

International Experience
Week 2026

University-wide Exchange & Scholarships session

International Relations Department



Universiteit
Leiden
The Netherlands

Welcome to this session!



Practical and
essential study
abroad
information



Expert
speakers share
tips and tricks



Ask questions,
share thoughts,
and spark ideas



Avoid using
your phone



Please do not
leave the room
during a
session

Scholarships

Team Scholarships

September 2026



**Universiteit
Leiden**
The Netherlands

Costs

It is expensive to study abroad.

The amount of money you will need depends on:



Destination



Tuition fees abroad



Visa and residence permit costs



Rent and living costs



Health and travel insurance



Vaccinations



Travel costs (to your destination and domestic travel costs)



Ongoing expenses in the Netherlands



<https://www.student.universiteitleiden.nl/en/extra-study-activities/studying-abroad/financial-matters>

Budget tools

WilWeg

Advice and guidance for drawing up a budget

Search engine for scholarship opportunities

<https://www.wilweg.nl/financien>

Numbeo

Largest cost of living database

Compare cost of living for different cities all over the world

<https://www.numbeo.com/cost-of-living/comparison.jsp>



Applying for a scholarship

- Things to keep in mind

- For many scholarships: demand exceeds supply
- Lengthy process: allow enough time for your search and application(s)
- Check and plan: eligibility requirements, administrative procedures and deadlines differ per scholarship
- Awarded amounts might vary per application round
- Apply for as many scholarships as possible that match your profile



Finding scholarship opportunities

Check the following information sources:



- Leiden University's [scholarships website](#) (EN) / [beurzenwebsite](#) (NL)
- [Leids Universiteits Fonds](#) (LUF)
- Your faculty, department or study programme at Leiden University
- Your host university or organisation
- National organisation for education in your country of destination:
 - United Kingdom: [British Council](#)
 - Germany: [German Academic Exchange Service](#) (DAAD)
 - Canada: [Education in Canada](#)
 - United States: [Fulbright.nl](#)



Use the scholarship search engines:

- [Beursopener](#)
- [Scholarship portal](#)

Scholarship application procedure



Make sure you meet **all** eligibility criteria.



Check your application for possible (spelling) mistakes.



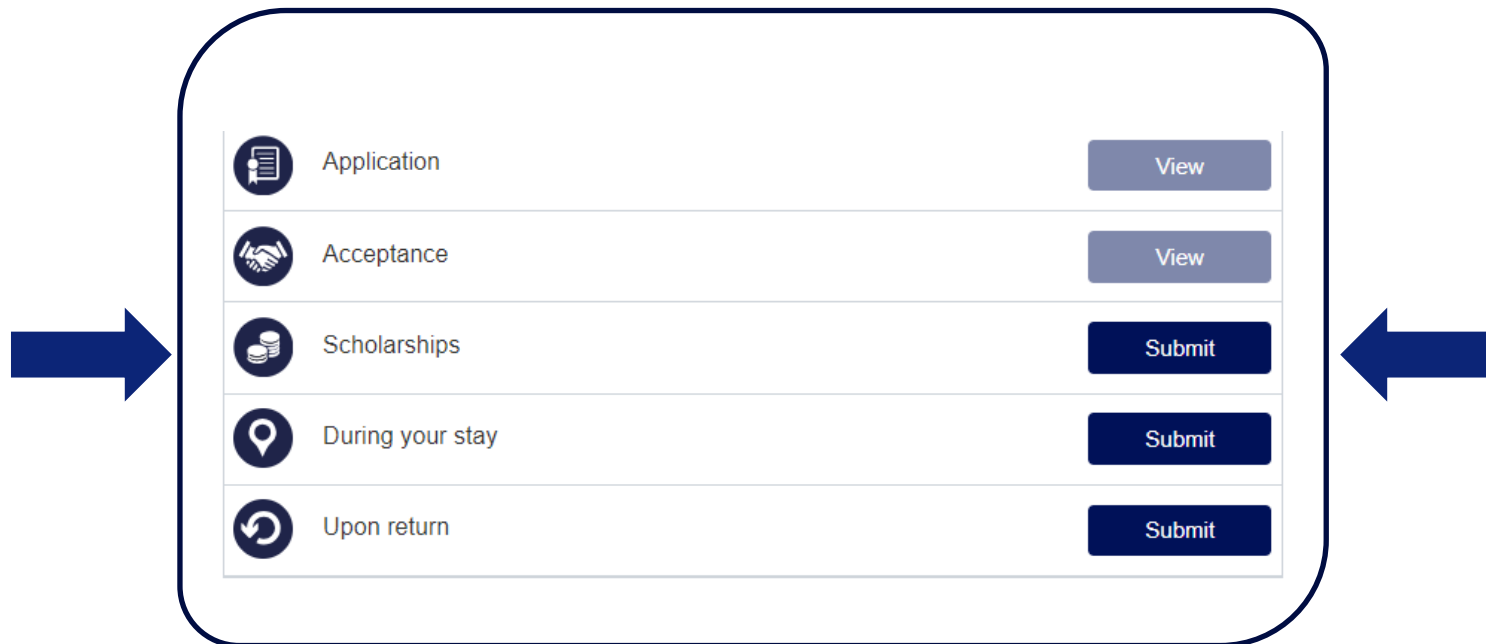
Make sure your application is **complete**.



Submit your application **on time: deadlines** are **strict**.

Scholarship applications via uSis

- Applications for most Leiden University-managed scholarships are processed through the online student portal (uSis).
- You can find possible scholarships within your study abroad application (via 'Scholarship tile').
- Follow the instructions in uSis carefully.



Leiden University scholarships options



Within Europe

- **Erasmus+ for Studies** (between € 330 and € 390 per month)
- **Erasmus+ for Traineeships** (between € 480 and € 540 per month)



Additional financial support available for:



Travel: if you travel green you receive a higher travel allowance



Students with a diagnosed medical condition: € 250 per month



Students with a DUO supplementary grant: € 250 per month



! *The awarded amount depends on the duration of your stay and the country of destination. Amounts vary per year and a restriction of the duration of your grant may apply.*



**Funded by
the European Union**

Leiden University scholarship options



Outside Europe

- **LUSTRA+** (lump sum of € 200 - € 650, depending on the duration of your stay)
- **NL Scholarship** (lump sum of € 2.500)



Note: LU scholarships are not intended to cover all costs of your stay abroad
→ they are a **contribution** towards your expenses



<https://www.student.universiteitleiden.nl/en/scholarships>

- ! Amounts may vary per year. Always check the webpage of the relevant scholarship for the most recent information.

Other sources of finance



Rent out your room via [Housing Anywhere](#)



If applicable:

- Contact **DUO** to continue receiving Dutch student finance
- Financial compensation for [student travel pass](#) (OV-kaart)

More information about finances



Stichting **SHout!**

Information Point for young people about finances

“Do you have financial questions, struggle with finances, or maybe even experience financial stress? Contact us for support and advice.”

Travel Sustainably if possible

Look for travel options well in advance for cheaper options for travel by train or bus.

Carbon Footprint

Curious to know what the difference in carbon footprint is between different modes of transport? To calculate this, several websites are available. For instance, try

<https://ecotree.green/en/calculate-flight-co2> or <https://www.carbonfootprint.com/>

Example: Return trip Schiphol – Barcelona:

 Plane: 472 kg CO₂

 Train: 3 kg CO₂

 Bus: 4 kg CO₂



Emitting 472 kg of CO₂ is comparable to powering the lights of the Eiffel Tower for a full week.

It is also roughly the equivalent to doing 562 loads of washing.



Travel Sustainably if possible

Leiden University Green Office offers **tips and advice**

<https://www.universiteitleiden.nl/en/green-office/projects/sustainable-travel>

Apps which can help find travel options



Trainline

Omnio

Rome2rio



If travel by train or bus is not possible opt for direct flights and carbon offsetting.

Go2RAIL - To find travel buddies

<https://www.go2rail.eu/>



More information

Student & Educational Affairs
International Relations | Team Scholarships



www.universiteitleiden.nl/scholarships
www.universiteitleiden.nl/studiebeurzen



outbound@sea.leidenuniv.nl



University-wide Exchange

Team Scholarships

September 2026



**Universiteit
Leiden**
The Netherlands

1. Why go abroad?

- Personal development
(independence, flexibility, adaptability)
- Social skills (friendships, intercultural skills)
- Experience different learning practices
- Improve language skills
- Expand your academic network
- Enhance your future employability



21st century skills

2. Two types of exchange

- **Faculty exchange**

- Managed by **faculty's** international office
- Open to students from faculty/study programme only
- Usually for your specific field of study
- Within Europe (Erasmus+)
- Sometimes outside of Europe
- Various application deadlines

Contact

[International coordinator](#) of
your own faculty or programme.

- **University-wide exchange**

- Managed by central International Relations Office (IR) of Student and Educational Affairs (SEA)
- Generally open to all students
- Possible to study outside your field of study at different faculties
- Outside of Europe, with some specific Una Europa option(s)
- ISEP programme
- Application deadline is 1 December for Fall and Spring

Contact

[International Relations Office](#)
Student and Educational Affairs

3. Requirements

- Minimum GPA of 7.00 (for ISEP 6.50)
- GPA is calculated to two decimal places
- Minimum 60 ECTS
- Mandatory kick-off session first week of February 2027

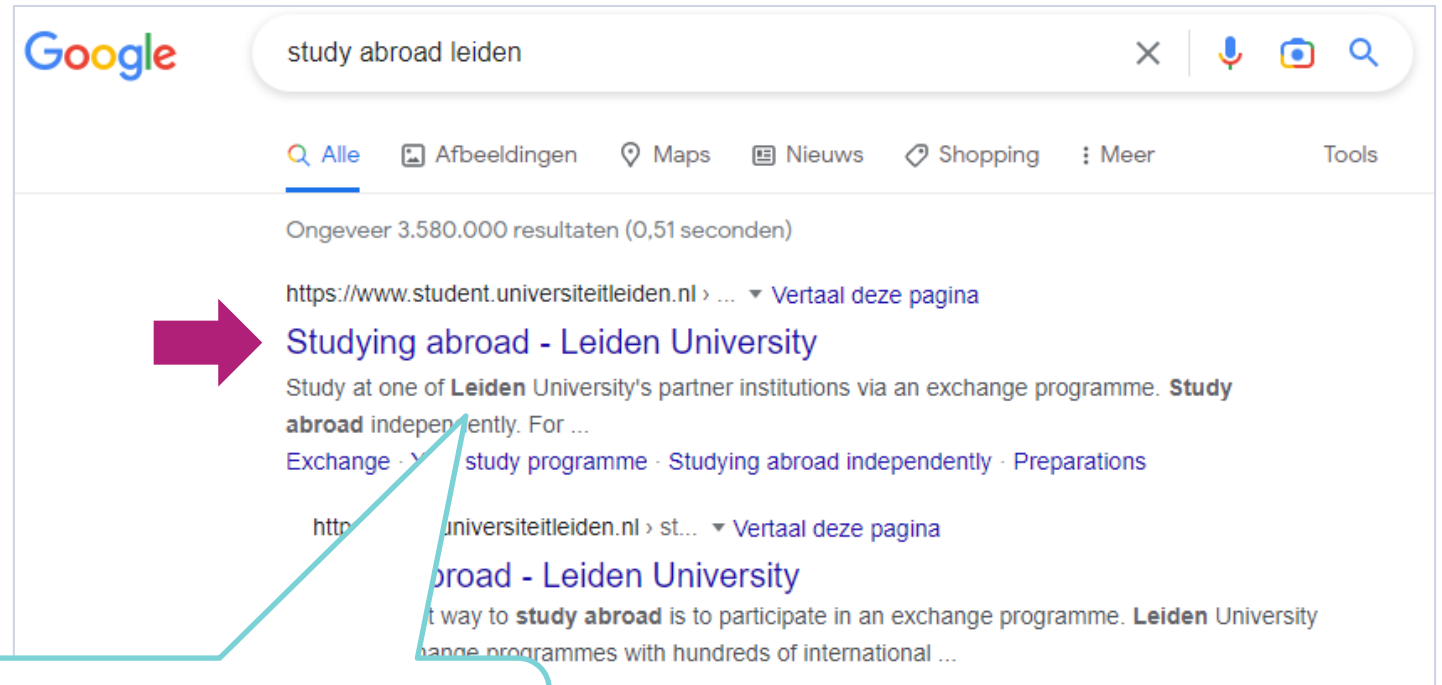


4. Start your orientation

❖ Study abroad website

Student website

> Studying abroad



student.universiteitleiden.nl/en

4. Start your orientation

❖ World map worldmap.universiteitleiden.nl

Study Abroad World Map

American University in Cairo

American University, Washington, D.C.

Ashoka University

Australian National University

Benemérita Universidad Autónoma de Puebla

Chinese University of Hong Kong

City University of Hong Kong

Dalhousie University

Doshisha University

El Colegio de México

Gyeongsang National University

Hankuk University of Foreign Studies

Hitotsubashi University

Before starting your search, click on the ? (top right of screen) for instructions on how to search for suitable destinations.

Faculty

FSW - Cultural Anthropology and Development S

Mobility Programme

University-wide Exchange

Country

Reset Filters

Level

Language of Instruction

Partner University

+

-

5,000 mi

5,000 km

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4. Start your orientation

❖ World map

Study Abroad World Map

American University in Cairo

American University, Washington, D.C.

Ashoka University

Australian National University

Benemérita Universidad Autónoma de Puebla

Chinese University of Hong Kong

City University of Hong Kong

Dalhousie University

Doshisha University

El Colegio de México

Gyeongsang National University

Hankuk University of Foreign Studies

Hitotsubashi University

Kobe University

Kobe, Japan

[Partner website](#)

Agreement Name Bilateral-JP KOBE01-LEI-UNI_WIDE

Exchange Programme University wide

Level Bachelor/Master

Semester Fall or spring

LU Application Deadline 1 December

Chance of placement **Medium**

▼ Intended for students from

- Faculty of Archaeology
- FSW - Cultural Anthropology and Development Sociology
- FSW - Education and Child Studies
- Faculty of Governance and Global Affairs
- Faculty of Humanities
- Leiden Law School
- Leiden University Medical Centre
- FSW - Political Science
- FSW - Psychology
- Faculty of Science

Open for the following programmes

Open to all programmes from the involved faculties mentioned above

▼ Fields of Study

Restricted programmes:

- There are no known course restrictions but please make sure be flexible as courses are in high demand at Kobe University.
- Exchange students must choose one faculty/school/GEC that aligns with their major.
- Refer to host university factsheet for further info on restrictions and prerequisites

Student Reports

- More inside information on partner universities.
- Written by returnees.
- <https://studying-abroad-reports.universiteitleiden.nl/>

5. Application

- Deadline for university-wide exchange: **1 December**
- Application through uSis
- Max.10 choices
- Motivation letter --> first 3 choices
- Motivation letter + budget plan --> template online next week
- Mandatory kick off session first week of February
- Placement on lottery basis

Deadline:
1 December
23:59 hrs

6. ISEP as an exchange option

- [US-based organisation with member universities](#)
- Part of the university-wide programme
- Minimum GPA 6.50
- As one of your 10 choices for uni-wide application
- Internal selection → International Relations Office places and nominates you to ISEP
- Placement by ISEP at one of your choices

Deadline:
1 December
23:59 hrs

Payments and legal structure

- Registration fee to ISEP: US \$ 100 non-refundable fee (during online application)
- Placement fee to ISEP: US \$425
 - You need a credit card or you can pay by wire transfer
- Housing and meals to LU: app. €5000 per semester (in June)
- Compulsory ISEP Student Health Insurance: US \$ 108 per month
- All fees are subject to change (definitive fees will be published in October/November)
- ISEP Scholarships

Which destinations are safe?

Check the Ministry of Foreign Affairs travel advice

- Leiden University does not allow travels to **orange** and **red** countries!
- Travel to **green** and **yellow** countries only (Ministry of Foreign Affairs)
- Download the app



Country specific health and safety considerations

- Strict laws (rules on drugs and alcohol)
- Cultural differences
- Climate
- Risk of Tsunami/earthquakes
- Political climate (social unrest)
- Equal treatment of gender identities and sexual orientations (ILGA.org)
- NederlandWereldwijd.nl



7. Your safety abroad

- Mandatory health & safety meetings for everyone going abroad
- Your registration in our exchange system
- Quick outreach in case of crisis situations
- Good contact with our partner institutes



Alternative Study Abroad Opportunities

Short-Term

Flexible regional exchanges

Flexible entry terms and diverse destinations outside traditional bilateral exchanges.



Summer & Winter Schools

Global Academic Courses

Intensive academic programs at top global institutions during university breaks.



International Internships

Global Career Experience

Gain hands-on professional experience abroad, explore jobteaser.com



Volunteering Work

Community Impact

Contribute to meaningful social and environmental projects worldwide.



Una Europa: 11 European universities



Study, gain professional experience, or develop your leadership skills!

Study opportunities

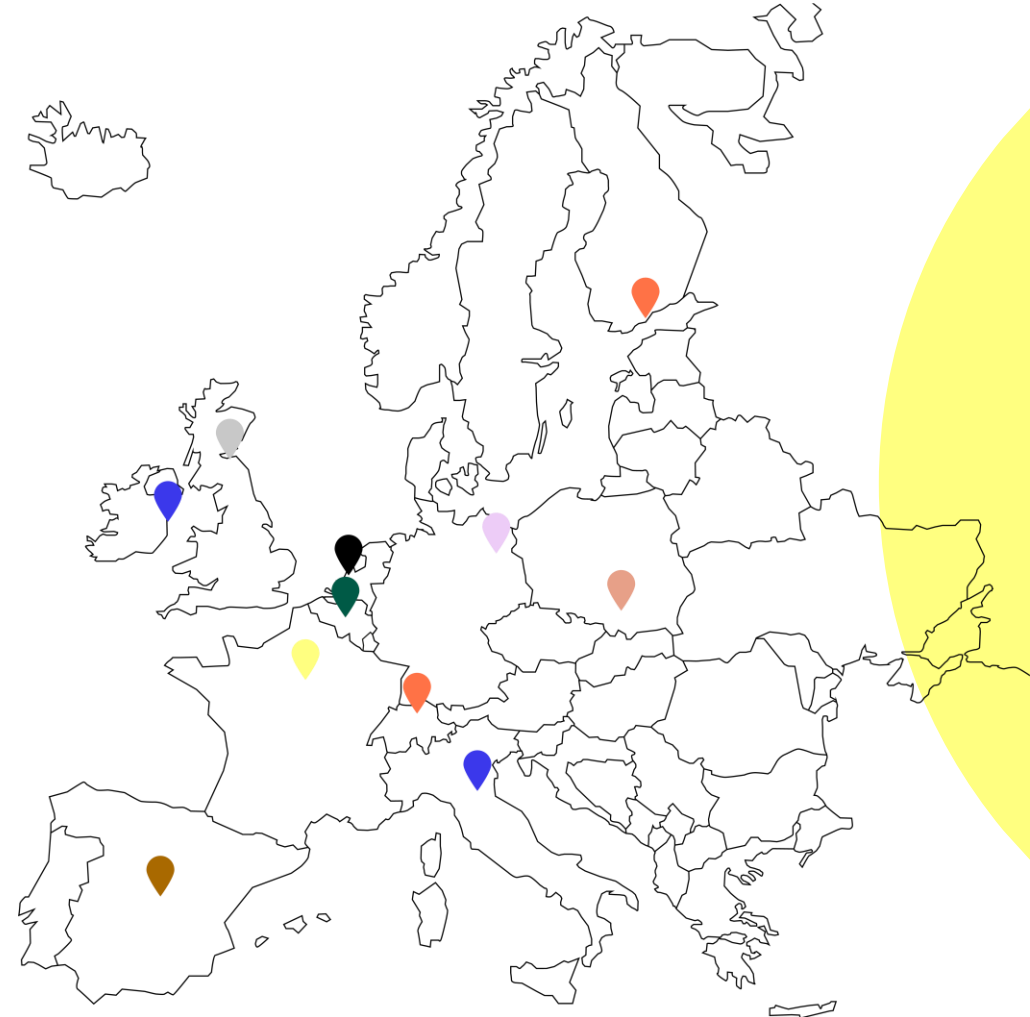
- Summer schools
- Online courses
- Virtual exchanges

Professional experience

- Join our Local Task Force
- Apply for internships
- Participate in programmes

Leadership skills

- Become a Student Board representative
- Present at conferences



Una Europa: current opportunities



Student Board Elections

Want to represent
Leiden University on
the European stage?
Interested in working
with students from
across Europe and
helping shape the
future of higher
education?
Stand for election!



Free Language Classes



Questions?

Your university-wide coordinators:

Charro Kooijman & Fatima al Moufridji
studyabroad@sea.leidenuniv.nl

Open consultation hours:

Tuesday 11:00-14:00 (Plexus, Leiden)

Wednesday 11:00-14:00 (Wijnhaven, The Hague)



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