



PAVOL JOZEF ŠAFÁRIK  
UNIVERSITY  
IN KOŠICE



Catalogue of  
**STUDENT MOBILITY  
OPTIONS**

within the Erasmus+ programme

2024  
/ 2025

This catalogue for students was prepared by the **International Relations Office of UPJŠ**.

In case of questions, feel free to contact your Erasmus coordinator or the International Relations Office of UPJŠ.

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# 01 STUDY

**Study stay abroad  
at a higher education  
partner institution**

# LONG-TERM MOBILITY

## Who can participate in the mobility?

All duly enrolled full-time and part-time students from their 1st year of study can participate.

## Where can I travel to?

You can travel to our **partner institutions**. The list is available here:  
→ [www.intranet.upjs.sk/op/op.Public.php?documentid=8790](http://www.intranet.upjs.sk/op/op.Public.php?documentid=8790)

## When will the mobility take place?

The mobility will take place in the second semester of 2024/2025.

## What is the length of the mobility?

Mobilita musí mať trvanie **od 2 do 12 mesiacov**.

## What is the total time I can spend at mobilities?

You can spend **12 months per a study cycle** (24 months in case of long cycle studies).

**All types of physical mobilities**, including graduate traineeships, count towards the total number of months.

## What conditions must be fulfilled?

**A minimum of 20 credits per semester** must be obtained during long-term mobility for the purpose of study (this obligation does not apply to PhD students).

## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

## Is this type available to recent graduates?

No.

## Financial Support

Target Country	Monthly grant
Austria, Belgium, Denmark, Finland, France, Germany, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Netherlands, Norway, Sweden	€674
Cyprus, Czech Republic, Estonia, Greece, Latvia, Malta, Portugal, Slovenia, Spain	€606
Bulgaria, Croatia, Hungary, Lithuania, Poland, Romania, North Macedonia, Serbia, Turkey	€550

### Is the full duration covered financially?

Yes, the full duration is financed without limitations.

### Apart from the grant, can I get something extra?

**Students with fewer opportunities** can receive an additional contribution above the level of study grants in the amount of **€250 per month**. More information about contributions beyond the basic grant is available here:

→ [www.upjs.sk/erasmus/prispevky/](http://www.upjs.sk/erasmus/prispevky/)

# Travel expenses support

Travel distance	Standard Travel - amount*	Green Travel - amount*
10 - 99 km	€28	€56
100 - 499 km	€211	€285
500 - 1 999 km	€309	€417
2 000 - 2 999 km	€395	€535
3 000 - 3 999 km	€580	€785
4 000 - 7 999 km	€1 188	€1 188
8 000 km and more	€1 735	€1 735

The amount represents an allowance for travel **to and from the place of activity**.

**Green travel** refers to the following modes of transport: bicycle, bus, carpooling and train. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.

# BLENDED INTENSIVE PROGRAMME (BIP)

## Can I participate in BIP?

BIP is open to all duly enrolled students, full-time and part-time, from 1st year onwards, who have been **nominated by their faculty**. The target group is determined by the BIP organizers.

## What is the implementation period?

BIP must be implemented until 31.7.2025.

## Where can I travel to within BIP?

It is only possible to travel to a university with an Erasmus charter, or to the place where a specific ZIP is organised. UPJŠ must have an inter-institutional agreement with the BIP organiser for the specific BIP.

## What is the duration of a BIP?

BIP consists of a mandatory virtual element and physical mobility, which can last from 5 to 30 days. The length of the mobility is set by the BIP organiser.

## What is the total time I can spend at mobilities?

You can spend **12 months per a study cycle** (24 months in case of long cycle studies).

**All types of physical mobilities**, including graduate traineeships, count towards the total number of months.

## What conditions must be fulfilled?

You need to earn **at least 3 credits** from the BIP.



## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

## Financial Support

Day 1 - 14	Day 14 - 30
€79 per day	€56 per day

## Is the full duration covered financially?

Yes, the full length of physical mobility is funded, including travel days, regardless of the country of destination.

## Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for a **one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
- **Mobility participants with fewer opportunities** are entitled to a one-time contribution above the basic rate in the amount of €100.
- **Participants with fewer opportunities** can be granted support for travel expenses. The expenses are covered by a special scale of fixed amounts. The distance bands are available **at page 29**.
- More information on financial support for students with fewer opportunities are available here:  
→ [www.upjs.sk/en/erasmus/top-ups/](http://www.upjs.sk/en/erasmus/top-ups/)

## Are BIPs available to recent graduates?

No.

# SHORT-TERM PHD MOBILITY

## Who can participate in the mobility?

Mobility is available to both full-time and part-time PhD students.

## Where can I travel to?

You can travel to our **partner institutions**. The list is available here:

→ [www.intranet.upjs.sk/op/op.Public.php?documentid=8790](http://www.intranet.upjs.sk/op/op.Public.php?documentid=8790)

## What is the implementation period?

The mobility must be implemented by 31.7.2025

## What is the duration of a single mobility?

The mobility duration can last **from 5 to 30 days**.

## What is the total time I can spend at mobilities?

You can spend **12 months per a study cycle** (24 months in case of long cycle studies).

**All types of physical mobilities**, including graduate traineeships, count towards the total number of months.

## Is there a minimum amount of credits that must be earned at the mobility?

No.

## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

# Financial support

All programme countries

€79 per day

## Is the full duration covered financially?

Only maximum of 10 days of activity and 2 days of travel are funded.

## Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for **a one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
- **Mobility participants with fewer opportunities** are entitled to a one-time contribution above the basic rate in the amount of €100.
- **Participants with fewer opportunities** can be granted support for travel expenses. The expenses are covered by a special scale of fixed amounts. The distance bands are available **at page 29**.
- More information on financial support for students with fewer opportunities are available here:  
→ [www.upjs.sk/en/erasmus/top-ups/](http://www.upjs.sk/en/erasmus/top-ups/)

## Is the mobility available to recent graduates?

No.

## Rules and funding

- For the period of 01.08.2024 – 31.07.2025, the university will allocate funds for **1 mobility per each PhD study programme**, which can be implemented either as a study or as a traineeship.
- Every short-term mobility must meet the criterion of minimal duration (min. 5 days).
- The university will provide a grant to the participant of a short-term mobility up to a **maximum amount covering 10 days of physical mobility abroad**.
- Short-term mobility participants have the opportunity to implement mobilities whose duration is longer than the allocated financial support. In this case the so called **combined grant** is applied, i.e. with financial support from Erasmus+ resources combined with a period with zero grant.
- One travel day before the first day of activity abroad and/or one travel day following the last day of activity abroad is added to the mobility period. These days are included in the calculation of individual support according to the scheme of **5 to 10 days of activity + 2 days of travel**.
- PhD students can implement **one mobility** with a duration of 5-10 days in the current Erasmus+ call period.

# SHORT-TERM BLENDED MOBILITY FOR I AND II CYCLE STUDENTS

## Who can participate in the mobility?

Mobility is available to **doctoral** (MUDr./MDDr.), **bachelor** (Bc.) and **master degree students** (Mgr.).

## Where can I travel to?

You can travel to our **partner institutions**. The list is available here:  
→ [www.intranet.upjs.sk/op/op.Public.php?documentid=8790](http://www.intranet.upjs.sk/op/op.Public.php?documentid=8790)

## What is the implementation period?

The mobility must be implemented by 31.7.2025.

## Kolko času môžem stráviť na mobilitách dokopy?

Na mobilitách môžete stráviť dokopy **12 mesiacov za jeden stupeň štúdia** (v prípade spojeného 1. a 2. stupňa štúdia je to 24 mesiacov). Do celkového počtu mesiacov sa započítavajú **všetky druhy fyzických mobilít** vrátane absolventskej stáže.

## What is the duration of a single mobility?

Mobility duration can range **from 5 to 30 days**.

## What conditions must be fulfilled?

Mobility must include a **mandatory virtual element** and a minimum of **3 credits** must be earned.

## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

## Financial support

All programme countries

€79 per day

## Is the full duration covered financially?

Only maximum of 10 days of activity and 2 days of travel are funded.

## Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for a **one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
- **Mobility participants with fewer opportunities** are entitled to a one-time contribution above the basic rate in the amount of €100.
- **Participants with fewer opportunities** can be granted support for travel expenses. The expenses are covered by a special scale of fixed amounts. The distance bands are available **at page 29**.
- More information on financial support for students with fewer opportunities are available here:  
→ [www.upjs.sk/en/erasmus/top-ups/](http://www.upjs.sk/en/erasmus/top-ups/)

## Is the mobility available to recent graduates?

No.

## Rules and funding

- A short-term blended mobility consists of a **short-term physical mobility** (study or traineeship) of students abroad (in a programme country) **with a min. duration of 5 days and of a mandatory virtual element**, while the volume, method and time of realization of the virtual part are freely adjustable.
- The implementation of the virtual element will be **ensured by the sending faculty/department/institute in cooperation with the receiving institution**. The sending faculty/department/institute is responsible for and confirms the quality of the implemented virtual activity.
- The short-term blended mobility is intended for those students who cannot participate in a long-term physical mobility (study or traineeship), e.g. because of their field of study or because they are from a disadvantaged background.
- It is the role of the faculties and the Rectorate to assess the appropriateness of the student mobility choices and to ensure that long-term physical mobilities remain the norm.
- The physical mobility of any short-term blended mobility must meet the criterion of **minimal duration: from 5 to 30 days** (excluding travel time) **and must be combined with an obligatory virtual element**.
- The university will provide the participant of a short-term blended mobility with a **grant up to the amount covering 5 days of physical mobility abroad**.

- Participants of a short-term blended mobility have the opportunity to implement mobilities, the duration of which is longer than the allocated financial support. In this case the so called **combined grant** is applied, i.e. with financial support from Erasmus+ resources combined with a period with zero grant.
- One travel day before the first day of activity abroad and/or one travel day following the last day of activity abroad is added to the mobility period. These days are included in the calculation of individual support according to **the scheme of 5 days of activity + 2 days of travel**.

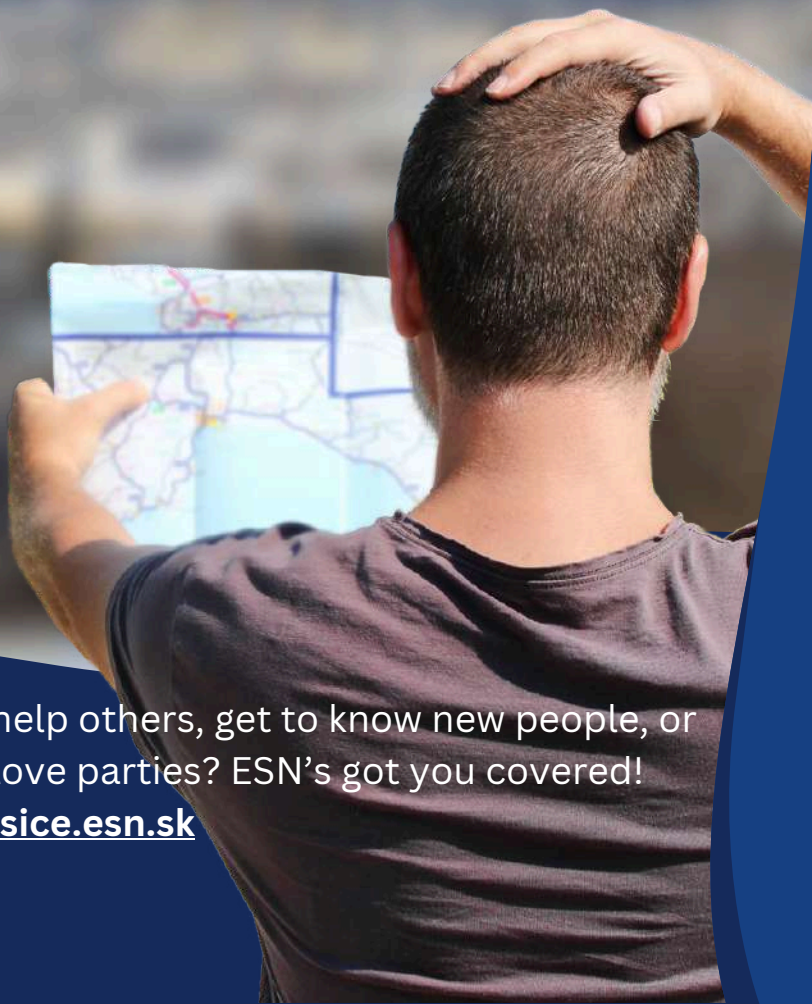
# ERASMUS ALUMNI CLUB

Learn more at [upjs.sk/erasmus/alumni-club](https://upjs.sk/erasmus/alumni-club)





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# TRAINEESHIP

# 02



Traineeship represents the placement of the mobility participant in an organisation located in an Erasmus+ participating country.

The aim of the traineeship is to acquire skills that increase the graduate's competitiveness on the labour market.

# LONG-TERM MOBILITY

## Who can participate in the mobility?

All duly enrolled full-time and part-time students from their 1st year of study and recent graduates can participate.

## Where the traineeship can be implemented?

- Traineeship can be implemented in public and private **companies** and **organisations** abroad, regardless of their size, operating in the labour market or in the fields of education, training, research and innovation.
- An enterprise includes a **higher education institution** with ECHE or an **embassy**.
- You can also take part in a traineeship **to improve your digital skills**.

## What is the implementation period?

The mobility must be implemented by 30.6.2025.

## What is the duration of the traineeship?

The duration can range **from 2 to 12 months**.

## Kolko času môžem stráviť na mobilitách dokopy?

Na mobilitách môžete stráviť dokopy **12 mesiacov za jeden stupeň štúdia** (v prípade spojeného 1. a 2. stupňa štúdia je to 24 mesiacov). Do celkového počtu mesiacov sa započítavajú **všetky druhy fyzických mobilít** vrátane absolventskej stáže.

## Are there any conditions?

The traineeship must be akin to full-time employment in the target country.

## Are traineeships available to recent graduates?

Yes, the selection process must take place during the final year of studies and the traineeship must be completed within 12 months of graduation (i.e. after final exams).

## Can I earn credits during a traineeship?

- Yes, it is possible to earn credits for an traineeship. Credit recognition must be requested upon return according to the procedures of the individual faculties.
- **If you do not get credits** at the faculty level, please, inform us and we will award you with 3 credits for the Erasmus+ placement at university level after the mobility.
- **Graduates do not earn credits** as they do not have student status.

## Is the full duration of a traineeship covered financially?

For students, funding is unlimited and the total duration of the traineeship is funded.

For graduate traineeships, only the first two months are funded.



## Financial Support

Target country	Monthly grant
Denmark, Finland, Ireland, Iceland, Liechtenstein, Luxembourg, Norway, Sweden, Belgium, Cyprus, France, Greece, the Netherlands, Malta, Germany, Portugal, Austria, Spain, Italy	€824
Bulgaria, Croatia, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Slovenia, Poland, Romania, North Macedonia, Serbia, Turkey	€756

### Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for a **one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
- **Mobility participants with fewer opportunities** are entitled to a one-time contribution above the basic rate in the amount of €100.
- **Participants with fewer opportunities** can be granted support for travel expenses. The expenses are covered by a special scale of fixed amounts. The distance bands are available **at page 29**.
- More information on financial support for students with fewer opportunities are available here:  
→ [www.upjs.sk/en/erasmus/top-ups/](http://www.upjs.sk/en/erasmus/top-ups/)

## SHORT-TERM PHD MOBILITY

### Who can participate in the mobility?

Mobility is available to both full-time and part-time PhD students.

### What is the duration of a single mobility?

The mobility duration can last **from 5 to 30 days**.

### Where the traineeship can be implemented?

- Traineeship can be implemented in public and private **companies** and **organisations** abroad, regardless of their size, operating in the labour market or in the fields of education, training, research and innovation.
- An enterprise includes a **higher education institution** with ECHE or an **embassy**.
- You can also take part in a traineeship **to improve your digital skills**.

### What is the implementation period?

The mobility must be implemented by 31.7.2025

### What is the total time I can spend at mobilities?

You can spend **12 months per a study cycle** (24 months in case of long cycle studies).

**All types of physical mobilities**, including graduate traineeships, count towards the total number of months.

### Is there a minimum amount of credits that must be earned at the mobility?

No.

## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

## Financial support

All programme countries

**€79 per day**

## Is the full duration covered financially?

Only maximum of 10 days of activity and 2 days of travel are funded.

## Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for **a one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
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## Is the mobility available to recent graduates?

No.



## Rules and funding

- For the period of 01.08.2024 – 31.07.2025, the university will allocate funds for **1 mobility per each PhD study programme**, which can be implemented either as a study or as a traineeship.
- Every short-term mobility must meet the criterion of minimal duration (min. 5 days).
- The university will provide a grant to the participant of a short-term mobility up to a **maximum amount covering 10 days of physical mobility abroad**.
- Short-term mobility participants have the opportunity to implement mobilities whose duration is longer than the allocated financial support. In this case the so called **combined grant** is applied, i.e. with financial support from Erasmus+ resources combined with a period with zero grant.
- One travel day before the first day of activity abroad and/or one travel day following the last day of activity abroad is added to the mobility period. These days are included in the calculation of individual support according to the scheme of **5 to 10 days of activity + 2 days of travel**.
- PhD students can implement **one mobility** with a duration of 5-10 days in the current Erasmus+ call period.



# SHORT-TERM BLENDED MOBILITY OF I AND II CYCLE STUDENTS

## Who can participate in the mobility?

Mobility is available to **doctoral** (MUDr./MDDr.), **bachelor** (Bc.) and **master degree students** (Mgr.).

## Where the traineeship can be implemented?

- Traineeship can be implemented in public and private **companies** and **organisations** abroad, regardless of their size, operating in the labour market or in the fields of education, training, research and innovation.
- An enterprise includes a **higher education institution** with ECHE or an **embassy**.
- You can also take part in a traineeship **to improve your digital skills**.

## What is the implementation period?

The mobility must be implemented by 31.7.2025.

## What is the duration of a single mobility?

Mobility duration can range **from 5 to 30 days**.

## What is the total time I can spend at mobilities?

You can spend **12 months per a study cycle** (24 months in case of long cycle studies).

**All types of physical mobilities**, including graduate traineeships, count towards the total number of months.

## What conditions must be fulfilled?

Mobility must include a **mandatory virtual element** and a minimum of **3 credits** must be earned.

## Will the credits be recognized upon my return?

**Yes, all earned credits will be recognized.** Upon your return, you will need to apply for credit recognition according to faculty procedures.

## Financial support

All programme countries

**€79 per day**

## Is the full duration covered financially?

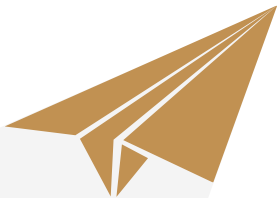
Only maximum of 10 days of activity and 2 days of travel are funded.

## Apart from the grant, can I get something extra?

- In case you choose a **green mode of transport** (train, bus, carpooling, bicycle), you are eligible for **a one-time contribution of €50**. Green travel allowance is eligible if the mobility participant has used a sustainable mode of transport for the majority of the journey.
- **Mobility participants with fewer opportunities** are entitled to a one-time contribution above the basic rate in the amount of €100.
- **Participants with fewer opportunities** can be granted support for travel expenses. The expenses are covered by a special scale of fixed amounts. The distance bands are available **at page 29**.
- More information on financial support for students with fewer opportunities are available here:  
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## Is the mobility available to recent graduates?

No.



## Rules and funding

- A short-term blended mobility consists of a **short-term physical mobility** (study or traineeship) of students abroad (in a programme country) **with a min. duration of 5 days and of a mandatory virtual element**, while the volume, method and time of realization of the virtual part are freely adjustable.
- The implementation of the virtual element will be **ensured by the sending faculty/department/institute in cooperation with the receiving institution**. The sending faculty/department/institute is responsible for and confirms the quality of the implemented virtual activity.
- The short-term blended mobility is intended for those students who cannot participate in a long-term physical mobility (study or traineeship), e.g. because of their field of study or because they are from a disadvantaged background.
- It is the role of the faculties and the Rectorate to assess the appropriateness of the student mobility choices and to ensure that long-term physical mobilities remain the norm.
- The physical mobility of any short-term blended mobility must meet the criterion of **minimal duration: from 5 to 30 days** (excluding travel time) **and must be combined with an obligatory virtual element**.
- The university will provide the participant of a short-term blended mobility with a **grant up to the amount covering 5 days of physical mobility abroad**.

*To be continued on the next page*

- Participants of a short-term blended mobility have the opportunity to implement mobilities, the duration of which is longer than the allocated financial support. In this case the so called **combined grant** is applied, i.e. with financial support from Erasmus+ resources combined with a period with zero grant.
- One travel day before the first day of activity abroad and/or one travel day following the last day of activity abroad is added to the mobility period. These days are included in the calculation of individual support according to **the scheme of 5 days of activity + 2 days of travel**.



## Searching for a traineeship?

Check out traineeship offers at our website:

[www.upjs.sk/en/internship-offers/](http://www.upjs.sk/en/internship-offers/)

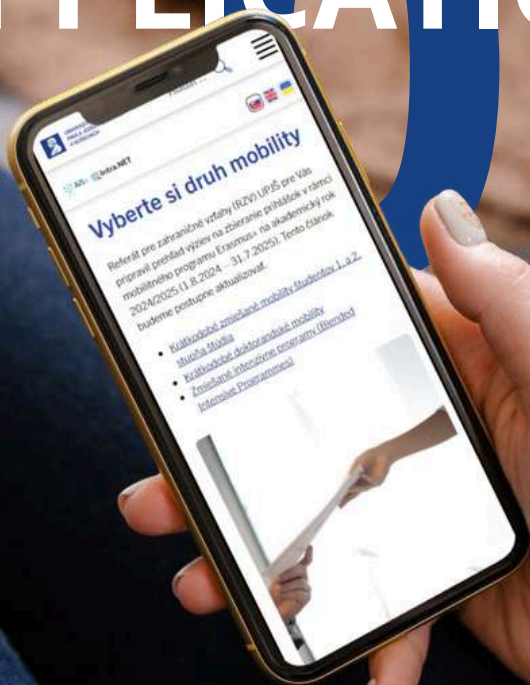
# TRAVEL SUPPORT FOR PARTICIPANTS WITH FEWER OPPORTUNITIES

**Participants with fewer opportunities** may be granted support for travel costs. Travel costs are covered by a specific range of fixed amounts according to distance bands applicable to the whole programme:

Travel distance	Standard travel	Green travel
10 - 99 km	€23	
100 - 499 km	€180	€210
500 - 1 999 km	€275	€320
2 000 - 2 999 km	€360	€410
3 000 - 3 999 km	€530	€610
4 000 - 7 999 km	€820	
8 000 km and more	€1 500	

**Other participants in short-term mobilities are not entitled to support for travel costs.**

# DEADLINES FOR APPLICATIONS



**A/ Long-Term Mobility - Study:** until 07.10.2024

**B/ Long-Term Mobility - Traineeship:**

	Proposed deadline for the submission of applications at the individual faculties/departments/institutes*:	Earliest possible start date:
1st stage	07.10.2024	21.10.2024
2nd stage	10.02.2025	24.02.2025

**C/ Blended Intensive Programme:**

	Proposed deadline for the submission of applications at the individual faculties/departments/institutes*:	Earliest possible start date:
1st stage	10.06.2024	01.08.2024
2nd stage	07.10.2024	21.10.2024
3rd stage	10.02.2025	24.04.2025
4th stage	05.05.2025	19.05.2025

**IMPORTANT**

\*The dates and conditions of the call and selection will be specified by the faculties/institutes/departments. For more information, please contact your faculty / department / institute coordinator:

→ [www.upjs.sk/en/erasmus/coordinators/](http://www.upjs.sk/en/erasmus/coordinators/)



### D/ Short-Term PhD Mobility - Study and Traineeship

	<b>Proposed deadline for the submission of applications at the individual faculties/departments/institutes*:</b>	<b>Earliest possible start date:</b>
1st stage	10.06.2024	01.08.2024
2nd stage	07.10.2024	21.10.2024
3rd stage	10.02.2025	24.02.2025
4th stage	05.05.2025	19.05.2025

### E/ Short-Term Blended Mobilities of I and II Cycle Students - Study and Traineeship:

	<b>Proposed deadline for the submission of applications at the individual faculties/departments/institutes*:</b>	<b>Earliest possible start date:</b>
1st stage	10.06.2024	01.08.2024
2nd stage	07.10.2024	21.10.2024
3rd stage	10.02.2025	24.02.2025
4th stage	05.05.2025	19.05.2025





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## MANAGE YOUR MOBILITY COMFORTABLY WITH YOUR SMARTPHONE!

The Erasmus+ App is available in all languages of the EU, and it allows you to manage your Learning Agreement.

Furthermore, you can find there practical information from every-day life shared by other mobility participants. The app is available for Android and iOS.

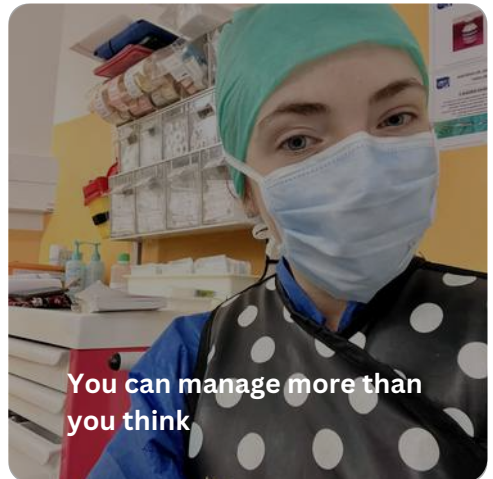
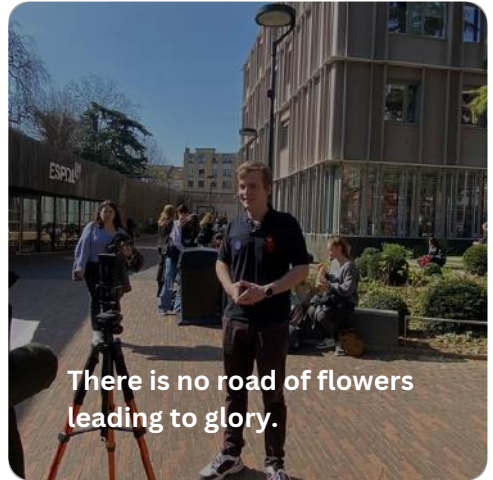
**What are you waiting for?**



# SHARE

your mobility story  
with us and send it  
alongside photos to  
[zahrodd@upjs.sk](mailto:zahrodd@upjs.sk).

Stories are available at  
[www.upjs.sk/en/tag/mobility-story/](http://www.upjs.sk/en/tag/mobility-story/).





[www.upjs.sk/en/erasmus](http://www.upjs.sk/en/erasmus)



[www.upjs.sk/en/student-mobilities](http://www.upjs.sk/en/student-mobilities)