ERASMUS+

Let the journey begin!

Varnavas Mytileneos
ERASMUS+ Program Coordinator

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WHAT IS ERASMUS+

*"A lifetime experience
with a profound impact"*

The Erasmus+ program is the European
Union's funded Program, which enables
students and graduates to carry out
mobility for studies or traineeship,
receiving funding for living expenses,
food and travel.

PROGRAM OBJECTIVES

Studying

- Teaching in international classrooms

- Learning new teaching methods

- CV Enrichment

- Getting to know new people and cultures

Traineeship

- Helping students and graduates adapt to the EU labor market conditions

- Enabling students and graduates to develop specific skills, including language skills, and improve their understanding of the economic and social development of each country in the context of gaining professional experience.

- Contributing to the development of well-educated, open-minded, internationally experienced future professionals

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ELIGIBLE MOBILITIES

Studying

❖ Study mobility takes place at one of the partner universities of your program of study.

Learn more
https://www.frederick.ac.cy/en/mobility-for-studies

Traineeship

❖ Placements take place in EU countries participating in the program, in companies, training centers, research centers, universities and other organizations other than EU institutions or embassies of the student's countries.

❖ Mobility for graduates is valid for up to 12 months exactly from the end of their mobility studies up to one year if no other period of mobility has preceded during the studies through the ERASMUS+ program.

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FINANCING YOUR MOBILITY

Group 1 /
high cost of living
€674 per month

Denmark, Finland,
Iceland, Ireland,
Luxembourg, Sweden,
Liechtenstein, Norway

Group 2 /
moderate cost of living
€606 per month

France, Italy, Austria, Belgium,
Serbia, Germany, Greece,
Spain, Malta, Netherlands,
Portugal

Group 3 / *low cost of living*
€550 per month

Bulgaria, Czech Republic, Estonia, Croatia, Latvia, Lithuania,
Hungary, Poland, Romania, Slovakia, Republic of Macedonia,
Slovenia, Turkey

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FINANCING YOUR MOBILITY

Travel Expenses

Distance amount	
> 500 - 1999 km _____	**€275**
> 2000 – 2999 km _____	**€360**
> 3000 – 3999 km _____	**€530**

* Funding for travel expenses is **only** eligible for **students departing from Cyprus**

1st instalment: 80% before the beginning of mobility

2nd installment: 20% upon completion of the mobility and sending the required documents

* For **internship** and **graduate** mobilities**,** the amounts increase by **150 euros**

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OPPORTUNITIES FOR ALL

People with disabilities

People with low
socio-economic backgrounds

People with immigrant/refugee
background

* Funding is increased by €250 or based on actual costs

Corresponding supporting documents are **required**
Learn more here

In particular:

- with physical, mental and mental disabilities
- with physical and mental health issues
- with a low socio -economic background
- with an immigrant/refugee background
- political refugee students/graduates
- who are children of single-parent or large-child families of low socio-economic background
- who are parents themselves and belong to the category of people with a low socio-economic background
- coming from rural, deprived, remote and critical areas
- who come from dysfunctional families (e.g. with drug addict parents, monitored by the Welfare Office, etc.)
- students/graduates with Learning Difficulties (e.g. Dyslexia, Dysgraphia, Dyspraxia etc.)

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DEADLINES

> Studies

During Spring Semester
31 October

During Winter Semester
15 March

> Practical Exercise

During Summer or Graduates
30 April

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CONTACT DETAILS

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https://www.frederick.ac.cy/en/frederick-life/go-abroad

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