

# 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

#### 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, Tromsø, 2024

# Funding information-

## Participants receive a travel grant plus accommodation/board grant

### Travel rates 2025

Denmark, Norway, Finland, Åland: 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



## 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 mobility-planned 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)



Klara Östberg, exchange semester in Iceland

Contact us for more information: Maria Fredlund: [outgoingstudents@miun.se](mailto:outgoingstudents@miun.se)

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



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