



# Nordplus/Nordlys

# Possibilities for funding for short exchanges within the Nordic countries



Reykjavik, Island. Bild: Maria Fredlund



# Mobility in the Nordic countries Activities eligible for Nordplus funding

# Mittuniversitetet MID SWEDEN UNIVERSITY

### **Examples:**

- Visit a university in the Nordlys network or an organization/company to do work related to your course or thesis: do interviews, data collection, field work, site visits in the area, etc!
- Do a short internship at an organization/company/university in a Nordic country
- Do a study visit along with 2-3 classmates (teachers/lecturers can receive funding to join, too!)



Linnea Nordgren, exchange at UiT, Tromsö, 2024

## **Funding information-**

# Participants receive a travel grant plus accommodation/board grant



#### **Travel rates 2025**

Denmark, Norway, Finland, Aland: 330 EUR

Faroe Islands and Iceland: 660 EUR

Greenland: 1300 EUR

### **Accommodation/Board (students)**

Express mobility- 5 working days minimum: 50 EUR/day. 250 EUR/1st week, 100 EUR 2nd and 3rd week.

Short term mobility- 20 EUR/day, 70 EUR/week, 250 EUR/month

#### **Examples student grants:**

- 1 week express mobility (7 days total), the grant is 250 EUR plus travel grant
- 10 day express mobility, the grant is 250 EUR+ 150 EUR plus travel grant
- 5 week mobility: the grant is 250 EUR +
   70 EUR= 320 EUR plus travel grant

#### **Teacher grants**

Travel grant + daily rate 100 EUR, week 500 EUR. Example 7 day (5 working days) teacher mobility= 500+ travel grant



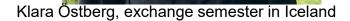
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# How to apply

### 1. Find host organization

You need to have a host organization/company/university and a contact person there. You also need to have a contact person at MIUN who can confirm the relevance of your mobility.

- 2. Contact IRO for the application forms- to be submitted before the mobility!
  - 1. Nordplus form (short info, personal data, dates, bank account)
  - 2. Learning agreement or training agreement with contents of the mobilityplanned activities, knowledge/skills to be acquired, monitoring & evaluation plan. Information if the mobility is for credit or not. To be signed by student and both contact persons.
  - 3. Payment of the grant to student
- 3. Final report submitted by student (not mandatory for Express mobility)







Contact us for more information: Maria Fredlund: <a href="mailto:outgoingstudents@miun.se">outgoingstudents@miun.se</a>

Please note that availability of funding may differ between academic years.



Photos: Linneá Nordgren during her exchange in Tromsö, Norway, 2024.