



**Erasmus for Traineeship & Exchange extra EU,
2° Calls a.y. 2025/2026
Mobility period 10 March 2026- 31 October 2026
Erasmus Office-EO**

Erasmus Traineeship / Exchange Extra EU-2° Call's Schedule

WHAT

Publication of Calls

Applications

Rankings

First admissible start date

Last admissible end date

WHEN

05 December 2025

From 12 January 2026
Until 12 PM of 26 January 2026

By 6 March 2026

From 10 March 2026

31 October 2026

Eligible countries

Erasmus
Traineeship



Denmark, Finland, Ireland, Iceland, Liechtenstein, Luxembourg, Norway, Sweden, Austria, Belgium, Cyprus, France, Germany, Greece, Malta, Netherlands, Portugal, Spain, Bulgaria, Croatia, Estonia, Latvia, Lithuania, Poland, Czech Republic, North Macedonia, Romania, Serbia, Slovakia, Slovenia, Turkey, Hungary.

Exchange
Extra EU



Any other country NOT mentioned above

NOT eligible countries

Countries flagged and advised against by the Ministry of Foreign Affairs
<http://www.viaggiaresecuri.it/home>

Countries of origin and/ or countries of residence of students are not eligible as countries of destination

Programmes ' duration

<i>Erasmus+ Traineeship</i>	<i>Exchange Extra EU</i>
Minimum 2 months abroad (62 days) (Minimum 3 months– 92 days for PhD and Specialization students)	Minimum 1 month (31 days) (Minimum 3 months– 92 days for PhD and Specialization students)
Mobility start date 10 March 2026	
Last date of validity 31 October 2026	
Maximum 12 months for each study cycle (24 months for Single Cycle Degree courses) taking into account previous european mobilities as well in the context of Erasmus for Study/ Traineeship	Maximum 6 months for each Call (extendable up to 31 December 2026 upon prior authorization for thesis research)

Common characteristics of the two mobility programs:

WHO CAN APPLY?

Students

- enrolled full-time within the normal duration of the course of study («in corso»);
- of all levels
 - Bachelor's degrees= Level I
 - Master's degrees and Single-cycle degrees= Level II
 - PhD/ Specialization's School= Level III

Common characteristics for the two mobility programs:

REQUIREMENTS

- ❖ For students enrolled in a Bachelor's degree/Master's degree/single-cycle degree course: all activities carried out during the program must result in the recognition of CFU/ECTS credits in the study plan and not as extra credits (except for post-graduation mobility under the Erasmus Traineeship)
- ❖ For PhD/Specialization's students: the program must last at least 3 continuous months and the approval from the Doctoral Board for the mobility must be obtained before departure
- ❖ For PhD students: the program is part of calculation of the 12 months of mobility (18 months for Co-tutorship) provided for by Regulations of the PhD courses.

Common characteristics of the two mobility programs:

Requirements - NON-EU STUDENTS



IF YOU ARE A NON-EU STUDENT

Your permit of stay (*permesso di soggiorno*)
must be valid for the whole duration of your mobility

- *It is the students' responsibility to obtain the renewal of their residence permit by going to the Police Headquarters (Questura) of their province of residence in due time; the Erasmus Office assumes no responsibility for any delays in the issuance of the residence permit by the competent Questura.*
- *Only students whose residence permit is valid for the entire mobility period will be allowed to depart.*
- *Students must plan a mobility period that does not require suspending the mobility in order to renew their documents.*

Common characteristics of the two mobility programs: DON'Ts during the mobility

During the mobility Erasmus Traineeship/Exchange EXTRA-UE students NOT allowed to:

- move to another University or to a different UniMiB course;
- present their dissertation thesis;
- Take any action that implies the physical presence at UniMiB.

The program must be continuous and not include any suspension, except for those foreseen by the destination (e.g., host institution holiday closures).

Common characteristics of the two mobility programs:

Eligible activities

- Internship in public or private bodies;
- Internship in hospital;
- Internship in a public or private research laboratory;
- Assistantship for future teachers and PhDs;
- Medical and/or Surgical clerkship(s) for the Italian Medical Licensure;
- TPV-Tirocini Pratici Valutativi (Practical Assessment Traineeships) - see following pages).

Common characteristics of the two mobility programs:
Medical and /or Surgical clerkship(s)

- ❑ It is possible to use international mobility programs to carry out Medical and/ or Surgical clerkship (TPV) that qualify for the medical profession.
- ❑ The foreign destination must meet the necessary requirements to be eligible as a TPV location according to Italian regulations .
- ❑ Students wishing to access the programs must first contact the International Mobility Coordinator of the Department, Prof. Ilaria Rivolta.

Common characteristics of the two mobility programs: Practical Evaluation Internship (TPV)- Psychology

- ❑ It is possible to use international mobility programs to carry out the Practical Evaluative Internship (TPV) for the qualification to the profession of Psychologist.
- ❑ Students must first contact the TPV Coordinator of their study course and then the 'Stage Office' in order to establish the agreement with the host institution.
- ❑ **Only after the agreement has been signed** will they be able to apply for the call, by contacting for the signing of the mobility documents Prof. Francesca Foppolo (for students enrolled to Applied Experimental Psychological Sciences-AEPS) and Prof. Silvia Mari (for students enrolled in other Master's degree courses).

Common characteristics of the two mobility programs:

Eligible Institutions

- Universities;
- Public and private companies, including bodies in the field of Education and vocational training;
- CNR, research institutes;
- research laboratories; non-governmental organizations NGO, etc;
- national and local public entities;
- trade unions, chambers of commerce;
- Hospitals.

Common characteristics of the two mobility programs:

FINDING THE HOST ORGANISATION

There are no destinations provided by the call; they must be agreed upon with the coordinators.

You can:

- Find internship offers on the European platform <http://erasmusintern.org/>;
- Find internship offers on the INAPP platform <https://stage4eu.it/>;
- Contact your International Mobility Coordinator and the internship offices of your department;
- Independently search for internship offers by directly contacting organizations/institutions of interest within your field of study.

Common characteristics of the two mobility programs :

Programmes' funding



- Only for the **days actually spent abroad**;
- Only if the mobility results in the recognition of ECTS credits in the study plan (excluding PhD/Specialization students and post-graduation mobility);
- UniMiB allocates mobility grants to all eligible students based on the ranking order, until the budget funds are exhausted.

Focus on PhD/Specialisation's students

- ❑ PhD/Specialisation's students participating in international mobility calls can combine their scholarship with the mobility grant (as well as the PhD's 50% scholarship's increase).
- ❑ PhD/Specialization's students whose grant is funded by EU funds (PON, PNRR) cannot receive the Erasmus+ grant as it is incompatible. However, they may be awarded the portion of the grant funded by the University, until the budget funds are exhausted.



Specific characteristics of the
Erasmus+ for Traineeship a.y.2025/2026

Erasmus+ Traineeship – *Post-graduate* mobility

Post-graduate mobility can be carried out ONLY through the Erasmus Traineeship programme:

- ❑ Application must be submitted before obtaining the degree ;
- ❑ The Traineeship period must be carried out entirely after the degree;
- ❑ The Traineeship period must be completed within one year from graduation (in any case by 31 October 2026).

Erasmus+ Traineeship – NOT eligible activities

- ❑ The Traineeship **CANNOT** be used for research experience unless the research itself is considered a work experience.

Example:

- *for PhD students, research is considered a work experience;*
- *actively participating in research involving fieldwork (such as administering questionnaires, conducting observations, etc.) is considered work experience;*
- ❑ The Traineeship **CANNOT** be used for writing the thesis or taking exams;
- ❑ However, it is allowed to use the results of the traineeship experience as preparatory work for the final examination.

Remember that Erasmus+ for Traineeship must be an experience that is essentially practical and/or work-related!

It is allowed to use the results of the Traineeship experience as preparatory work for the final exam.

Erasmus+ Traineeship – NOT eligible institutions

NOT eligible institutions :

- EU institutions and other EU bodies; (full list here: https://european-union.europa.eu/institutions-law-budget/institutions-and-bodies/search-all-eu-institutions-and-bodies_en?f%5Bo%5D=oe_organisation_title%3Aacer);
- organisations managing EU programmes, such as National Agencies.

Erasmus+ Traineeship's GRANT - 1

The Erasmus+ Traineeship Grant includes: 1. EU Grant, 2. Bicocca's top-up grant

1. EU Grant - fixed monthly amount depending on the host country's cost of living

Gruppo	Paesi	Mensile/3ogg
1 High cost of living	Austria, Belgium, Denmark, Finland, France, Germany, Ireland, Iceland, Liechtenstein, Luxembourg, Netherlands, Norway, Sweden.	€.550,00
2 Medium cost of living	Cyprus, Estonia, Greece, Latvia, Malta, Portugal, Czech Republic, Slovakia, Slovenia, Spain.	€.500,00
3 Low cost of living	Bulgaria, Croatia, Lithuania, North Macedonia, Poland, Romania, Serbia, Turkey, Hungary.	€. 500,00

'Recent graduates' (post-lauream mobilities) will only be entitled to the EU grant, without any supplement from the University

Erasmus+ Traineeship's GRANT - 2

2. Bicocca top-up grant is proportional to the student's economic situation («ISEE»):

ISEE 2025	Monthly amount/30 days
Up to € 13.000,00	€ 500,00
Up to € 21.000,00	€ 450,00
Up to € 26.000,00	€ 400,00
Up to € 30.000,00	€ 350,00
Up to € 40.000,00	€ 300,00
Up to € 50.000,00	€ 250,00
above € 50.000,00 (or no ISEE submission)	-

Those who have not submitted the ISEE 2025 are considered equivalent to students in the income bracket above €50,000.00 and are NOT entitled to the University Supplement.

Travel grant- Erasmus+ Traineeship

Travel grant is a fixed amount calculated based on the distance between the University of Bicocca and the host institution.

The kilometre range is calculated using the UE Distance calculator tool.

Travel support is disbursed automatically together with the advance payment of the scholarship.

Travel distance	Green travel (only train, bus or car-pooling for both departure and return travel)	Non-green travel
10-99 km	€ 56.00	€ 28.00
100-499 km	€ 285.00	€ 211.00
500- 1,999 km	€ 417.00	€ 309.00
2,000- 2,999 km	€ 535.00	€ 395.00
3,000- 3,999 km	€ 785.00	€ 580.00
4,000- 7,999 km	€ 1,188.00	€ 1,188.00
8,000 or more	€ 1,735.00	€ 1,735.00

- Green supplement is recognized to students who have use exclusively the following means of transport: train, bus or car pooling (for both departure and return travel).
- Green supplement will be disbursed once all mobilities a.y.2025/2026 in the framework of this contest have ended upon presentation of the nominative travel documents for departure and return travel.
- Students must submit all required documents by 31 October 2026, via the following form:
<https://forms.gle/4HwMnCfocAmLnfrS6>.



Specific characteristics of the
Exchange Extra EU a.y.2025/2026

Exchange Extra EU – Further eligible activities

- Master thesis / experimental thesis; PhD thesis;
- Taking exams at destinations covered by an **International Cooperation Agreement**, limited to the disciplinary area for which the agreement has been activated and only if explicitly stated in the agreement:
<https://www.unimib.it/internazionalizzazione/iniziativa-internazionali/cooperazione-internazionale/accordi-internazionali>
(This option must be carefully evaluated with the Mobility Coordinator and is allowed only with their authorization.)

Exchange EXTRA-EU Grant - 1

1. Exchange EXTRA-UE Grant

Countries	Monthly amount/30 days
Extra-EU countries	€. 700,00

Common characteristics of the two mobility programs:

Health Bonus

The Governing Bodies have approved funds for the allocation of the Health Bonus, up to €240.00, to eligible students **as a contribution towards the purchase of additional health insurance**, in order to cover potential healthcare needs that may not be included in the European Health Insurance Card (EHIC) services.

The Bonus will be disbursed as a reimbursement at the end of the mobility, upon submission of the Insurance Coverage Certificate and payment receipt.

- The Bonus is conditional upon the actual purchase of the insurance.
- It can be used to purchase a new policy or, if you already have coverage, as a contribution towards the existing policy.

The receipt of the insurance policy and the proof of payment must be submitted by filling out the following form before the start date of the mobility: <https://forms.gle/gg1gmJiKpENjiPBt9>

HOW TO APPLY

Applications at the Segreteria Online will be open
From 12 January until 12 PM of 26 January 2026.

MANDATORY ATTACHMENTS:

- LAT or LAEX (*before the mobility* and *Addendum* sections, duly filled in and signed)
 - As for the TPV in Medicine, use the specific form LAT/LAEX Medical-Surgical Clerkship.
- Approval form (*Modulo di approvazione del progetto di mobilità*)
 - PhD/Specialization's students must use the specific form.
- Upload a valid residence permit (only for non-EU students).

Without the two documents signed by both parties, applications are not valid.

HOW TO APPLY

- Log in to the personal page of the Online Secretariats
- Right menu: "International Mobility > Mobility Calls"

- **FOR THE EXCHANGE EXTRA-EU CALL:** select the mobility area "Accordi Bilaterali" from the dropdown menu
- **FOR THE ERASMUS TRAINEESHIP CALL:** select the mobility area "Exchange Programs" from the dropdown menu
- Select the magnifying glass on the right, next to the row of the call

Bando Traineeship	Stato bando	Stato iscr.	Azioni
✓	🔒	🟢	🔍

- If available, select your destination from the list; if not, enter it with the full address in the designated box at the bottom of the page.
 - Click the 'REGISTER' (ISCRIVI) button
 - Attach the LAT/LAEX and the 'Approval of Mobility Project' form in pdf/a format.
 - Select 'Print registration receipt' (STAMPA RICEVUTA)

Without uploading the documents and printing the receipt, the application is invalid!

Forms and 'Guide to filling out the LAT'

Come candidarsi

Per candidarti al bando Erasmus Traineeship, devi:

1. concordare col tuo **Coordinatore alla mobilità internazionale** il **Learning Agreement for Traineeship-LAT** ossia il programma dello stage/placement da seguire all'estero.
2. ottenere l'autorizzazione alla mobilità dal tuo Coordinatore utilizzando l'apposito **"Modulo di Approvazione del Progetto di Mobilità"**.

Dopo aver ottenuto il LAT e il Modulo di Approvazione del Progetto di Mobilità completi di firme potrai accedere alle **SegreterieOnline** per presentare domanda di candidatura entro il termine riportato nel bando.

Trovi maggiori indicazioni per la presentazione della candidatura nel bando di selezione.

📄 LAT Learning Agreement for Traineeship-con addendum alla sicurezza

📄 Modulo di approvazione del Progetto di Mobilità

📄 Modulo di approvazione del Progetto di Mobilità-dottorandi

📄 Modulo di approvazione del Progetto di Mobilità-specializzandi

📄 Guida alla compilazione del LAT 2_12_22



📄 Creazione file in pdf/a

New web site's section:

Studenti iscritti >

Erasmus e Mobilità Internazionale >

Erasmus Traineeship/ Exchange EXTRA-UE



'Selezione' on the left menu



'Come candidarsi' dropdown menu

Contacts

Bicocca University Angels: info.erasmus@unimib.it

Coordinators for International mobility:

<https://www.unimib.it/internazionalizzazione/docenti-coordinatori-alla-mobilit%C3%A0>

EO Erasmus Office:

Erasmus Traineeship Programme: erasmus.traineeship@unimib.it

Exchange Extra EU Programme: outgoing.extraue@unimib.it