



A semester abroad? Application 2026 /27

Faculty of Science,
Department of Exercise & Health

Hemschemeier, K.
2025 October 28th





Agenda

- 1. The impact of international experience**
- 2. The process and steps of international mobility**
 - a. overreaching administrative fields
 - b. academic aspects (studies and examination)
- 3. Collaboration Partnerships**
- 4. Q & A**

Impact

If not now – than later or in a different way **go** (and study) **abroad!**

01

Getting to know **new people**, a foreign **language** and international **cultures** (in sports)

02

Daily live in different countries, **universities**, and **organizations**

03

future relevant international **topics and fields** in sport science, **content, courses, lectures and activities** in sports



- semester abroad
- internships
- BIPs
- trainees (language courses)
- free moving
- volunteering

Plan your journey individual ... and smart!

01

My individual development?

interests & values
experiences,
competencies & skills
goals
opportunities (timing and financially)

02

My academic career?

undergraduate,
graduate, PhD
Job, internship,
qualification and
certificates

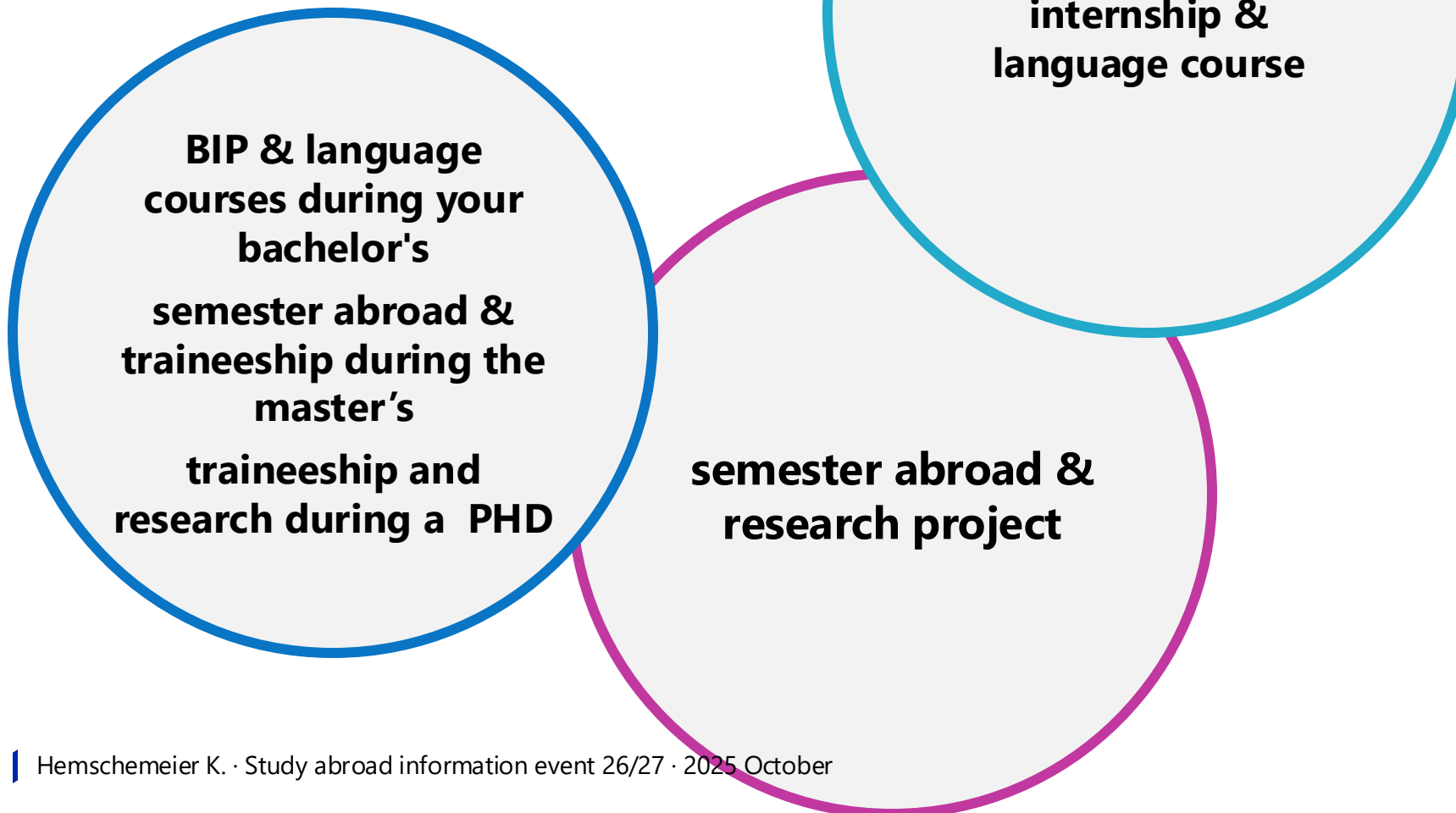
03

My personal opportunities?

stage and
circumstances of life
friend's, family
costs

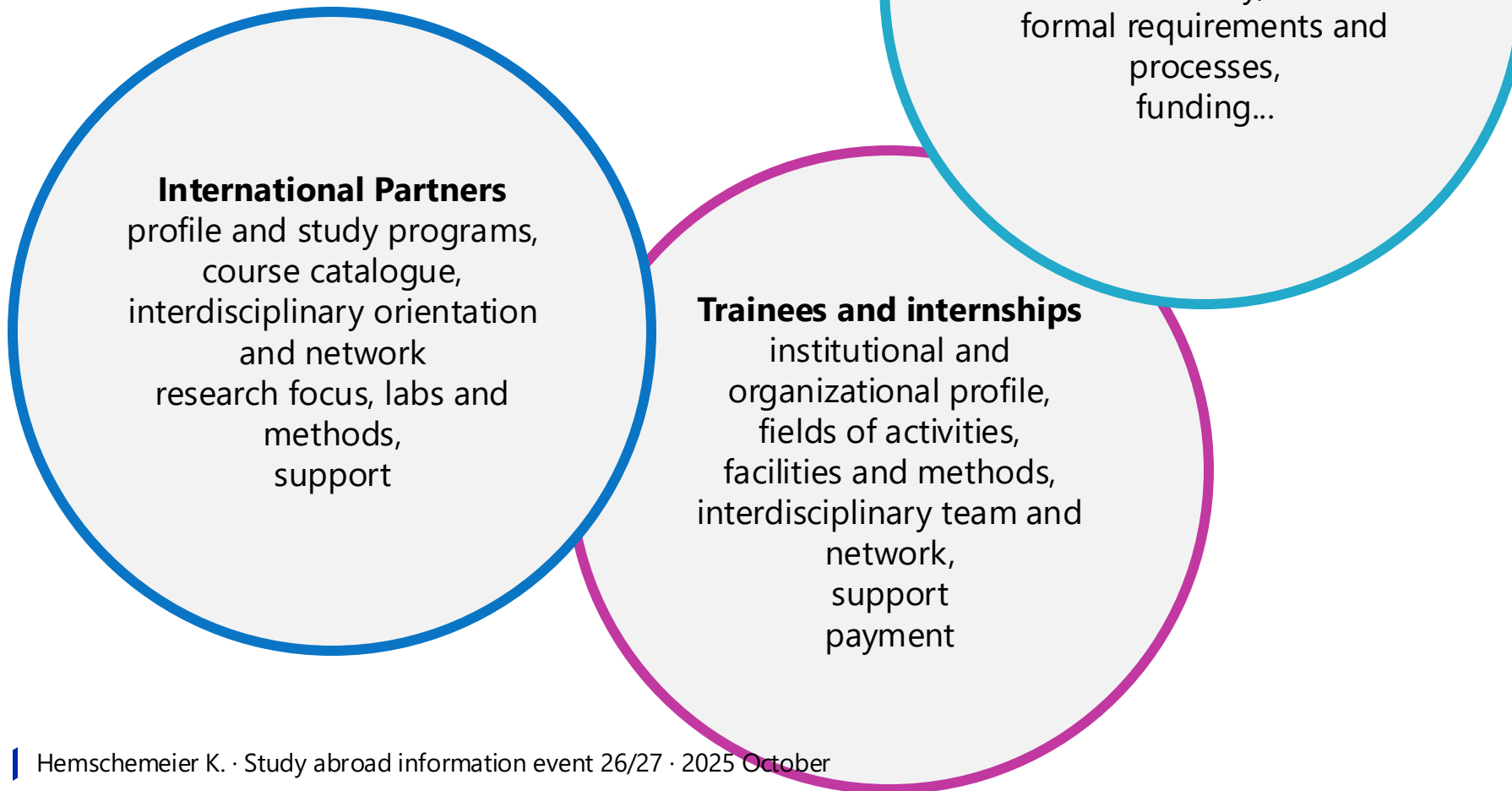
semester abroad
trainees (internships)
BIPs
language courses
free moving
volunteering

Combine individual and smart!



academic pathway
career
**individual
development**

Combine individual and smart!



academic pathway
career
individual
development

A semester abroad: Process and Steps

A semester abroad: Deadline for applications



UNIVERSITÄT PADERBORN

Jetzt bewerben für 2026/2027!

Mein Auslandssemester

Bewerbungsfrist 1	Bewerbungsfrist 2
06.10.2025 – 26.11.2025	15.04.2026 – 27.05.2026
Für das WiSe 2026/27 und SoSe 2027 – Europa (inkl. Erasmus+) & Weltweit	Für das SoSe 2027 – Europa (inkl. Erasmus+) & Weltweit – nur Restplätze

Alle Partnerhochschulen, Antworten auf viele Fragen und den Link zum Bewerbungsformular finden Sie auf unserer Homepage. Besuchen Sie auch unsere Info-Events.

Das International Office freut sich auf Ihre Bewerbung!

Alle Informationen zu den Info-Events und die Kontaktdaten Ihrer Ansprechpartnerinnen Mareike Schwirtz und Eva Walczak finden Sie unter go.upb.de/outgoingberatung

Scan me!





Information, support and experience

International Office @ UPB (application, funding, reporting)

- Europe & ERASMUS+: Mrs. Walczak
- Worldwide & DAAD: Mrs. Schwirtz

Coordination @ Department of Exercise & Health (academic support)

- overall departmental coordination: K. Hemschemeier
- program coordination:
Dr. Reinecke (ANSE), Dr. Kukuk (BGM), Dr Kämpfe & Dr. Teubert (BEd & MEd), K. Hemschemeier (BA)
SpÖk >> Faculty of Business Administration and Economics
- recognition procedure: coordinators and lecturers in the modules
- Experiences and reports: former students



Your path to and during a semester abroad

1

Inform & get an overview (student)

- ✓ check your options and application deadlines (2025 November 26th 12 am)
- ✓ visit information events and counselling sessions of UPBs International Office (IO)
- ✓ check departmental Collaborations via mobility online
- ✓ precheck universities websites, course catalogues, ...

2

Application (student & IO)

- ✓ centrally organized in UPBs IO
- ✓ divided in European and Worldwide programs



Your path to and during a semester abroad

3

Selection procedure (Departmental Coordinator)

- ✓ gets the applications from the IO after the deadline
- ✓ invites applicants to selection interviews (2026 January)
- ✓ conducts interviews with the applicants
- ✓ forwards results to IO (ranked matches of applicants & partners)

4

Nomination (IO)

- ✓ IO: Information for students/applicants (Acceptance/Rejection)
- ✓ Students: Accept or Decline
- ✓ IO: In Case of Nomination and Acceptance you will be nominated



Your path to and during a semester abroad

5

Recognition of performance and credits (Departmental Coordinator, module coordinator)

- ✓ lead students step by step to the learning agreement (before, during, after)
- ✓ check application for credit transfer
- ✓ forward final recognition & grade conversation to examination office (LA and ToR)



Interviews: topics & criteria

1. Motivation and state of preparation

- academic & subject-specific
- country & culture

2. academic and individual state of the art and planning

- semester, modules, lectures and exams (at UPB and abroad)
- cross-disciplinary skills (language, statistics, research, thesis, communication, ...)
- personal development (engagement or volunteering, methods and skills, intercultural values and goals)



Interviews: topics & criteria

3. Collaboration Partner

- selection and ranking of your host universities (matching/fitting of study program, courses, research and educational methods and focus ...)

4. further planning

- schedule, study plan & Learning Agreement (State of the Art)
- language certificates, requirements funding, barriers, general organization (visa, travelling,

Interviews: Departmental Goals

Vision:

Offering increasing global experiences and mobility for all interested students.

Mission:

Support students finding their path, not just the experienced and best.

Approach:

Discuss options and find the best fit for more students.





(digital) Learning Agreement: Preparation

Host universities: courses & modules

- note your selection & copy the description
- pre-think a matching to modules / lectures of your study program (*lectures, content, learning outcomes, exams, workload*)
- check administration deadlines at your host university



(digital) Learning Agreement: Credit Recognition

Procedure of credit recognition

- **In advance:**
 - ✓ The only way to get credits from abroad recognized at UPB is to conclude a Learning Agreement "before" (*only use the Paderborn University's Learning Agreement forms: ERASMUS+ Dashboard digital, worldwide PDF-sheet you find via IO*)
 - ✓ exactly specify in which **study area of your PAUL credit account** the recognized module is planned (*correct number & title*)
- **During the time abroad:**
 - ✓ Changes to course selection and recognition need to be documented in Learning Agreement "during" **within seven weeks after start of lectures abroad** (*e. g. if courses have changed compared to the Learning Agreement before*)



(digital) Learning Agreement: Credit Recognition

Procedure of credit recognition

- **After the mobility (student):**
 - ✓ prepare all documents (outlines, course descriptions, ...) and the transcript of records and send them to the departmental coordinator
 - ✓ To verify your ToR, you will need the email in which you received the transcript of records or a screenshot from the online portal from which you were able to download it
 - ✓ Prepare and send funding relevant documents (reports, transcript ...) to the IO
- **After the mobility (departmental coordinator):**
 - ✓ grade conversation with respect to algorithm & tables worldwide
 - ✓ Sending final documents and grades to UPBs examination office (you will be in copy)
 - ✓ recording of the records in PAUL



(digital) Learning Agreement

ERASMUS

- Courses planned at the partner university must have a scope of at least 24 ECTS per semester
- Courses can also include non-subject-specific courses (language courses, regional studies seminars, etc.).
- After the mobility, at least 15 successfully completed ECTS must be proven in your ToR (Erasmus+ grant).
- Please note: According to most examination regulations, modules / lectures completed at Paderborn University can not be recognized by credits from abroad.

Departmental Network

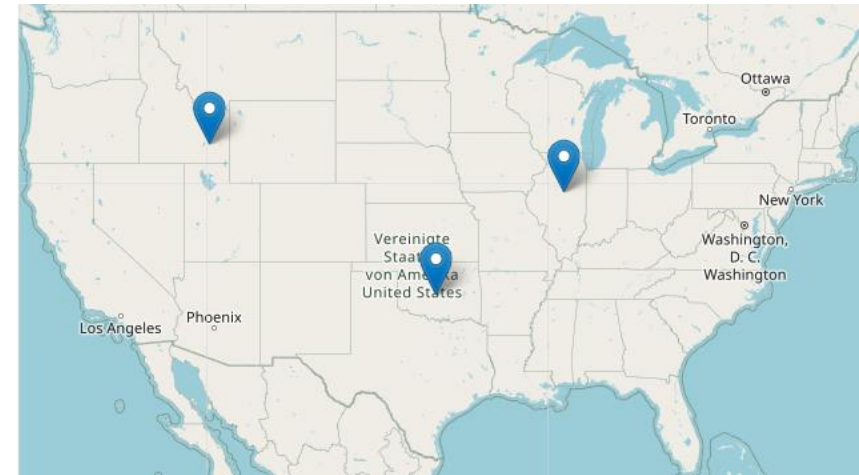
Departmental Network („Partnerhochschulportal“):



Mobility-Online

North America
Africa
Europe

United States: UPB (DAAD)



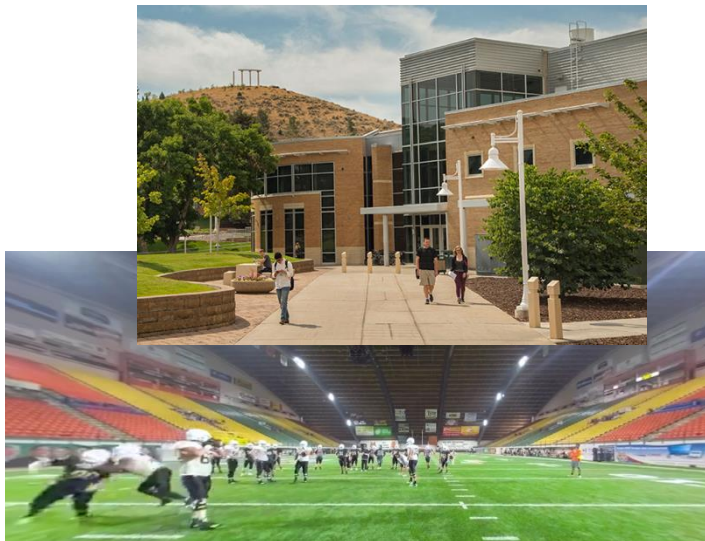
	Idaho State University (ISU)	University of Oklahoma	Illinois State University
Level of language	en. B2	en. B2	en. B2
Level of studies	Bachelors (Undergraduate Studies) & Masters (Graduate Studies)		
Academic schedule	winter: Aug – Dec. summer: Jan. – May		
Total number	4	10	2
Grants & Funding	DAAD worldwide (study fees), DAAD / Promos (individual further grants & funding opportunities)		

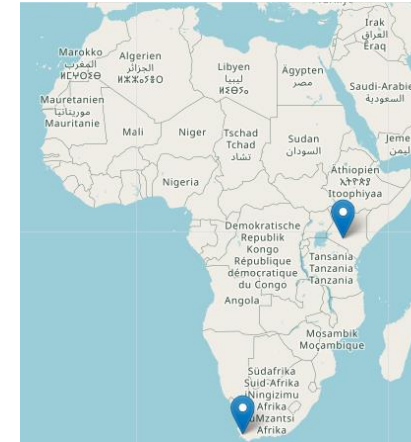




United States: UPB (DAAD)

Idaho State University (ISU)	University of Oklahoma (OU)	Illinois State University
Physical Education, Sport and Exercise Science, Health Science, Outdoor Education, Coaching	Health & Exercise Science (College of Arts and Sciences), Exercise physiology, Physical Therapy, Physical Science, Sports Business, Sports Data analytics,	Physical Education, Kinesiology & Recreation, Exercise Science, Athletic Coaching, Health and Human Performance





Worldwide / Africa: Department (DAAD)

	Stellenbosch University (SU)	Jomo Kenyatta University of Agriculture and Technology (JKUAT)
Level of language	en. B2	en. B1
Level of studies	Bachelors (Undergraduate Studies), Masters (Graduate Studies), PHD	
Academic schedule	winter: Jul – Dec summer: Feb. – Jun.	winter: Jul – Dec summer: Jan. – Jun.
Total number	2	2
Grants & Funding	DAAD worldwide (study fees), DAAD / Promos (further grants & funding opportunities)	





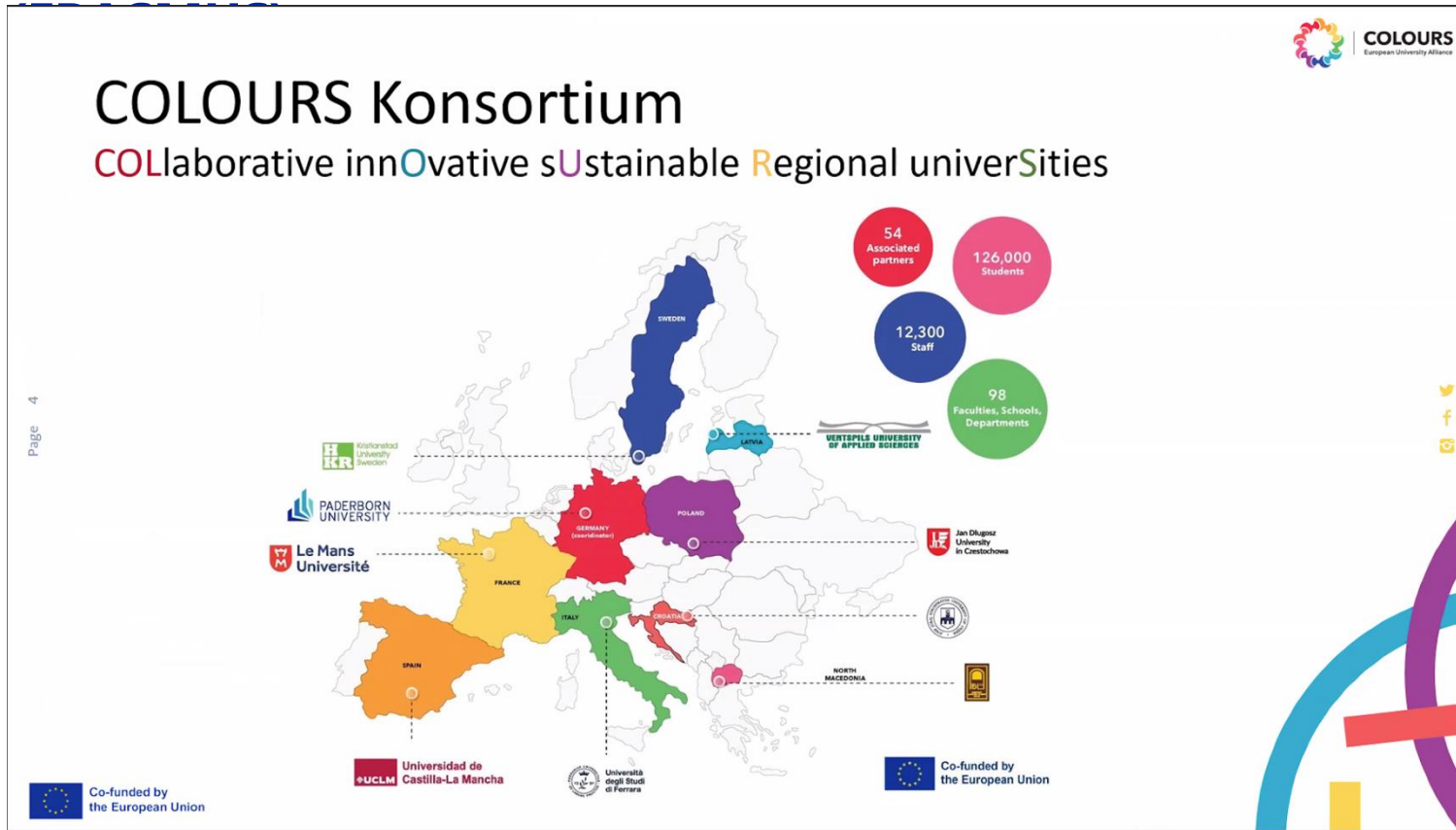
Worldwide / Africa: Department (DAAD)

Stellenbosch University (SUN)	Jomo Kenyatta University of Agriculture and Technology (JKUAT)
Sport Science, Biokenetics, Performance Sport (Stellenbosch); Health and Rehabilitation Science (Tygerberg)	Physiotherapy, Occupational Therapy





Colours European Alliance: UPB / Department of Exercise & Health (ERASMUS+)



Universität Paderborn (Germany)

Universität Le Mans (France)

Universität Castilla-La Mancha (Spain)

Universität Ferrara (Italy)

Universität Kristianstad (Schweden)

Jan Dlugosz Universität (Poland)

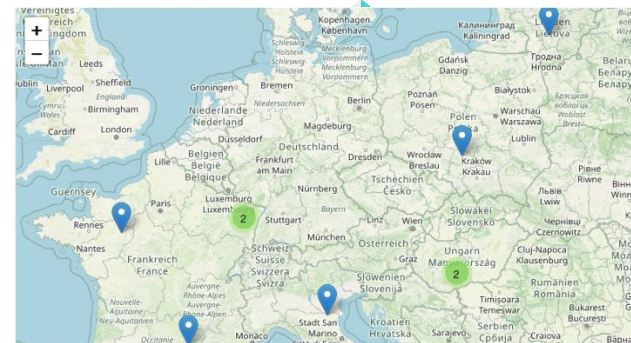
Josip Juraj Strossmayer Universität

Osijek (Croatia)

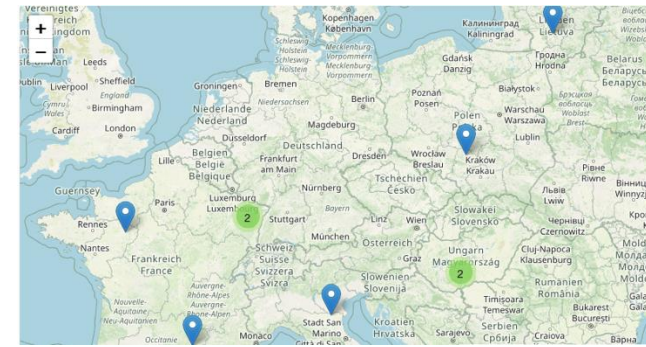
Universität St Kliment Ohridski Bitola (North
Mazedonia)

Ventspils University of Applied
Sciences (Lettland)

Europe: COLOURS (ERASMUS+)



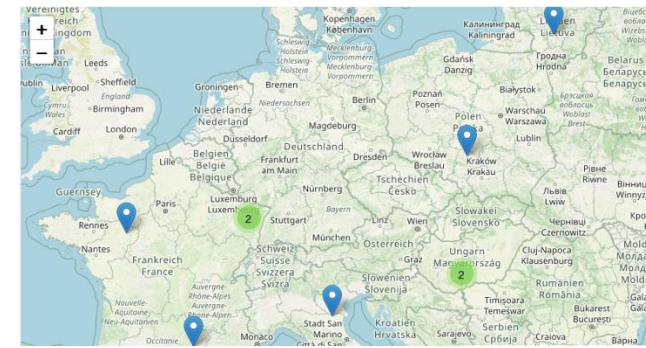
	Jan Dlugosz University (Poland)	University of Ferrara	University of Osijek	Le Mans University
Level of language	po. B2; en, B2	it. B1	cro. B2, en. B2	fr. B2
Level of studies	Bachelor (undergraduates)	Bachelor (undergraduates)	Bachelor and Master (under- & graduates)	All levels
Academic schedule	winter: Oct. - Jan. summer: Feb. – Jun.	winter: Sep. - Feb. summer: Feb. – Jul.	winter: Oct. - Jan. summer: Feb. – Jun.	winter: Jul. - Dec. summer: Jan. – Jun.
Total number	2	2	2	
Grants & Funding	ERASMUS+: Accommodation, Traveling & Green-Erasmus (country-specific)			



European Network: Department (ERASMUS+)

	Norwegian University of Science and Techn. (NTNU, Trondheim)	Lithuanian Sports University (LSU)	University of Strasbourg	University of Lorraine (Nancy)
Level of language	nor. B1 (Bachelor) en. B1 (Master)	en. B2	fr. B1	fr. B1
Level of studies	All	undergraduate & graduate	All	undergraduate & graduate
Academic schedule	winter: Aug. – Dec. summer: Jan. – Jun.	winter: Sept. – Feb. summer: Feb. – Jun.	winter: Sept. – Jan. summer: Jan. – Jun.	winter: Sept. – Jan. summer: Jan. - Juni
Total number	2 (Trondheim)	4 (2/2)	6 (2/2/2)	4 (2/2)
Grants & Funding	ERASMUS+: Accommodation, Traveling & Green-Erasmus (country-specific)			





European Network: Department (ERASMUS+)

	University of Montpellier	Hungarian Sports University (HSU)
Level of language	fr. B2	hun. B2; en. B2
Level of studies	undergraduate & graduate	undergraduate & graduate
Academic schedule	winter: Sept. – Jan. summer: Jan. – Juni	winter: Sept. – Dec. summer: Feb. – Jun.
Total number	4 (2/2)	4 (2/2)
Grants & Funding	ERASMUS+: Accommodation, Traveling & Green-Erasmus (country-specific)	





Partnerhochschulen: LFE-Sport (Europa)

Jan Dlugosz University (Poland)	University of Ferrara (Italy)	University of Osijek (Croatia)	Le Mans University (France)
physical education, sports diagnostics and teaching specialization	Physiotherapy, Sports and Exercise Science, Neuroscience and Rehabilitation Science	Kinesiology, Exercise and Sports, Motor Learning and control	Teaching, intervention, education and training through Physical, Sports and Artistic Activities, Health Science





Partnerhochschulen: LFE-Sport (Europa)

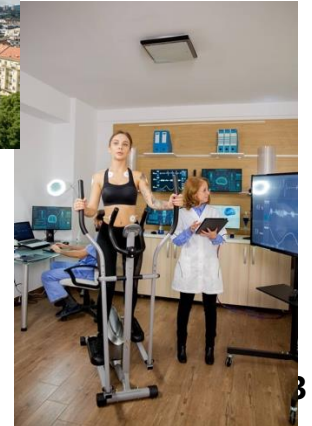
Norwegian University of Science and Technology (NTNU)	Lithuanian Sports University (LSU)	University of Lorraine	University of Strasbourg
Physiotherapy, Occupational therapy, Human movement science, Activity and health, Health technology	Sports Coaching, Exercise, Nutrition and Stress Management, Sports and Tourism Management, Physiotherapy, Physical Activity and Public Health, Adapted Physical Activity	Science and Technology of Physical and Sports Activities (only first year of the bachelors), Health Science	Physical Education, Adapted physical activity, Exercise Science, Health Science





Partnerhochschulen: LFE-Sport (Europa)

University of Montpellier	Hungarian University of Sports Science (HUSS)
sport, physical activity and movement for coaches, physical education teachers, APA (Adapted Physical Activities) teachers, sports educators, sports equipment design professionals, sports tourism and sports event professionals, executives in the sports performance or health sectors, teacher-researchers, video analysts	physical education and sports science, sports coaching, Sports and Health Sciences, Molecular Exercise Science



Q & A