



Checklist for a stay abroad

Expect to prepare your stay abroad for a year or a year and a half.

Orientation

Choose the country and type of stay abroad: Internship vs. studies (make sure you apply for the right visa type)!

- First point of contact: www.uol.de/en/going-abroad
- [Overview of partner universities worldwide](#)
- Read UOL student testimonials [Semester abroad](#) / [Internship abroad with Erasmus+](#)
- [Studieren Weltweit](#): Students from all over Germany report on their stays abroad during their studies - different countries, stays abroad and main topics e.g. Financing, housing, long-distance relationship

Additional offers for teacher training students: [Internationalising teacher education](#), [International school internships](#)

If necessary, find out about special conditions

e.g. in the case of a disability or a stay abroad with child(ren)

Find out about language requirements

If necessary, take a language course at the [Language Centre](#) or obtain a language certificate

Costs and funding

Find out about amount/payment of tuition fees/internship allowance

Find out about costs of living and accommodation

Find out about funding opportunities: [financing/scholarships](#)

If required: Find out about the possibility of working abroad! Make sure you have the right visa

Application phase for a stay abroad

a) For studying abroad

Select your preferred university and contact the International Office (IO)

Find out about course offerings and admission requirements

Compile documents for the application

See [checklist for a semester abroad with Erasmus+ within Europe](#)

See checklist for a semester abroad outside Europe

If no partner university: Organise your own [stay abroad as a free mover](#)

Find out about credit recognition in the subject/with the examinations office, further information:

www.uol.de/en/students/recognition

b) For an internship abroad

Find an internship: Information on job searches, applications, etc. on the website of the [Central Student and Career Counselling Service](#)

Submit an application for an [Erasmus+](#) or [PROMOS](#) scholarship to the IO (if available)



Web version of the checklist including active links:



Preparing your stay abroad

[Find out about entry and residence conditions](#) (possibly visa)

Accommodation:

- Application for student residences or private accommodation (partly as part of the application to the partner universities)
- Arrange use of your apartment in Germany (sublet, dissolve, let friends take care of it, use the online accommodation exchange of Studierendenwerk, ...)

Find out about insurance (if desired or required)

- Foreign travel health, travel accident, travel cancellation and luggage insurance

Preventive health care

e.g. information on vaccination requirements/ blood group verification

Read [safety instructions for stays abroad](#) of the University of Oldenburg, please register with “[Elefant](#)”

Find out about local payment options from your own bank: credit card, debit card, etc.

[Apply for leave of absence](#) at the University of Oldenburg (Admissions Office), if desired → [Request semester ticket refund via the AStA, if applicable](#)

Arrange outward journey - [find out about promotion of green travel \(Erasmus+ within Europe\)](#)

[Inform IO about your stay abroad](#) (for all self-organised stays abroad)

Maybe participate in intercultural training offered by the IO

Maybe register for a language course (at the host university) / with Erasmus+ for OLS

Maybe apply for an international student card (available from Studierendenwerk Oldenburg, for example)

We wish you a safe journey and a pleasant stay abroad

After your stay abroad

Consult checklists of the funding programmes, if any (e.g. Erasmus)

Have achievements from abroad recognised

Submit your experience report

Take part in [climate protection management survey](#)

Further information

www.uol.de/en/going-abroad

Do you have questions or concerns or are you looking for a contact person? Contact us, we will be happy to advise you:

Office hours at the SSC: On Tuesdays: 14:00 pm – 16:30 pm
On Thursdays: 10:00 am – 12:30 pm

Email: goingabroad@uol.de

Or at our events: International Office advises in Wechloy (once or twice per semester), Study Abroad Fair, International Summer Fest, Erasmus Days etc.

Use „internationalisation at home“ offers

Get in touch with international students in Oldenburg before your stay abroad and learn more about your future host country:

[International Summer Fest](#), [Events in the Intercultural Meeting Place](#), [Buddy Programme](#), [Language Tandem/Language Café](#), [OrientationPLUS/DeutschPLUS](#), [International Student Network Oldenburg](#), [Europe meets School](#)