and companions on this exchange and I only went for one semester.

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Kate Fullen, Law & Business student

I went to Sydney, Australia where I studied at the University of Sydney's Business school. Australia was a country which I had never visited before and is very far from my home which made my study abroad even more of an adventure. Sydney is a hub for many international businesses which appealed to me as a business student. Professionally, I had the opportunity to interact with large international firms such as BCG, Airbnb and Oliver Wyman.



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

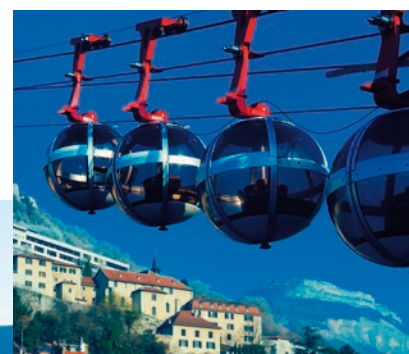
The **International exchange** programme, also referred to as the 'College-wide exchange programme', is open to eligible students at Trinity across most disciplines. These are exchanges with universities outside of Europe, so if you're interested in studying further afield whether in Australia, the US, 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 Exchange 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/study/study-abroad/outbound/options

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, & 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 Exchange 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.
- ➔ CASA (Consortium for Advanced Study Abroad) is a Study Abroad programme for Trinity students to study at one of the CASA centres on a fee-paying basis. Students can study at CASA Study Centres in Cuba, Chile and Argentina. As the first non-US partner in CASA, Trinity students have a unique opportunity to study at the CASA centres. Visit the website at <http://casa.education/home> to find out more about how the CASA Outbound mobility programme works. Please note students need the appropriate level of Spanish in order to study through these programmes. If you are fluent or near-fluent speaker you are welcome to apply regardless of your course of study at Trinity. There are some scholarships available but students will typically need to pay the majority of the relevant fee to the partner institution.

Geovanna Brophy studied at Grenoble École de Management, France

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“Studying abroad was a challenging experience but it also meant I grew a lot as a person. Building the resilience to thrive in an environment so different to what I was used to has been rewarding, and being able to share the experience with the people I met along the way has made it a memorable period in my life.”



- ➔ 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.
- ➔ 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 programme 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.

EXCHANGE PARTNERS

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 250 Erasmus
& European partners in
28 countries.



MOROCCO

Mohammed V University
Université Internationale de Rabat



SOUTH AFRICA

Stellenbosch University



LEBANON

American University of Beirut



SOUTH KOREA

Korea University
Seoul National University
Sungkyunkwan University
Yonsei University



THAILAND

Mahidol University



JORDAN

University of Science & Technology



JAPAN

Kyoto University
University of Tokyo
Waseda University



CHINA

Beihang University
Southeast University
Fudan University
Peking University
Tsinghua University
University of Nottingham Ningbo, China
Xi'an Jiaotong-Liverpool University



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



INDIA

Ashoka 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



SINGAPORE

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



NEW ZEALAND

University of Auckland

EGYPT

American University Cairo
Pharos University in Alexandria

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Leah O'Reilly, Biological & Biomedical Sciences student

I personally feel that global education is most important for personal growth and development. At University of Chicago, I had the opportunity to meet and study under world-renowned neuroscience professors. The relationship between professors and students was truly unique in that even first year undergraduates were seen as collaborators and invited to work amongst professors and upper-level students in research labs within the university. The nature of this relationship really aided my learning and made me feel valued in the academic community. I have always considered studying and working abroad in the future, and studying at University of Chicago has allowed me to make connections with individuals, both students and professors, that I wouldn't hesitate to reach out to for research opportunities and collaborate with in the future.



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

- ➔ Senior Fresh 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 Study Abroad website for guidance www.tcd.ie/study/study-abroad/outbound/options
- ➔ Speak to your School about your preferred options and receive approval from your Department / School's Academic Exchange Coordinator/s 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)
- ➔ Ensure to submit application form and relevant materials by the deadline – this will be confirmed at the information sessions and on social media.

Semester Two

- ➔ Successful applicants will receive an offer by early Spring.
- ➔ Once you accept your offer, Trinity will nominate you to the partner university who may get in touch with you and ask for supplementary documents. It is strongly recommended that you read through the partner pages on the Study Abroad website but also carry out your own due diligence so you know what to expect and make sure to also adhere to the partner's application deadline.
- ➔ 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.
- ➔ 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 Coordinator must sign off on this and we strongly encourage you keep in touch with them at every step of this process.
- ➔ Make sure to sign your outbound declaration form and return it to Trinity Global before you depart.



Erasmus+ Exchange

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** exchanges. 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 **Erasmus** 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). Guidance is provided by the **Erasmus** Team.
- ➔ Attend pre-departure meetings (obligatory) so that you know what to expect while on exchange.
- ➔ Organise health insurance and travel insurance. Don't book any non-refundable flights or accommodation unless you have all your paperwork complete.
- ➔ Prepare for your departure (secure accommodation, etc.)
- ➔ Submit your learning agreement – your Academic Coordinator must sign off on this and we strongly encourage you keep in touch with them at every step of this process.
- ➔ If you wish to reject your offer or withdraw from the programme, please make sure to notify Trinity Global and your School/Departmental **Erasmus** coordinator(s).

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)

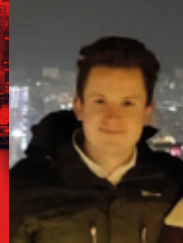
Credits gained during your semester or year abroad will transfer back to Trinity and count towards your final year.

During your time abroad, 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 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 exchange 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.





Fergal D. McGuinness, Law student

While on exchange, I had the pleasure of attending engaging lectures given by the extensively published and esteemed Professors at City University of Hong Kong. I also managed to secure for myself a short period pupillage with a big-time arbitration barrister on Hong Kong Island – by looking at his CV and seeing his skyscraper office, I knew my time there was going to be invaluable and would make my classmates back in Ireland extremely jealous. An exchange period in Hong Kong can and will change your life for the better IF you approach it in the right way - keep an open mind; be friendly; be culturally aware; be respectful of tradition, you're merely a visitor here; be grateful for this opportunity you've been given, regardless of how hard you've worked to attain it.

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 nagging questions or concerns.

Academic Considerations:

- ➔ Make sure that when selecting your modules you make sure to meet any prerequisites for your course in order to ascend to the final year of your degree in Trinity. Your Academic 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 **International Exchange** 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 & 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 such as the CASA outbound programme).

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. Details on any required plans will be included in the information pack your host partner university sends you when you are nominated for exchange.

**“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.
- ➔ For students going on **International Exchange**, make sure to familiarise yourself with the Study Abroad website (www.tcd.ie/study/study-abroad/outbound), where you will find a cost of living section under your respective exchange university to help you gauge how much you would need for your semester/year abroad.

Erasmus+ Grant (*Erasmus Exchange Only*)

- ➔ 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 grant in instalments. The first instalment will be transferred to your bank account shortly after we receive the completed Confirmation of Arrival form, the Erasmus Grant Agreement, and the Learning Agreement from you. These forms will be sent to you in an information pack before departure. The last instalment will be issued at the end of the exchange, following receipt of the Confirmation of Departure form and the completion of the Participant Report.
- ➔ 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.



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.

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.

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

Gustave Flaubert, 1853





Students with Disabilities and Health Considerations

- ➔ 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.
- ➔ 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.
- ➔ Comprehensive health and travel insurance required for your exchange – this is the student's responsibility. We strongly encourage you to get the most comprehensive cover possible taking any personal needs/requirements into consideration in doing so.

- ➔ 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, as you know, 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

- ➔ All students must have a valid passport with at least 6 months remaining after their return from abroad.
- ➔ Remember, most students going on an **International Exchange** (outside of Europe) will require a visa. Visa processing times are outside of the control of Trinity so please ensure you apply as soon as possible, as the visa process can take some time.
- ➔ 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.
- ➔ 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.
- ➔ 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 country of exchange 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 **International Exchange Officer/Erasmus Office** for any exchange related queries, and with your Academic Coordinator/s 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.

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 **International Exchange Officer/Erasmus Office** 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.dfa.ie/travel/travel-advice) before you go on exchange. Check this regularly for updates while overseas.
- ➔ Download the Department of Foreign Affairs “TravelWise” app which is designed to help Irish citizens stay safe and informed while travelling, living or working overseas. You can get security alerts for the country you’re in and register your trip with the DFA using the app.
- ➔ 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 & 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/study/study-abroad/outbound

For information on upcoming **Erasmus** and **International Exchange** information sessions, advising sessions and application deadlines, follow Trinity Global on social media.

 [instagram.com/tcdglobal](https://www.instagram.com/tcdglobal)

 www.facebook.com/tcdglobal

 twitter.com/tcdglobal

 global.mobility@tcd.ie