



Department of International & Public Relations

# Erasmus Programme

Erasmus+ is a European educational programme that enables undergraduate, postgraduate, and doctoral students to carry out part of their studies in a European Higher Education Institution without paying tuition fees, or to complete a traineeship in a company, training centre, research centre, or other organisation, with full academic recognition.





# **Call Summary**

## The call is available at:

https://www.uoc.gr/intrel/students/spoydes-student/erasmus/prokiryksi-kinitikotitas

- Application deadline: 15 December 2025
- Deadline for finding a traineeship host: 27 February 2026
- If no host is found by that date, the application is cancelled.
- If you expect to graduate soon, indicate this in the application.
- All mobilities must be completed by 31 July 2027.





# **Eligibility Requirements**

- You must be enrolled as an undergraduate, postgraduate, or PhD student.
- Recent graduates may participate within one year of graduation, if approved before completing studies.
- You must have completed at least the first year of studies.
- You must meet both the Erasmus+ and departmental requirements.(Contact your departmental Erasmus Coordinator <a href="https://www.uoc.gr/intrel/epikoinwnia-menu">https://www.uoc.gr/intrel/epikoinwnia-menu</a>)
- Applications: <a href="https://erasmus.uoc.gr/">https://erasmus.uoc.gr/</a>





# **Choosing a Host Institution or Organisation**

#### For studies:

Check the list of partner universities and language of instruction.

https://www.uoc.gr/intrel/tmima-diethnwn-sxesewn/synergazomena-idrymata

Contact the Erasmus academic coordinators of your department.

https://www.uoc.gr/intrel/epikoinwnia-menu

## For traineeships:

• Consult available resources and your department.

https://www.uoc.gr/intrel/students/praktiki/erasmus/prokiryksi-kinitikotitas-7

• Contact academic coordinators.

https://www.uoc.gr/intrel/epikoinwnia-menu

- Discuss with your professors.
- Review experiences of previous Erasmus students.

## **Duration – Funding**

- Traineeship <u>minimum</u> duration: 2 months (+2 travel days) Funding for 4 months, with the possibility of two months extension
- Studies duration: one semester
- Short-term mobility: 5–30 days physical + virtual component
- Funding: 450–550€/month for studies, 600–700€/month for traineeships
- Extra 250€/month for students with fewer opportunities; full coverage for students with disabilities.

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## **Funding for Studies**

#### **KA131**

The amount of the student's monthly grant for studies abroad is determined according to the host country as follows:

Country Groups | Countries | Monthly Grant Amount (€ / month)

### Group 1 — Countries with high cost of living - Monthly Grant: €550

#### **Countries:**

Austria, Belgium, France, Germany, Denmark, Ireland, Iceland, Italy, Netherlands, Liechtenstein, Luxembourg, Norway, Sweden, Finland.

Third Countries not associated with the Programme from

Regions 13 (Andorra, Monaco, San Marino, Vatican City) & 14 (Faroe Islands, Switzerland, United Kingdom)

### Group 2 — Countries with medium cost of living - Monthly Grant: €500

#### **Countries:**

Greece, Estonia, Spain, Cyprus, Latvia, Malta, Portugal, Slovakia, Slovenia, Czech Republic.

## **Group 3 — Countries with low cost of living - Monthly Grant: €450**

#### **Countries:**

North Macedonia, Bulgaria, Croatia, Lithuania, Hungary, Poland, Romania, Serbia, Turkey.

## **Funding for Traineeships**

**KA131 – Monthly Grant Amount for Studies Abroad (Updated Amounts)** 

The amount of the student's monthly grant for studies abroad is determined according to the host country as follows:

### Group 1 — Countries with high cost of living - Monthly Grant: €700

#### **Countries:**

Austria, Belgium, France, Germany, Denmark, Ireland, Iceland, Italy, Netherlands, Liechtenstein, Luxembourg, Norway, Sweden, Finland.

Third Countries not associated with the Programme from:

Regions 13 (Andorra, Monaco, San Marino, Vatican City) & 14 (Faroe Islands, Switzerland, United Kingdom)

### Group 2 — Countries with medium cost of living - Monthly Grant: €650

#### **Countries:**

Greece, Estonia, Spain, Cyprus, Latvia, Malta, Portugal, Slovakia, Slovenia, Czech Republic.

### **Group 3 — Countries with low cost of living - Monthly Grant: €600**

#### **Countries:**

North Macedonia, Bulgaria, Croatia, Lithuania, Hungary, Poland, Romania, Serbia, Turkey.

## **Useful Links...**

Cost of living per city: <a href="https://www.numbeo.com/cost-of-living/">https://www.numbeo.com/cost-of-living/</a>

Facebook group with Erasmus student experiences.

https://www.facebook.com/groups/2069463463353183

Career & traineeship support:

career-uoc@uoc.gr | https://career.uoc.gr/

# After Your Application is Approved...

• You will receive an email with required documents and instructions.

Additional guidance will follow for the completion of forms.

We are available to support you throughout the process.





## **Contact Us!!**

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