

# Why? How? When? To go on Erasmus!

Student exchange guide







## CZUgoAbroad project

In October 2020, a unique project called CZUgoAbroad was created at CZU International Centre. The main aim and mission of this project is clear - to increase awareness of exchange stays and motivate students to go abroad.



# Table of Contents

- 04** What is Erasmus+?
- 06** Long-term mobility
- 07** Study Stay
- 12** Traineeship
- 17** Short-term mobility
- 18** PhD Mobility
- 19** Blended Intensive Programme (BIP)
- 20** International Mobility
- 21** Eligibility
- 23** Faculty coordinators
- 24** Students' stories

# What is Erasmus+?

Erasmus+ is the EU's exchange programme for students or fresh graduates. There are several types of exchange stays available:

## **Long-term mobility**

-  Study Stay
-  Traineeship

## **Short-term mobility**

-  PhD Mobility
-  Blended Intensive Programme (BIP)



## **International Mobility**

Each student may apply for up to

# 12 months

with financial support at each study level.



Bachelor's level  
Master's level  
Doctoral level



# Foreign language

Outgoing Erasmus students usually study in English. However, it is possible to also study in the language of the destination country.



## English B1/B2 (or higher)

| Most universities require English language knowledge on level B1 or B2.

| It is possible to take a language course organised by the Department of Languages before departure and get a confirmation of required language proficiency.

## Other languages

| Erasmus allows students to study in the language of the destination country.

| Do you speak Spanish? Do you want to extend your Spanish knowledge? Go to Spain!



gained independence |  
improved language skills |  
international friendships |  
advanced CV |  
travelling |  
international education |  
lifelong memories |  
expanded horizon |

## Reasons to go abroad



# Long-term mobility

Long-term mobility belongs to the most popular exchange stay type among our students. This activity can help you to gain personal and study experience!



## Study stay

| Every student (full-time and distance learning) can go abroad from the 2nd year of bachelor's studies.

| However, it is possible to apply during 1st year of bachelor's studies.



## Traineeship

| Every student or fresh graduate can go abroad on a traineeship.

| A student is considered to be a fresh graduate in a period of 12 months after graduation from the university. It is necessary to apply before graduation.

You can divide your 12 available months between **Erasmus+ study stay and traineeship.**

for example, 6 months of study stay (1-semester exchange) and then 2 times of a 2-month long traineeship





# Study stay

## 300+

partner universities

## 1 semester

Double/Joint Degree = 2 semesters

## 32

European countries

## 480-600€

monthly scholarship

## Who and when?



Every student; including distance learning programme students.

Selection procedure is held twice a year (approx. January and August). You can apply in the 1st year of bachelor's studies.



It is possible to go abroad from the 2nd year of bachelor's studies.





# Double & Joint Degree

## Double Degree programmes

### Bachelor's programmes

Faculty of Economics and Management:

- **International Studies in Management**  
University of Applied Sciences Bielefeld [DE]
- **Business and Economics**  
University of Cagliari [IT]
- **Graduado en Administración y Dirección de Empresas**  
Universitat Politècnica de València [ES]

### Master's programmes

Faculty of Economics and Management:

- **International Management**  
University of Cagliari [IT]
- **International Business Management**  
University of Applied Sciences Bielefeld [DE]
- **Economics and Management / International Business**  
Catholic University of Lyon [FR]
- **Economics and Management / Management Economics and Consumer Studies**  
Wageningen University [NL]
- **Economics and Management / Environment and Public Policy**  
Grenoble École de Management [FR]

Faculty of Agrobiological, Food and Natural Resources:

- **Sustainable Agriculture and Food Security**  
University of Pisa [IT]

Faculty of Tropical AgriSciences:

- **Agricultural Sciences and Farming Systems in the Tropics and Subtropics**  
Universität Hohenheim [DE]

## Joint Degree programmes

### Master's programmes

Faculty of Agrobiological, Food and Natural Resources:

- **Natural Resources Management and Ecological Engineering**  
University of Natural Resources and Life Sciences Vienna - BOKU [AT]
- **Erasmus Mundus Joint Master's Degree - Danube AgriFood Master**  
Hungarian University of Agriculture and Life Sciences [HU]  
Slovak University of Agriculture Nitra [SK]  
University of Zagreb [HR]  
University of Novi Sad [RS]  
Banat's University of Agricultural Sciences and Veterinary Medicine, Timisoara [RO]  
University of Natural Resources and Life Sciences Vienna - BOKU [AT]

### PhD programmes

Faculty of Economics and Management:

- **International Economic Relations and Management**  
University of Applied Sciences  
Burgenland [AT]

## Fact sheet



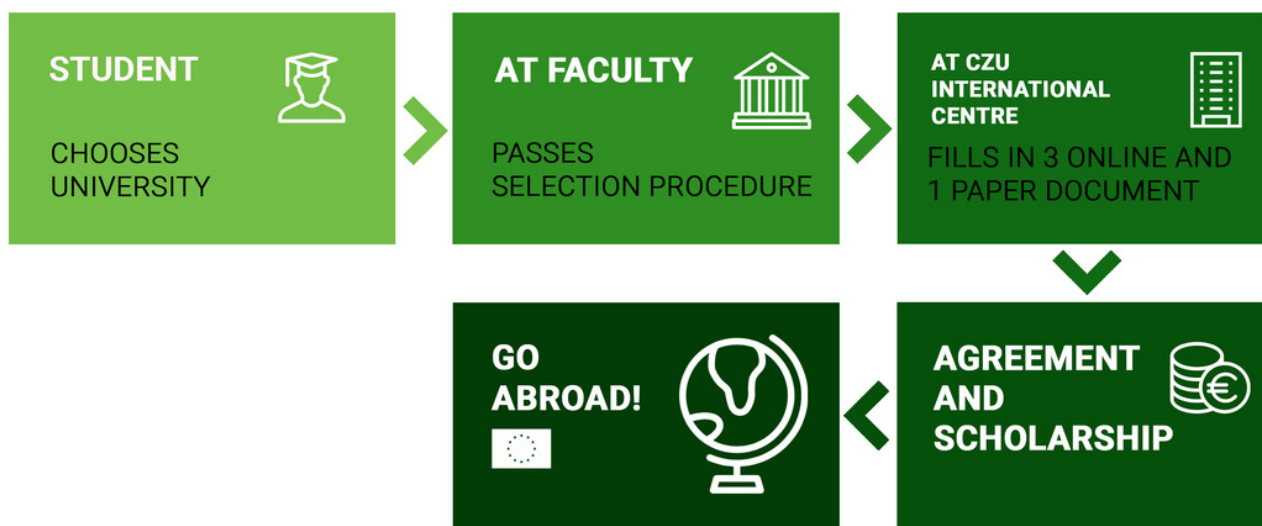
- | two university diplomas after graduation
- | only one final thesis needed
- | study abroad for whole academic year
- | scholarship = financial support

APPLICATION possible at your faculty's  
International Relations Office (see p. 23)



# How to apply for a student mobility?

The whole application process can be described in 5 easy steps.



STEP 1: Select 2-3 destinations of your choice. You can use our Interactive Map (page 11) or a webpage of your faculty.

STEP 2: Contact your faculty International Relations Office (IRO) and let them know you would like to go abroad. IRO will give you instructions on when the selection procedure begins and what the requirements are for it. Don't be afraid, the selection procedure is not a difficult one!

STEP 3: Congratulations! You passed the selection procedure. Now, your faculty's IRO will inform the CZU International Centre about your successful passing. The International Centre will then inform you about the future steps, which are a couple of mostly online documents.

STEP 4: All the documents are done, just the Grant Agreement for Participants to go. Download it from the UIS, sign it, deliver it and you are ready to go!

STEP 5: Everything is done. You will receive 80-100% of your scholarship before the mobility begins (and the rest during your stay).

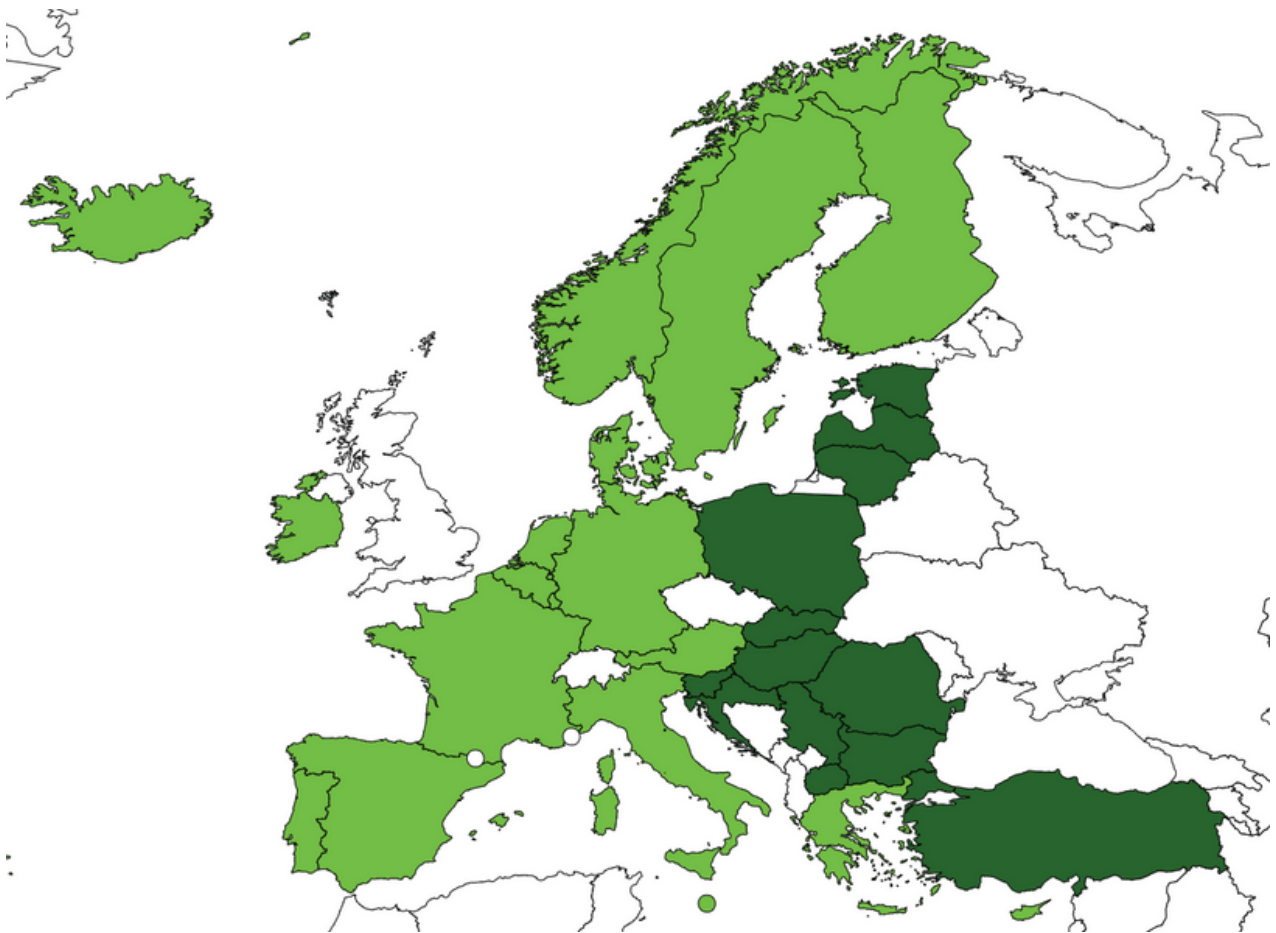
# Where can I go?

## Group 1+2 | higher living costs |600€/month|

Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden

## Group 3 | lower living costs |480€/month|

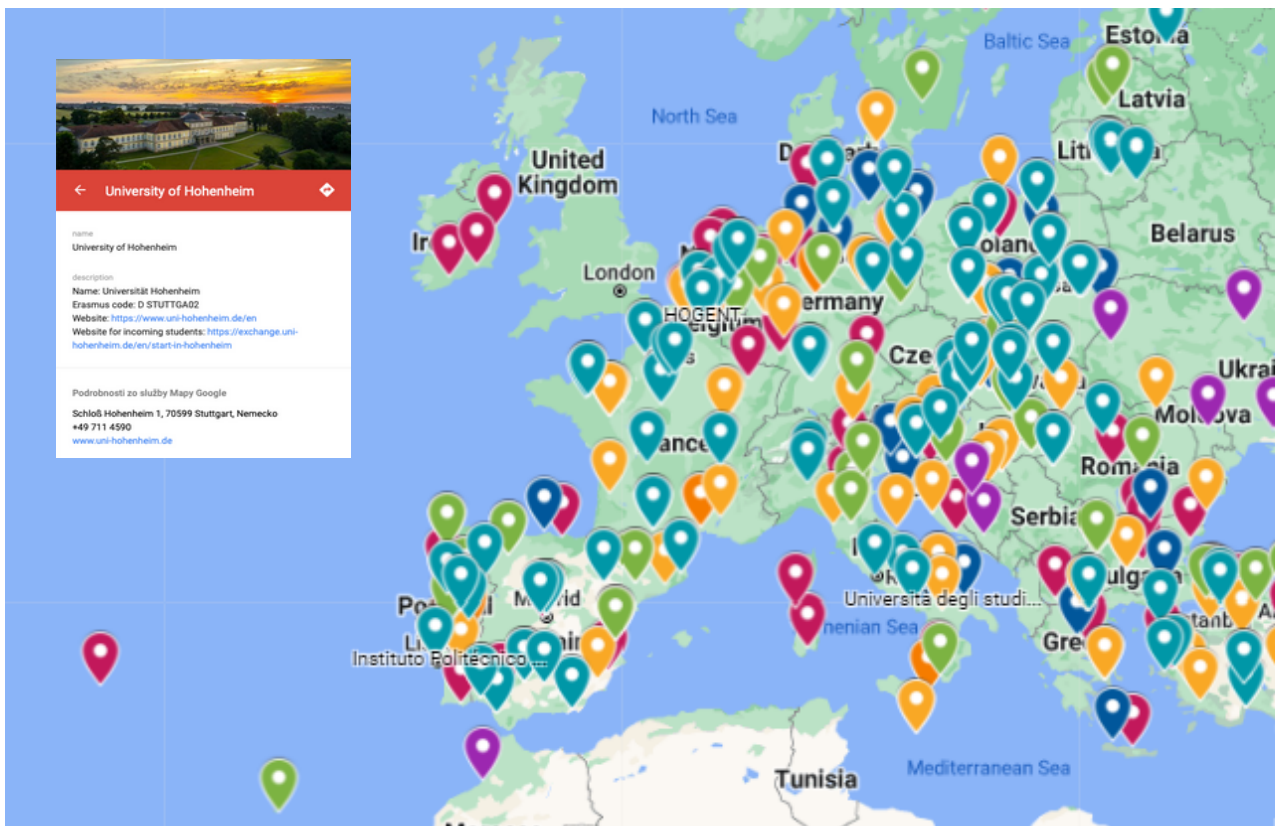
Bulgaria, Croatia, Estonia, Hungary, Latvia, Lithuania, North Macedonia, Poland, Romania, Serbia, Slovakia, Slovenia, Turkey





# How to find a partner university?

Take a look at the Interactive Map of partner universities abroad!



## Interactive Map includes:

- | basic information about each partner university
- | selection according to CZU faculty
- | partner university webpage
- | webpage for incoming students



# Traineeship

Long-term

**∞**

organisations, NGOs,  
universities, laboratories,  
companies etc.

**2-5 months**

available duration

**32**

European countries

**630-750€**

monthly scholarship

## Who and when?



Every student; including distance learning programme students.



There are no deadlines - you can apply at any time. As for traineeship for graduates, please apply before state examination.



It is possible to go abroad at any time, even during 1st year of bachelor's studies.



# How to apply for a traineeship?

The whole application process can be described in 6 easy steps.



STEP 1: Find an organisation that will accept you. You can use our Interactive Map or simply search for a company of your choice on Google.

STEP 2: Perfect, you have the organisation. Now, contact your faculty International Relations Office (IRO) and let them know when would you like to go abroad. People from IRO can also help you with filling in the necessary documents.

STEP 3: In cooperation with the faculty IRO and the receiving organisation, make sure to prepare the Learning Agreement for your Traineeship.

STEP 4: Eventually your Learning Agreement needs to have the following signatures: yours, your faculty IRO, the receiving organisation, CZU International Centre.

STEP 5: Learning Agreement is done! Now just the Grant Agreement for Participants and you are ready to go!

STEP 6: Everything is done. You will receive 80-100% of your scholarship before the mobility begins (and the rest during your stay).

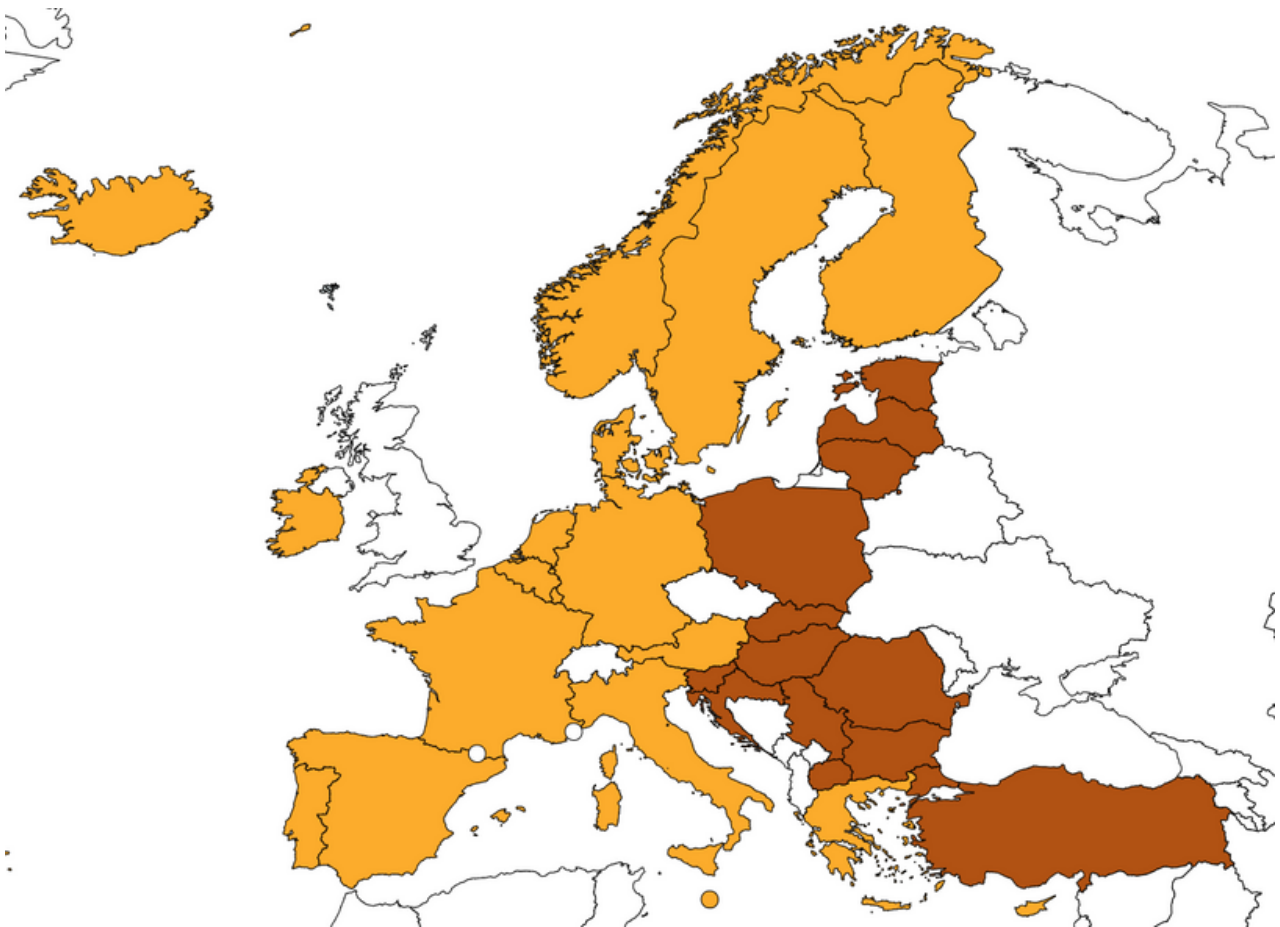
# Where can I go?

## Group 1 | higher living costs |750€/month|

Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden

## Group 3 | lower living costs |630€/month|

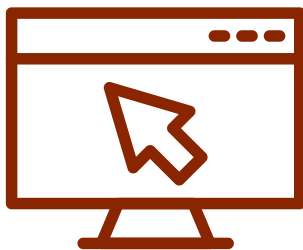
Bulgaria, Croatia, Estonia, Hungary, Latvia, Lithuania, North Macedonia, Poland, Romania, Serbia, Slovakia, Slovenia, Turkey





# How to find a receiving organisation?

Your receiving organisation doesn't need to have a signed contract with CZU. Feel free to contact any kind of organisation, institute, university, company, laboratory, government agency, non-profit organisation etc.



## Search on portals

| Organisations all over Europe share their job offers on online portals.

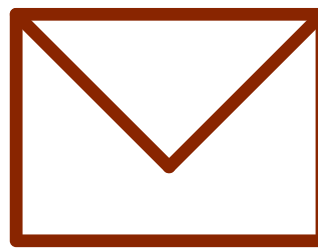
| We recommend the following portals:

[erasmusintern.org](https://erasmusintern.org)

[globalplacement.com](https://globalplacement.com)

[myinternship.eu](https://myinternship.eu)

[trainingexperience.org](https://trainingexperience.org)



## Contact by e-mail

| Feel free to contact a possible receiving organisation by e-mail. You can find an e-mail address on the webpage of the organisation.

| In case you don't have experience with writing an official e-mail, you can check our templates here:



# No idea? No problem!

Take a look at the Interactive Map of the former traineeship-receiving organisations. You can find the organisation where CZU student completed their traineeships in the past 3 years.



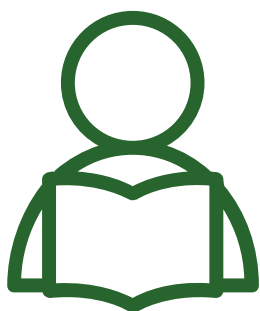
## Interactive Map includes:

- | basic information about each organisation
- | selection according to CZU faculty
- | webpage of the organisation
- | a lot of inspiration



# Short-term mobility

Short-term mobility is an alternative to long-term mobility. Its possible duration is 5 to 30 days and has two main types: BIP and PhD Mobility.



## PhD Mobility

- | available for PhD students only
- | mainly a traineeship-style mobility
- | check the availability at faculty IRO



## Blended Intensive Programme (BIP)

- | available for all students
- | summer-school type of mobility
- | organised by CZU partners
- | combination of physical and online form
- | check the availability at faculty IRO



## Scholarship

- 1st to 14th day = 70€ per day
- 15th to 30th day = 50€ per day
- total scholarship for 30 days = 1780€



# PhD Mobility

**5-30 days**

available duration

**≤1780€**

total scholarship for 30 days

**PhD students only**

eligibility

## Who and when?



Every PhD student

Check the availability at International Relations Office of your faculty. Each faculty is given a number of available mobility.



It is possible to go abroad at any time, even during summer vacation.

# Blended Intensive Programme |BIP|

**5-30 days**

available duration

**≤1780€**

total scholarship for 30 days

**online + physical**

## Who and when?



Every student

Check the availability at International Relations Office of your faculty. The BIPs are usually organised in cooperation of multiple university partners.



It is possible to go abroad at any time, even during 1st year of bachelor's studies.

# International Mobility

International Mobility is a long-term mobility to Erasmus non-programme countries. This type of activity is organised by the CZU International Centre.



## Study stay

| Application open to all students from 2nd year of bachelor's level.

**600-700€**

monthly scholarship

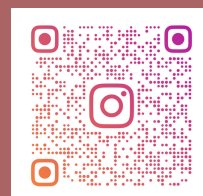
**1 semester**

available duration

| **Israel**  
| **South Korea**  
| **New Zealand**  
| **Japan**  
**etc.**

planned destinations

**Don't miss  
the opportunity!**



Follow the Instagram account @CZUgoAbroad or check regularly the webpage of CZU International Centre to be updated about the open calls for the International Mobility!



# Eligibility

This brief mobility overview can help you determine which type of exchange stay you are eligible for.

	Long-term		Short-term		non-programme countries
	Study stay	Traineeship	PhD Mobility	BIP	International Mobility
Bachelor student	Yes!	Yes!	-	Yes!	Yes!
Bachelor graduate	-	Yes!	-	-	-
Master student	Yes!	Yes!	-	Yes!	Yes!
Master graduate	-	Yes!	-	-	-
PhD student	Yes!	Yes!	Yes!	Yes!	Yes!
PhD graduate	-	Yes!	Yes!	-	-

# Additional financial support

## Inclusion



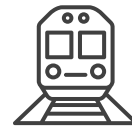
| Students with fewer opportunities are eligible for extra support in terms of either additional scholarship or short-term mobility.

## Food intolerance



| Students who have a food intolerance (celiac disease, Crohn's disease, lactose intolerance etc.) can get up to 250€/month as additional financial support.

## Green Erasmus



| Students who use a green means of transport for journeys longer than 1200km can get a 50€ scholarship.



extra financial support for students with fewer opportunities is up to

**250€/month**



all students with additional obstacles can apply for

**short-term**

blended mobility instead of long-term one

# Who is who? Meet your faculty coordinator!

Each faculty at CZU has its own International Relations Office (IRO). Your faculty coordinator can assist you with the application procedure and questions related to your exchange abroad.

## **Veronika Brecklová [PEF]**

Outgoing Erasmus coordinator

Office: CEMS II/D 244

Email: pefoutgoing@pef.czu.cz

## **Lucie Korečková [TF]**

Outgoing Erasmus coordinator

Office: TF/45/II

Email: mareckoval@tf.czu.cz

## **Radka Krejčí [FAPPZ]**

Outgoing Erasmus coordinator

Office: FAPPZ/AF120

Email: iro@af.czu.cz

## **Barbora Jordánová [IVP]**

Outgoing Erasmus coordinator

Office: IVP/78

Email: jordanova@ivp.czu.cz

## **Jana Hummelová [FTZ]**

Outgoing Erasmus coordinator

Office: NFTZ/412

Email: hummelova@ftz.czu.cz

## **Kateřina Navrátilová [FLD]**

Outgoing Erasmus coordinator

Office: DP/416

Email: iro@fld.czu.cz

## **Tereza Besskó [FŽP]**

Outgoing Erasmus coordinator

Office: MCEV/219

Email: bessko@fzp.czu.cz

### Going on Erasmus:

#### **Faculty IRO «studies»**



- | application and selection procedure (except for International Mobility)
- | choosing partner university
- | choosing courses
- | recognition of study results

---

#### **CZU International Centre «administration»**

- | scholarship = Grant Agreement for Participants
- | administration before and after arrival from the mobility



# Students' stories

Students are the spice not only of our university but also of our project. We like to refer to their stories from abroad because we believe that these shared stories are the best motivation for you. Simply students to students.

find more on Instagram @czugoabroad

**CZU** ANDREA FROM FLD • UNIVERSITY OF EASTERN FINLAND 



**”**  
I WOULD HAVE NEVER BELIEVED THAT A FEW MONTHS ABROAD WILL OPEN MY EYES.

**CZU** ZUZANA FROM PEF • UNIVERSITY OF SEVILLE 



**”**  
KNOWING NEW PLACES AND CULTURES IS FOR ME THE CURE FOR HAPPINESS.

**CZU** JAN FROM TF • UNIVERSITY OF SALERNO 



**”**  
CIAO RAGAZZI! TRYING OUT THE TRUE ITALIAN LIFE IS REALLY WORTH IT. PIZZA, SPAGHETTI, PESTO, GELATO, APERITIVO!

**CZU** MARTINA FROM FTZ • VETERINAIRE KLINIEKEN WAYACA 



**”**  
ON THE ISLAND OF ARUBA, I COLLECT DATA FOR MY DIPLOMA THESIS. THE TRAINEESHIP TAKES PLACE PARTLY AT A VETERINARY CLINIC.



**TZU** VOJTĚCH FROM PEF • GRENOBLE SCHOOL OF MANAGEMENT 

”  
FEAR OF GOING ON ERASMUS+ ON YOUR OWN QUICKLY CHANGES INTO **TRANQUILITY** AND INDEPENDENCE.



**TZU** KATEŘINA FROM IVP • CZECH CENTRE BUDAPEST 



”  
THE BEST DECISION OF 2020? TO GO ON A **TRAINEESHIP** FOR GRADUATES!

**TZU** LUCIE FROM FŽP • UNIVERSITY OF MARIBOR 

”  
ERASMUS+ WAS NOT JUST ONE YEAR IN MY LIFE - IT WAS **THE WHOLE LIFE IN ONE YEAR.**



**TZU** JAROSLAV FROM TF • MANAGEMENT CENTER INNSBRUCK 

”  
IN INNSBRUCK, YOU WILL ENJOY THE CAREFREE LIFE TO THE FULLEST. TAKE A BREATH AND GO FOR IT!



**TZU** SOFIA FROM FTZ • WAGENINGEN UNIVERSITY 

”  
DARE TO TRY! **EXPERIENCE** IS THE MOST VALUABLE TREASURE WE HAVE.



**TZU** MATYLDA FROM FAPPZ • UNIVERSITY OF LISBON 



”  
ERASMUS WASN'T MY FIRST CHOICE, BUT IT TURNED OUT TO BE **THE BEST ONE.**

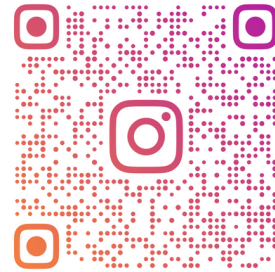
# Get inspired!



**Podcast**



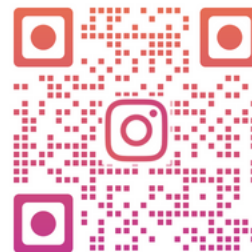
**Instagram**



**YouTube**



**Ambassadors**



# We are grateful...

Congratulations! You've reached the very end of our brochure.

At this point, we would like to thank everyone without whose support and trust CZUgoAbroad would never become a reality.

We thank Lukáš Pospíšil for listening to our idea for this project, for believing in it and for giving us a free hand in its creation.

We thank Kája Křtěnová and all the other members of External Relations Division.

We want to thank the Centre for Audiovisual Support staff for consultation, support, and help with our audio-visual ideas.

We would like to thank our colleagues Adam, Dana, Martina, Mikuláš, Mirka, Radka and Luki for consulting our ideas and contributing to the whole project with their experience.

We thank the Erasmus Student Network, whose members help us with the project.

We thank Adéla Čeňková, Anna Hroudová Vovsová and Tomáš Petříček for accepting the invitation to the podcast.

We are grateful to all students and graduates who said "yes". Who were not afraid to share their experiences either through photos, videos or as our podcast guests. Thank you! Without your enthusiasm and willingness, we would have nothing to share.

Ondra & Petra  
CZU International Centre





CZU International Centre  
Kamýcká 1077, Prague - Suchbát

[goabroad@rektorat.czu.cz](mailto:goabroad@rektorat.czu.cz)  
[www.czugoabroad.cz](http://www.czugoabroad.cz)

cover photo: Petra Loumová