



INTERNATIONAL EXCHANGE  
ERASMUS STUDENT NETWORK

# studying and training **ABROAD**

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STUDENT  
guidebook





**Strengthening the  
Training Opportunities  
for International Youth**



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Studying and Training Abroad: Student Guidebook

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## DEAR STUDENT

Taking part in an **Erasmus exchange** can be one of the greatest experiences in a student's academic career. Erasmus is an academic exchange that offers a great added value to your curriculum. **It complements the academic knowledge gained with opportunities for personal development and helps students to acquire skills needed for today's job market.** That's not all! Erasmus also means discovering and exploring new cultures, meeting new people, learning new languages and travelling. If you have friends that are former Erasmus students, you have probably heard about how great of an experience a period abroad during your studies can be and what it can give in return.

Going abroad for a period of your studies might seem scary at first. The fears of getting lost in bureaucratic processes or not being able to obtain the full academic recognition are some of the main reasons why students don't go abroad. **The Erasmus+ programme offers a wide range of different possibilities to go abroad**, whether it is for one semester, two semesters, a traineeship, volunteering or a full degree. However, having knowledge of all these possibilities may be difficult. This is why we have prepared this short guidebook for you!

The Student Guidebook is a brief, yet comprehensive compendium, showing you the recognition process, step-by-step. It will explain you the different opportunities and give you guidance on what and when you need to prepare before, during and after your mobility period. Moreover, it will explain your rights and obligations as an Erasmus student and help you ensure that you make the most out of your Erasmus experience!

**Enjoy the reading,**

**Safi Sabuni,**  
President, Erasmus Student Network AISBL 2015-16

