

Student's Checklist: Going Abroad



Student's name: _____

Read each point carefully and ✓ after completion

Conditions for applying:

- I'm interested and motivated
- Studies are following the PCDP
- I pass the health requirements
- I can make due with my language skills
- I am aware that during exchange rules must be followed and that the experience shall be reported

Application:

- Discussions with my homeroom teacher
- Resumé (CV) in english
- Application is sent
- The application has been checked with the IA-coordinator
- I've attended the International Training Course

Once the destination is picked: Travel arrangements:

- Agreements have been done:
 - Grant agreement
 - Training agreement
 - Europass Mobility -certificate
- I know how to commute to-and-from work
- I've explored the country, city and workplace online
- My passport is valid min. 6 mnths from return
- I meet the entry criteria
- I have read the crisis guide for the mobility
- I have booked my tickets and accommodation
- Additional benefits and other supporting documents have been applied for and are saved



During:

- I have documented my experiences and learning as agreed (travel report and learning in accordance with HOKS)
- I have collected the necessary signatures for all documents
- I have sent photos (at least one) and captions to be used in the update in @internationalvaria account

After, within 2 weeks:

- I have returned the following to the international coordinator:
 - Training agreement (signed)
 - Europass Mobility certificate (signed)
 - Finalized travel report
- I have applied for meal allowance (basic qualification, if meals are not provided for at work)

After:

- During Erasmus mobilities:
 - I have responded to the Erasmus participant report feedback survey (link and reminders sent by email)
- Discussion with my homeroom teacher about the term abroad:
 - Competence points earned during the term, including Kansainvälisessä työympäristössä toimiminen- course



Also noted:

- I have checked the entry criteria for the country of destination:
 - The country's health authorities and the airline's/carrier's own rules and practices
- I know what to do if I get ill or have an injury
 - Insurance and medical treatment
 - Contact details of people to contact in the country of destination, at home and in Varia (Crisis info)
- I have made a travel declaration to the Ministry of Foreign Affairs
- I have a sufficient supply of the medication I need and have prescription in English from a pharmacy or Omakanta
 - I will carry the medication in the original packaging
- I have had a pre-departure check-up with the school nurse
- I have checked the vaccination requirements and recommendations for the country of destination

<https://um.fi/matkustusilmoitus>

<https://www.kanta.fi/koronatodistus>

<https://um.fi/matkustustiedotteet-a-o>

<https://www.kanta.fi/matkalla>

<https://www.terveyskirjasto.fi/mat00010>

Students signature, time and place:
