Erasmus+

Guide for Students
Going Abroad in 2018/2019
Part II: Erasmus Abroad Guide

www.abdn.ac.uk
“Take part in as much as you can: parties to go to, places to see, people to meet. Exchange is not a time to be boring and stay in your comfort zone.”
Matthew Shedden, Business Management + Finance, Copenhagen Business School, Denmark

Once in a lifetime experience!

Congratulations! You have been accepted to the Erasmus exchange programme and will soon embark on your semester or year abroad. The opportunity to study or work abroad as part of your degree programme is an exciting and ultimately rewarding one, but at times may feel a little challenging. Do not fear! We want you to feel supported during this time and so have created this guide, jam-packed with valuable information, printable checklists and top tips on how to prepare and what to expect during your Erasmus exchange.

Please read through this guide carefully to make sure you have understood everything. There is a section for Erasmus+ Study Exchange students, and another for Erasmus+ Traineeship students. Please refer to the relevant section. You will find an electronic version on the Erasmus website which you can consult as often as you need. If you’re unsure of anything covered in this guide, or have a question you feel we’ve missed, please get in touch erasmus@abdn.ac.uk.

Best wishes and good luck!
The Erasmus Team

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The Prep

Preparation is key to a smooth and successful Erasmus experience and you should start now! Read and re-read our guide and emails and treat yourself to a shiny new folder for the paperwork and we promise the whole process will be much, much simpler!

Travel
It is your responsibility to make travel arrangements to and from your destination and to meet travel costs. Websites like SkyScanner are useful tools to search for cheap air fares, but bear in mind additional baggage costs as you’re likely to have a heavy suitcase or two!

Don’t forget to plan how to get from the airport to your new city/town/apartment. Most European countries offer discounted travel for young people and buying a pass as soon as you touch down (and still have money in your pocket!) will save you on your travels all year round.

If time abroad is a compulsory element of your course, and you are a Scottish domiciled student funded by SAAS, you may be eligible to claim the cost of one return trip abroad. Similarly, other funding bodies may offer reimbursements for travel abroad if it is a compulsory element of your degree programme. Please consult the relevant website for up-to-date information on travel claims and eligibility.

Arrival Dates
If you are going on Erasmus study exchange, you should check the academic calendar of your host institution carefully and make sure you are aware of any mandatory Orientation programmes or similar. Similarly Erasmus traineeship students should check their contract for the official start date of employment. You should plan your travel accordingly and you might want to give yourself an additional few days for unpacking, finding your way around your new city etc.

Accommodation
The accommodation offered by host institutions varies considerably. Some will offer places in university accommodation, others may link with a private provider of student accommodation or may offer a service to assist you in finding private accommodation. From experience we know that the standard of student accommodation across Europe can vary considerably so bear in mind that in general, you get what you pay for!

Once you have received your Erasmus offer, make securing accommodation abroad your priority. Some European cities with large student populations do experience an accommodation shortage so you need to be on the ball.

Top tips!
• Find out where the student-y areas are in your new city
• Do your research! Use the final Feedback Reports on our MyAberdeen Go Abroad page and join our Facebook groups to connect with previous exchange students
• If you choose host university accommodation, apply early!
• If you choose private accommodation, be cautious! Read contracts thoroughly and don’t pay any money without having first seen the room or flat.

Erasmus Abroad Guide 2018/19

If you are only going abroad for one semester, check the academic calendar of your host institution against University of Aberdeen’s academic calendar to ensure that the semester and exam dates do not overlap. If there appears to be a clash please contact the Erasmus Unit straightaway.
Finance
Time abroad will inevitably involve some extra expense, particularly in the first few weeks. Over the course of your exchange you may find that the cost of living is higher or lower than what you are used to in Aberdeen, but to make the most of your experience, you may want to budget for lots of socialising and travelling with new friends!

- **Debit/credit cards**
  Before going abroad you should contact your bank for information about the charges you may incur when using your debit or credit card abroad. It’s useful to have a credit card with you for any emergencies and don’t forget a little foreign currency for when you touchdown.

- **Prepaid currency cards**
  Check out Revolut, FairFX and WeSwap. These cards can be pre-loaded with funds or topped up via apps and some allow you to lock-in currency rates. You can use them in the same way as your chip and pin card. But do check any exceptions and withdrawal limits.

Tuition Fees
Erasmus students do NOT pay tuition fees to the host institution. Scottish and EU students continue to pay fees to the University of Aberdeen and should be entitled to support from public funds towards tuition fees and student loan. You should apply to your funding body as normal, stating that you will be studying or working abroad as appropriate on the application form. In most cases RUK and International students will have their fee-free year switched to the year abroad, rather than the final year of studies, and so do not need to pay tuition fees. Check out the table below for an overview of tuition fees which apply when spending a semester/year abroad.

Insurance
You will need to organise insurance for your time abroad prior to jetting off. Both the European Health Insurance Card and University insurance cover are free (so no excuses!), and there are many competitive deals offered by private insurance companies.

1. **European Health Insurance Card (EHIC)**
   You can apply for an EHIC at the Post Office or online. The card entitles you to reduced cost, sometimes free, medical treatment in case of urgent medical necessity in any EU country. You should carry the EHIC with you at all times while abroad. Non-UK EU nationals should apply for the EHIC from their home country. Non-EU Nationals are usually not covered by the EHIC. There are some exceptions so you may wish to check your eligibility.

2. **University insurance**
   For details of the scope of cover and to apply online, visit the University’s insurance pages. Once you have completed the online form you will receive a confirmation email of the cover which you should print off and keep with you abroad.

3. **Private insurance**
   You should carefully read the scope of cover provided by the EHIC and University Insurance policy. The university insurance will only cover you while you are in your main country of residence and may not cover extreme sports for example. It is therefore advisable to take out a supplementary private insurance policy. There are many companies that offer insurance specifically for students studying or working abroad so shop around for the best deal.

Health
If you have a medical condition you should discuss how to manage this while abroad with your GP prior to your departure. It is helpful to obtain translated copies of any important documentation pertaining to your condition that will help medical staff abroad give you the support you require. Plan ahead if you take regular medication and ensure you have enough with you for at least the first month of your stay.

A disability, medical condition or any other situation which requires additional support should not be a barrier to going abroad. The Disability Advisers in Student Support can assist with your planning to ensure a successful and problem-free experience. If you did not disclose your condition in your original application, you should make the Disability Advisers in Aberdeen and the Erasmus Unit aware in advance of your time abroad to ensure that your host institution can provide adequate support. Email student.support@abdn.ac.uk.

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**SAAS (Scottish + EU students)**

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<th></th>
<th>Study</th>
<th>Traineeship</th>
<th>Study</th>
<th>Traineeship</th>
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<tbody>
<tr>
<td>Full year abroad</td>
<td>SAAS cover full fee</td>
<td>SAAS cover full fee</td>
<td>SAAS cover 50%, remainder waived</td>
<td></td>
</tr>
<tr>
<td>Part year abroad</td>
<td>SAAS cover full fee</td>
<td>SAAS cover full fee</td>
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**Student Finance England/Wales/N Ireland, RUK students and International students**

<table>
<thead>
<tr>
<th></th>
<th>Study / Traineeship</th>
<th>Study / Traineeship</th>
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<tbody>
<tr>
<td>Full year abroad</td>
<td>Fee waiver switched from final year to year abroad*</td>
<td>Standard fee applies</td>
</tr>
<tr>
<td>Part year abroad</td>
<td>Standard fee applies</td>
<td></td>
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</tbody>
</table>

* Some exceptions may apply
Erasmus Study Exchange Step-By-Step

THE BEFORE BITS

eRegistration + MyCurriculum
During your time abroad you must remain a registered student at the University of Aberdeen so it is very important that you complete eRegistration and MyCurriculum at the beginning of the academic year. You will be sent specific instructions as to how to complete MyCurriculum as an exchange student when the portal opens. Please wait for these instructions. Completing eReg and MyCurriculum will ensure that your university email address and student record remain ‘live’ throughout the year.

The Erasmus Team and University of Aberdeen departments will continue to use your university email to contact you while abroad. You must check this account regularly and respond to any communications in a timely manner.

Online Linguistic Support (OLS)
The OLS system has been introduced to support students going abroad to learn and improve their knowledge of the host country’s language. The assessments and courses are currently available in Bulgarian, Croatian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Italian, Polish, Portuguese, Romanian, Slovakian, Spanish and Swedish.

If your main language of study while on Erasmus will not be English, you must sit a compulsory online language assessment before and after the mobility period. You will receive a link to the online assessment and instructions from the European Commission, and will have one month to submit the assessment. You will also have access to the supporting course while on mobility, should you wish to use it.

For students undertaking their study in English, the language assessment and course is optional but a brilliant resource to support you in learning a little of the host language. In order to use the OLS system you must be sent a licence by the Erasmus Team. Please get in touch to request one.

Erasmus+ Paperwork
The Erasmus Team at Aberdeen oversees the exchange programme within the charter regulations issued by the European Commission. While the paperwork you will be required to fill out may feel tedious at times, it is ESSENTIAL. Without it we cannot pay you the Erasmus Mobility Grant.

The following documents must be completed fully and returned to the Erasmus Unit PRIOR to beginning your exchange. A scanned copy of all paperwork is acceptable, and we encourage you to keep original copies together in a safe place.

- **Learning Agreement: Section 1**
  Before your exchange, a personalised Learning Agreement will be issued to you via email. You must complete Section 1 in full, detailing your course choice at the host institution and corresponding courses in Aberdeen. Use your host institution’s Course Catalogue and the University of Aberdeen’s degree calendar to find the relevant information. You must then have Section 1 signed by your Go Abroad Tutor(s) in Aberdeen and the host institution before returning it to the Erasmus Unit.

- **Mobility Agreement**
  You will be asked to notify the Erasmus Unit of the start and end dates of your semester/year abroad which are used to issue your personalised Mobility Agreement. The Agreement will detail the maximum grant amount you can expect to receive. You must read your Mobility Agreement thoroughly, complete your bank details and sign to confirm your understanding, before returning it to the Erasmus Unit.

Look at the academic calendar of your host institution for start and end dates. You should be able to find this on their website.
I’VE ARRIVED!

Hooray! You’ve made it to your new home and it’s time to unpack, settle in and let the adventures begin...

Orientation + Registration

Many host institutions organise orientation days or activities which are designed to help you meet other new visiting students and to get to know the local area and culture. These provide a really great introduction to your new institution and city so make sure you don’t miss it!

The registration procedure at every host institution differs but, as it is Europe, it will likely be bureaucratic and involve a great deal of paperwork! Once again, try and keep everything together in a safe place.

Erasmus+ Paperwork

One of your first priorities on arrival should be your Erasmus paperwork. Once this is out of the way you can get on with having a good time!

• Confirmation of Arrival
Prior to your exchange this form will be emailed to you. Present the form to the Erasmus Co-ordinator at your host institution for signature, complete the address section with your new details and return to the Erasmus Unit.

• Learning Agreement Section 2
Upon arrival you may have to change courses from those originally listed on Section 1 of your Learning Agreement due to timetable clashes, availability etc. You must contact your Go Abroad Tutor via email in the first instance to discuss the course changes you are making and obtain their approval. Then complete Section 2, detailing the courses you are adding and deleting, and their equivalent credits, from those listed originally. You should arrange to have the document signed at your host institution and by your Go Abroad Tutor(s) in Aberdeen before returning it to the Erasmus Unit. Section 2 needs to be returned within 2 weeks of your arrival (please be aware that failure to obtain approval form your Go Abroad Tutor(s) for course changes may result in credit not being recognised when you return if deemed inappropriate for your degree programme).

Opening a bank account

You may find it useful to open a bank account while abroad and at many host institutions, assisting you with this will be part of the Orientation or arrival process. To open a bank account you will most likely need lots of documentation, typically your passport, host university student card and proof of address. You may also need a small deposit. Many European banks will offer incentives for students opening a new account but beware of any monthly account fees or overdraft charges.

Once you’ve submitted all of your paperwork and received the first allocation of your Erasmus+ grant you can get on with having the semester/year of your life!

GRANT CHECKLIST!

Desperate for your Erasmus cash?! These are the documents we need from you, fully completed and signed, in order to pay the first allocation:

- Erasmus+ Mobility Agreement
- Erasmus+ Learning Agreement Section 1
- Confirmation of Arrival

Plus don’t forget to do your OLS assessment if you’re studying in another language!
**THE SERIOUS BIT**

Besides all the new friends, hobbies, trips and travels it is important that you don’t forget why you are on exchange and the academic requirements that you must meet in order to progress to your next semester or year of study in Aberdeen.

**Academic requirements**

While studying abroad on Erasmus+ exchange you are expected to:

- register for, and pass, 30 ECTS per semester
- attend classes and submit written work as required by the host institution
- participate in assessments for all courses for which you are registered, as required by the host institution

The European Credit Transfer System (ECTS) is used throughout Europe to compare study attainment and performance across institutions. The table below illustrates the conversion between ECTS and University of Aberdeen credits.

<table>
<thead>
<tr>
<th>ECTS VALUE</th>
<th>Aberdeen credit points</th>
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<tbody>
<tr>
<td>2.5</td>
<td>5</td>
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<tr>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>7.5</td>
<td>15</td>
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<td>10</td>
<td>20</td>
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<tr>
<td>12.5</td>
<td>25</td>
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<td>15</td>
<td>30</td>
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<td>30</td>
<td>60</td>
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</tbody>
</table>

The workload of a full-time university study programme should equate across Europe, but you may find that you spend more time in class on exchange than you are used to in Aberdeen, as UK universities tend to value the importance of private study. The contact hours involved for each course therefore may be more than you are used to, and assessment formats may vary.

**Assessment + Exams**

If you pass all assessments at the host institution, the credits you gain will count towards your degree at the University of Aberdeen.

If you have failed a course or courses while abroad you should take the resit assessment(s) or exam(s) at the host institution in the first instance where possible. Be aware that not all host institutions will offer resits. If you have failed a course in the first semester, you should try to make up the credits in the second semester (if abroad for the full year).

If you return from your time abroad with a small credit shortfall, you will have to take additional course(s) when you resume your studies in Aberdeen. If you think you may be in this situation, you MUST contact the Erasmus unit and the relevant Registry Officer (email addresses listed below) as soon as possible.

If your credit shortfall from your time abroad is more significant, and you do not gain the necessary credits while abroad to progress to the next academic year here at University of Aberdeen, you may have to repeat the year, potentially meeting the cost of the tuition fees. For RUK and International students, the free year is switched to the year abroad and, as such, should you fail a course(s) whilst abroad, you will need to pay tuition fees for both the repeat year and the final year at the University of Aberdeen. If you think you may be in this situation, you MUST contact the Erasmus unit and the relevant Registry Officer as soon as possible.

**Registry Officer contact details:**

- Biological Sciences
  biologicalsciencesregistryofficer@abdn.ac.uk
- Business School
  businessregistryofficer@abdn.ac.uk
- Divinity/History/Politics
  dhpregistryofficer@abdn.ac.uk
- Education
  educationregistryofficer@abdn.ac.uk
- Engineering
  engineeringregistryofficer@abdn.ac.uk
- Geosciences
  geosciencesregistryofficer@abdn.ac.uk
- Law
  lawregistryofficer@abdn.ac.uk
- Language, Literature+Visual Culture
  llvcregistryofficer@abdn.ac.uk
- Music
  musicregistryofficer@abdn.ac.uk
- Natural and Computing Sciences
  ncsregistryofficer@abdn.ac.uk
- Psychology
  psychologyregistryofficer@abdn.ac.uk
- Social Sciences
  socialscienceregistryofficer@abdn.ac.uk

If your lack of credits is due to non-attendance, you may be required to repay all, or a portion of your Erasmus Mobility Grant.

If the period of study is a compulsory requirement of your degree programme and you do not fulfil the academic requirements you will need to meet with the relevant Registry Officer and discuss the options available to you.

This information is not intended to put you off studying abroad but a reminder that you must take your studies seriously.
HOME TIME

Erasmus+ Paperwork
By now you should be a dab hand at Erasmus+ paperwork! These are the final documents that you must complete and return to the Erasmus Unit at the end of your time abroad.

- **Learning Agreement Section 3**
The final section of your Learning Agreement should be completed by the Erasmus Co-ordinator at your host institution with your exact period of mobility and Table E signed off.

- **European Commission Online Survey**
The European Commission requires ALL students taking part in the Erasmus+ programme to complete an online survey. This is compulsory and a link will be emailed directly to you by the EC towards the end of your stay.

- **University of Aberdeen Feedback Report**
We will provide you with a feedback report template for you to complete, passing on your first-hand info and top tips about your personal experiences abroad to future Aberdeen students (the report can be anonymised if you wish).

Once we have received these documents from you, your final grant allocation will be paid in Pounds Sterling into your UK bank account. This will therefore be after you have returned from abroad.

Remember the final allocation amount may be adjusted if the total duration of your exchange period was shorter than originally expected, as detailed in your Mobility Agreement. If you fail to return all of the required Erasmus+ paperwork you may be invoiced to repay your grant.

**Academic Transcript and Recognition**
In order to have the credits from your time abroad recognised and reflected on your University of Aberdeen record, and to be able to progress into your next semester/year of study as planned, you MUST submit a copy of your official Academic Transcript from exchange to the Erasmus Team **as soon as possible** following your exchange period.

It is YOUR responsibility to provide this information. Some host institutions will issue transcripts automatically, at others you will need to request this. At German institutions it is common for you to have to submit your individual course certificates to the host International Office in order for a transcript to be produced. Please familiarise yourself with the process at your host institution as soon as you can.

Once submitted your Academic Transcript will be reviewed by the University’s Admissions Selector against your Learning Agreement(s). Where there is a credit shortfall, or discrepancy between the courses agreed and those taken, the Admissions Selector will take a decision as to your progression options and this will be communicated to you by the relevant Registry Officer. The credits achieved and required exemptions will be added to your Aberdeen student record in due course by the Registry Officer.

Failure to submit a copy of your transcript will result in the credit being withheld and you will be unable to progress and complete your University of Aberdeen degree programme as planned.

**GRANT CHECKLIST!**
Desperate for your Erasmus cash?! These are the documents we need from you, fully completed and signed, in order to pay the final allocation:

- Erasmus+ Learning Agreement Section 3
- University of Aberdeen Feedback Report
- Confirmation that you have completed the European Commission Online Survey (we can see when this has been submitted via our systems)

Plus don’t forget to do your final OLS assessment if you’re studying in another language!
There are a range of traineeship activities which students may undertake and which they may have successfully applied and secured Erasmus+ funding for. Typical work experience/traineeship activity includes:

- English language assistantships (typically Modern Language students)
- Industrial placements
- Final year projects abroad (typically MChem, Engineering or Medical Science students)
- Summer placements
- Graduate placements

Regardless of traineeship activity type, the administrative steps you need to take and cultural hurdles to overcome will be similar!

**THE BEFORE BITS**

**eRegistration + MyCurriculum**

Students undertaking their Erasmus+ traineeship over the course of their degree programme, or during the summer, must remain a registered student at the University of Aberdeen. It is therefore very important that you have completed eRegistration and MyCurriculum at the beginning of the academic year to ensure that your university email address and student record remain ‘live’.

The Erasmus Team and University of Aberdeen departments will continue to use your university email to contact you while abroad. You must check this account regularly and respond to any communications in a timely manner.

Students undertaking an Erasmus+ traineeship after graduating must ensure that their traineeship will be completed within one year of their graduation date.

**Online Linguistic Support (OLS)**

The OLS system has been introduced to support students going abroad to learn and improve their knowledge of the host country’s language. The assessments and courses are currently available in Bulgarian, Croatian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Italian, Polish, Portuguese, Romanian, Slovakian, Spanish and Swedish.

If your main language of work while on Erasmus will not be English, you must sit a compulsory online language assessment before and after the mobility period. You will receive a link to the online assessment and instructions from the European Commission, and will have one month to submit the assessment. You will also have access to the supporting course while on mobility, should you wish to use it.

For students undertaking their work in English, the language assessment and course is optional but a brilliant resource to support you in learning a little of the host language. In order to use the OLS system you must be sent a licence by the Erasmus Team. Please get in touch to request one.

**Erasmus+ Paperwork**

The Erasmus Team at Aberdeen oversees the programme within the charter regulations issued by the European Commission. While the paperwork you will be required to fill out may feel tedious at times, it is ESSENTIAL. Without it we cannot pay you the Erasmus Mobility Grant.

The following documents must be completed fully and returned to the Erasmus Unit PRIOR to beginning your traineeship. A scanned copy of all paperwork is acceptable, and we encourage you to keep original copies together in a safe place.

- **Training Agreement Section 1**
  Before your traineeship, a personalised Training Agreement will be issued to you via email. You must complete Section 1 in full, detailing the traineeship programme you will be undertaking at the host institution, discussing this with your placement supervisor if necessary. You should then have Section 1 signed by your Go Abroad Tutor(s) in Aberdeen and the host institution before returning it to the Erasmus Unit.

- **Mobility Agreement**
  You will be asked to notify the Erasmus Unit of the start and end dates of your traineeship which are used to issue your personalised Mobility Agreement. The Agreement will detail the maximum grant amount you can expect to receive. You must read your Mobility Agreement thoroughly, complete your bank details and sign to confirm your understanding, before returning it to the Erasmus Unit.
I’VE ARRIVED!

It’s a good idea to arrive a few days before your traineeship begins to settle into your new accommodation and familiarise yourself with the transport links between your accommodation and workplace.

Many host supervisors will organise some sort of induction or orientation for you as a new start. Students on the British Council’s ELA programme will receive a summer pack with country-specific information relating to their placement and will attend an induction meeting in the host country which is a great opportunity to meet fellow Language Assistants in the area.

Erasmus+ Paperwork

One of your first priorities on arrival should be your Erasmus paperwork. Once this is out of the way you can get on with having a good time!

- **Confirmation of Arrival**
  Prior to beginning your traineeship this form will be emailed to you. Present the form to your host supervisor for signature, complete the address section with your new details and return to the Erasmus Unit.

- **Training Agreement Section 2**
  If you find that the nature and responsibilities of your traineeship have changed significantly from what you had expected (i.e. if the purpose or title of your research project has had to change due to staff turnover), then you should contact your Go Abroad Tutor in Aberdeen to discuss this with them, and complete Section 2 of the Training Agreement to reflect this. We only require Section 2 if there have been changes to the traineeship programme detailed in Section 1, otherwise this is not relevant and does not need to be completed.

Opening a bank account

You may find it useful to open a bank account while abroad, particularly if you are going to receive a stipend or wage from your host institution. To open a bank account you will most likely need lots of documentation, typically your passport, placement contract and proof of address. You may also need a small deposit. Many European banks will offer incentives for students opening a new account but beware of any monthly account fees or overdraft charges.

HOME TIME

**Erasmus+ Paperwork**

By now you should be a dab hand at Erasmus+ paperwork! These are the final documents that you must complete and return to the Erasmus Unit at the end of your time abroad.

- **Training Agreement Section 3**
  The final section of your Training Agreement should be completed by your supervisor at the host institution with your exact traineeship dates and evaluation.

- **European Commission Online Survey**
  The European Commission requires ALL students taking part in the Erasmus+ programme to complete an online survey. This is compulsory and a link will be emailed directly to you by the EC towards the end of your stay.

- **University of Aberdeen Feedback Report**
  We will provide you with a feedback report template for you to complete, passing on your first-hand info and top tips about your personal experiences abroad to future Aberdeen students (the report can be anonymised if you wish).

Once we have received these documents from you, your final grant allocation will be paid in Pounds Sterling into your UK bank account. This will therefore be after you have returned from abroad. Remember the final allocation amount may be adjusted if the total duration of your traineeship was shorter than originally expected, as detailed in your Mobility Agreement.

If you fail to return all of the required Erasmus+ paperwork you will be invoiced to repay your grant.

**GRANT CHECKLIST!**

Desperate for your Erasmus cash?! These are the documents we need from you, fully completed and signed, in order to pay the **first** allocation:

- Erasmus+ Mobility Agreement
- Erasmus+ Training Agreement Section 1
- Confirmation of Arrival

Plus don’t forget to do your OLS assessment if you’re studying in another language!

**GRANT CHECKLIST!**

Desperate for your Erasmus cash?! These are the documents we need from you, fully completed and signed, in order to pay the **final** allocation:

- Erasmus+ Training Agreement Section 3
- University of Aberdeen Feedback Report
- Confirmation that you have completed the European Commission Online Survey (we can see when this has been submitted via our systems)

Plus don’t forget to do your final OLS assessment if you’re working in another language!

**Academic Recognition**

On return of your Training Agreement Section 3, students who have undertaken a traineeship during their degree programme or in the summer, will have the details added to their University of Aberdeen student record for inclusion in the final graduating transcript.
**Time Flies When You’re Having Fun!**

**“Besides meeting lots of new friends, I experienced dog sledding, snowmobiles, reindeers, frozen eyelashes at -30 degrees and I have visited 7 new countries during the one-year stay!”**

Tomas Zilavy, Economics+Management
Umea University

**“Don’t forget to wear suncream, especially in the hot season! I experienced a lot of great things and made some wonderful friends.”**

Lauren Dorward, French+Hispanic Studies
University of La Reunion

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**Safety + Security**

As is always the case when travelling or living somewhere new, matters of safety and security are of utmost importance. Be aware of your surroundings, apply common sense and avoid unnecessary risks.

If you find yourself in serious difficulty during your stay, the Consulate has a mandate to help British citizens abroad. They will be able to offer advice and, if appropriate, refer you to the relevant authorities. The Consulate can issue an emergency passport or contact relatives if you find yourself in a serious situation. The Foreign and Commonwealth Office has a useful [website](#).

**Culture Shock**

The first few weeks abroad can be overwhelming and it’s normal to feel a range of emotions – excitement, anxiety, exhaustion – you won’t be the only one feeling this way! To overcome this get out and explore, smile at locals and say yes to every invitation!

**Keep in touch!**

We love to hear from you, whether you are having a blast or encountering issues, you can get in touch with the Erasmus Team, your Go Abroad Tutor or the Student Support service at any time.

Like our Erasmus Facebook page to keep up-to-date with news and events and join our specific group for [Outgoing Erasmus Students 18/19](#) to contact fellow students. And share your photos on Instagram with the hashtag #abdngoabroad

In the event of an emergency or crisis situation you can contact the University’s 24 hour emergency line on +44 (0)1224 237027. Calls can be made reverse charge.
The ‘Post-Erasmus Blues’

Returning to Aberdeen after a period of time abroad is relatively straightforward in terms of practicalities, but it can leave you suffering the ‘Post-Erasmus Blues’. Luckily there are a number of activities you can get involved with to beat the symptoms!

Re-registration and Returners event
For students with outstanding paperwork from their exchange, we hold drop-in sessions during the first weeks of semester where you can meet with a member of the Erasmus Team to go through this. There is also an informal returners event with refreshments where you can share your experiences with fellow students and the team (in case your flatmates or family are bored of hearing your tales by now!).

Go Abroad Ambassador Team
As a returning student you are the ‘guru’ of all things Erasmus and in an ideal position to promote the opportunity to other students and encourage them to get involved! Each year we recruit returning students to our team of Go Abroad Ambassadors to do just this, in an official capacity. Go Abroad Ambassador is a paid position with full training given, and responsibilities include running office hours in the International Centre, attending and assisting at promotional events and orientation, delivering presentations and undertaking project work. Vacant positions will be advertised at the end of the academic year with Skype interviews taking place over summer.

International Centre
The University’s International Centre is now located at 110 High Street and co-ordinates and promotes international activities and events across campus all year round. They also employ IC Ambassadors which you may wish to apply for. Pop in to the International Centre to find out more about what’s on and leave details of your Erasmus experience on the map to show others where you’ve been!

Exchange ABDN
Exchange ABDN is an AUSA society aimed at supporting exchange students to integrate into life in Aberdeen, as well as giving Aberdeen students an opportunity to mix with exchange students, practice language skills and potentially meet someone from a partner institution they might study at one day! The group co-ordinate a buddy programme and organise social events throughout semester. More information and how to get involved here.

Go Abroad: Employability Workshop
Congratulations! Research has shown that your time abroad will boost your employability upon graduation. The Careers Service at Aberdeen offer an interactive Employability Workshop specifically designed for returning students, to help you identify the skills and attributes you have developed abroad and illustrate how you can showcase these qualities on your CV and at interview. More information about the session will be emailed to you by the Erasmus Unit.
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