PADERBORN UNIVERSITY

A semester abroad?

Application for the academic ear 2027 /28

Faculty of Science,

Department of Exercise & Health

Hemschemeier, K.

2026 October 27th

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 of international experience

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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

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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
internship
qualification/certificate

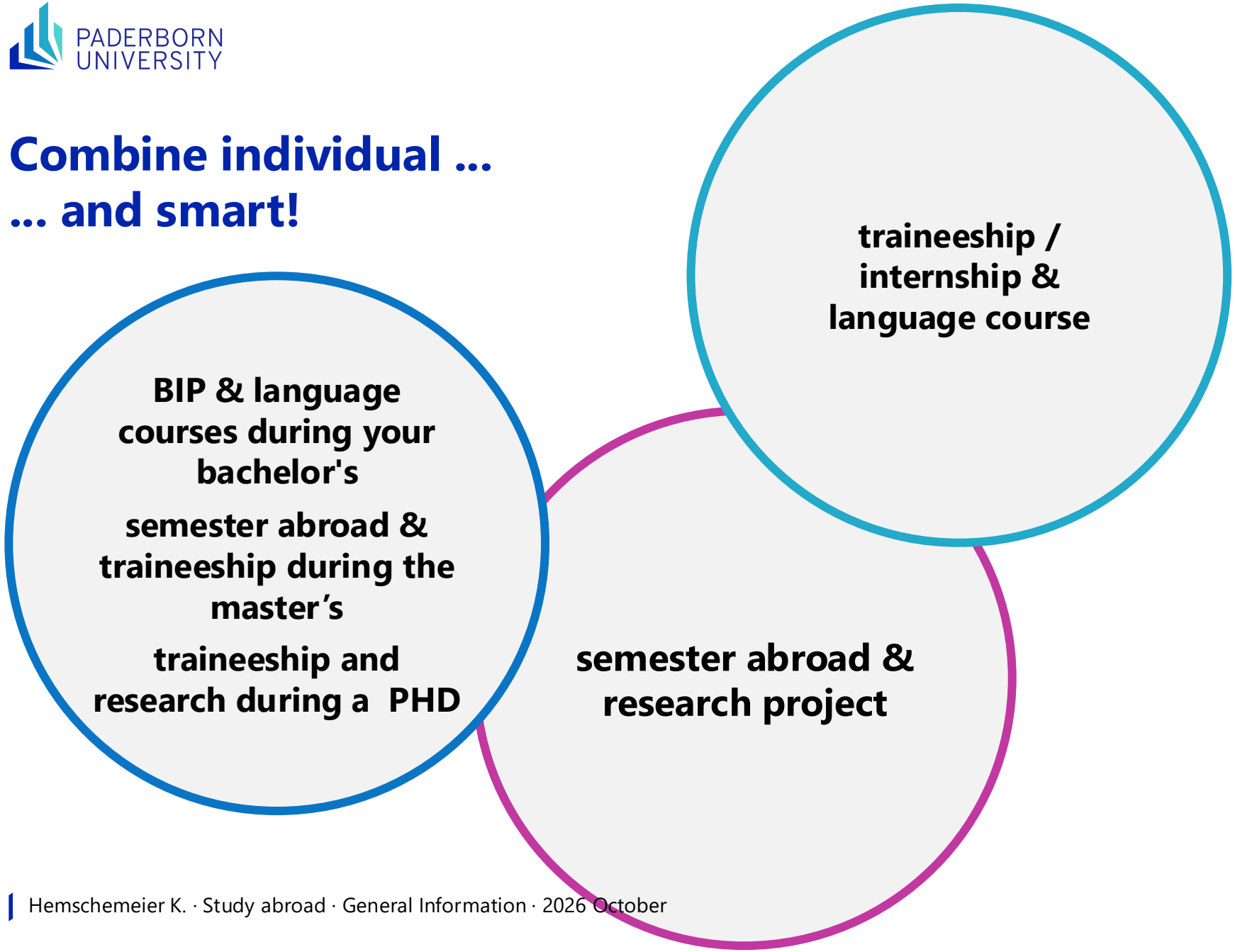
03

My personal opportunities?

stage and circumstances of life
friend's, family
costs
Jobperspectives

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

Combine individual ...
... and smart!



academic pathway

career

individual development

Combine individual …
… and smart!

Destination
Demographic, social, and political situation,
security,
formal requirements and processes,
funding…

International Partners
profile and study programs,
course catalogue,
interdisciplinary orientation and network
research focus, labs and methods,
support

Trainees and internships
institutional and organizational profile,
fields of activities,
facilities and methods,
interdisciplinary team and network,
support
payment

academic pathway

career

individual development

A semester abroad: Process and Steps

A semester abroad: Deadline for applications

Information & support

International Office @UPB (application, funding, reporting)

- Programme Countries in Europe: ERASMUS+
- outside Europe: PROMOS

Information & support

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/BSc)
  SpÖk >> Faculty of Business Administration and Economics
- recognition procedure (Learning Agreements before, during and after):
  coordinators and lecturers of the modules
- Experiences and reports: former students

Your path to and during a semester abroad

1

Inform & get an overview

- your options and application deadlines (2026 November 20th)
- information events and counselling sessions of UPBs International Office (IO)
- check departmental Collaborations via mobility online
- precheck universities websites, course catalogues, … of the Programme Countries

2

Application

- centrally organized in UPBs IO
  - ✓ First and formal check of the submitted documents and linguistic certifications, supplementary amount (students with illness, children, …)
  - □ Forwarding of complete applications to the departmental coordinator after the deadline

Your path to and during a semester abroad

3

Selection procedure

- Departmental Coordinator
  - ✓ invites applicants to interviews (2027 January)
  - ✓ conducts interviews with the applicants
  - ✓ forwards results to IO (ranked matches of applicants & partners)

4

Final Nomination and Acceptation abroad

- centrally organized in UPBs IO
- Acceptation of partner and for an exchange programme

Your path to and during a semester abroad

5

Preparing for the semester abroad

- Students
  - organisational
  - study-related
  - financial considerations

6

Recognition of performance and credits

- Departmental Coordinator & responsible module coordinator
  - ✓ step by step to the learning agreement (before, during, after)
  - ✓ application for credit transfer (module coordinator)
  - ✓ recognition & grade conversation (LA and ToR)

Interviews: Departmental Goals

Vision:
Offering increasing global experiences and mobility for our students.

Mission:
Support all students finding their path, not just the most experienced and best.

Approach:
Discuss options and find the best fit for more students.

Interviews: topics & criteria

1. **Motivation and state of preparation**
   - academic & subject-specific
   - country & culture
   - Partner abroad

2. **academic and individual state of the art and plan**
   - 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

- Advice, selection and ranking of your selected 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,

(digital) Learning Agreement: Preparation

Host universities: courses & modules

- note your selection & copy the description of the courses (Title, content, learning outcomes, exams, …)
- 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" *(Learning Agreement forms via IO : ERASMUS+ Dashboard digital, worldwide PDF-sheet)*
  - ✓ 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 your time 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

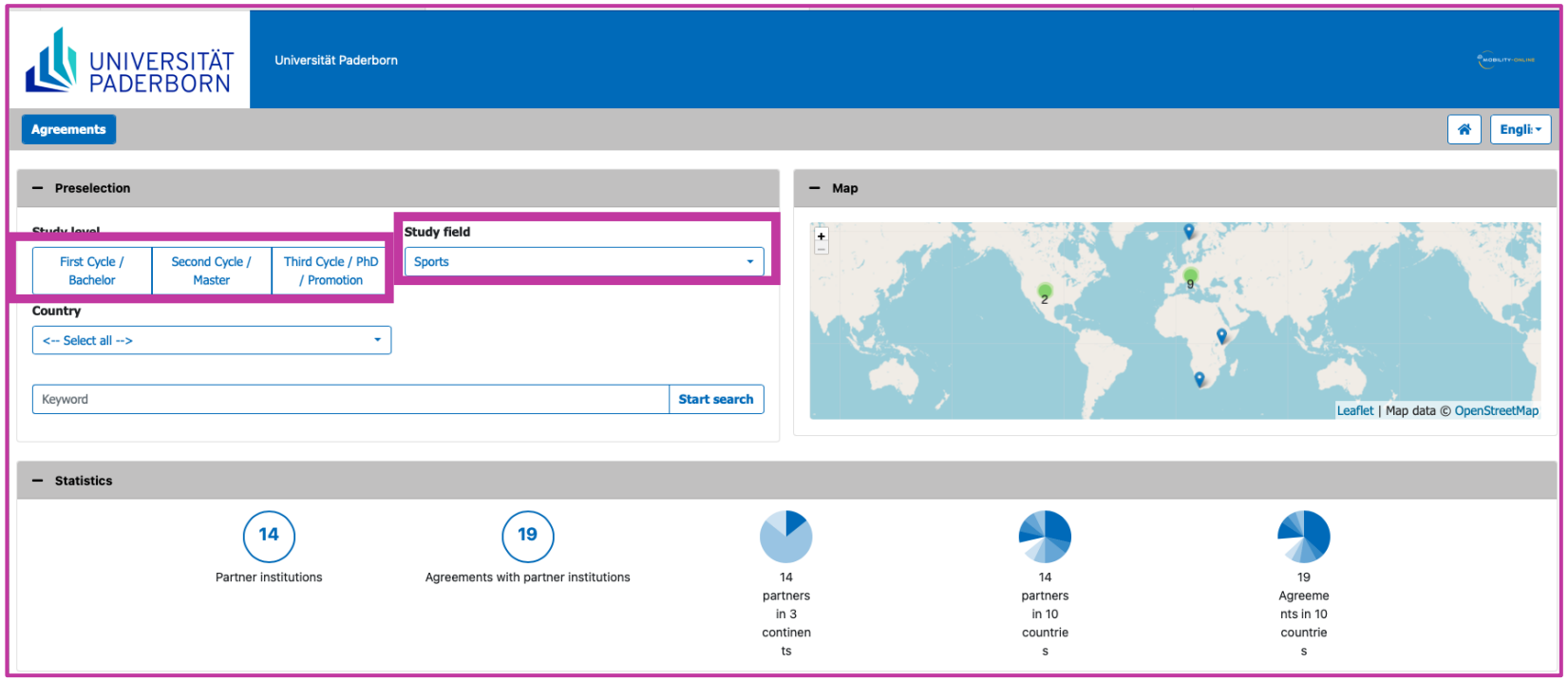
(digital) Learning Agreement

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 which are finally completed at Paderborn University can not be changed or replaced with credits from abroad.

Departmental Network

Departmental Network („Partnerhochschulportal“):



[Mobility-Online]

North America

Africa

Europe

United States: UPB (different faculties)

	Idaho State University (ISU)	University of Oklahoma
Level of language	en. B2	en. B2
Level of studies	Bachelors (undergraduate studies) & Masters (postgraduate studies)	
Academic schedule	winter: Aug – Dec. summer: Jan. – May	
Total number	4	4

United States: UPB (different faculties)

Idaho State University (ISU)	University of Oklahoma (OU)
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,

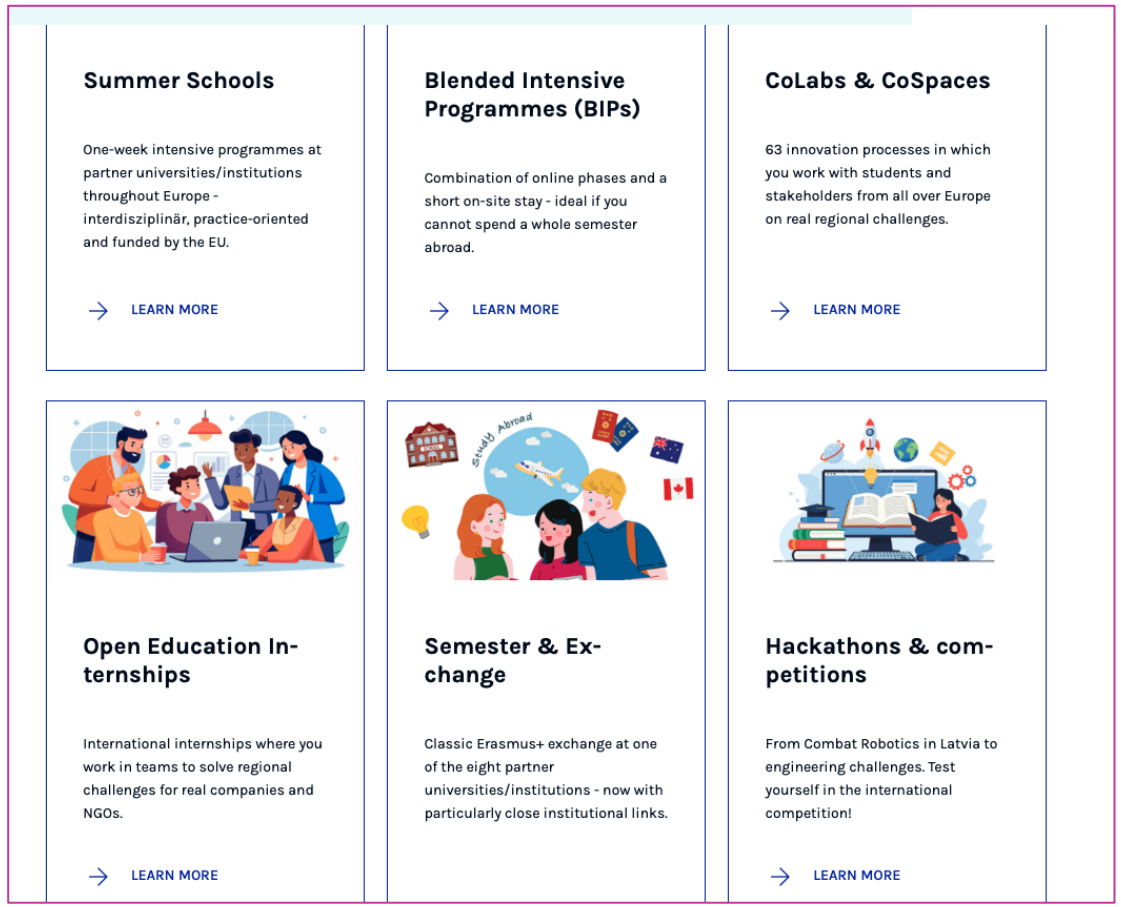
Africa: Departmental Cooperations

	Stellenbosch University (SU)	Jomo Kenyatta University of Agriculture and Technology (JCUAT)
Level of language	en. B2	en. B1
Recommended Level of studies	undergraduates, postgraduates, PhD	postgraduates, PhD
Academic schedule	winter: Jul – Dec summer: Feb. – Jun.	winter: Jul – Dec summer: Jan. – Jun.
Total number	2	2

Worldwide / Africa: Department (DAAD)

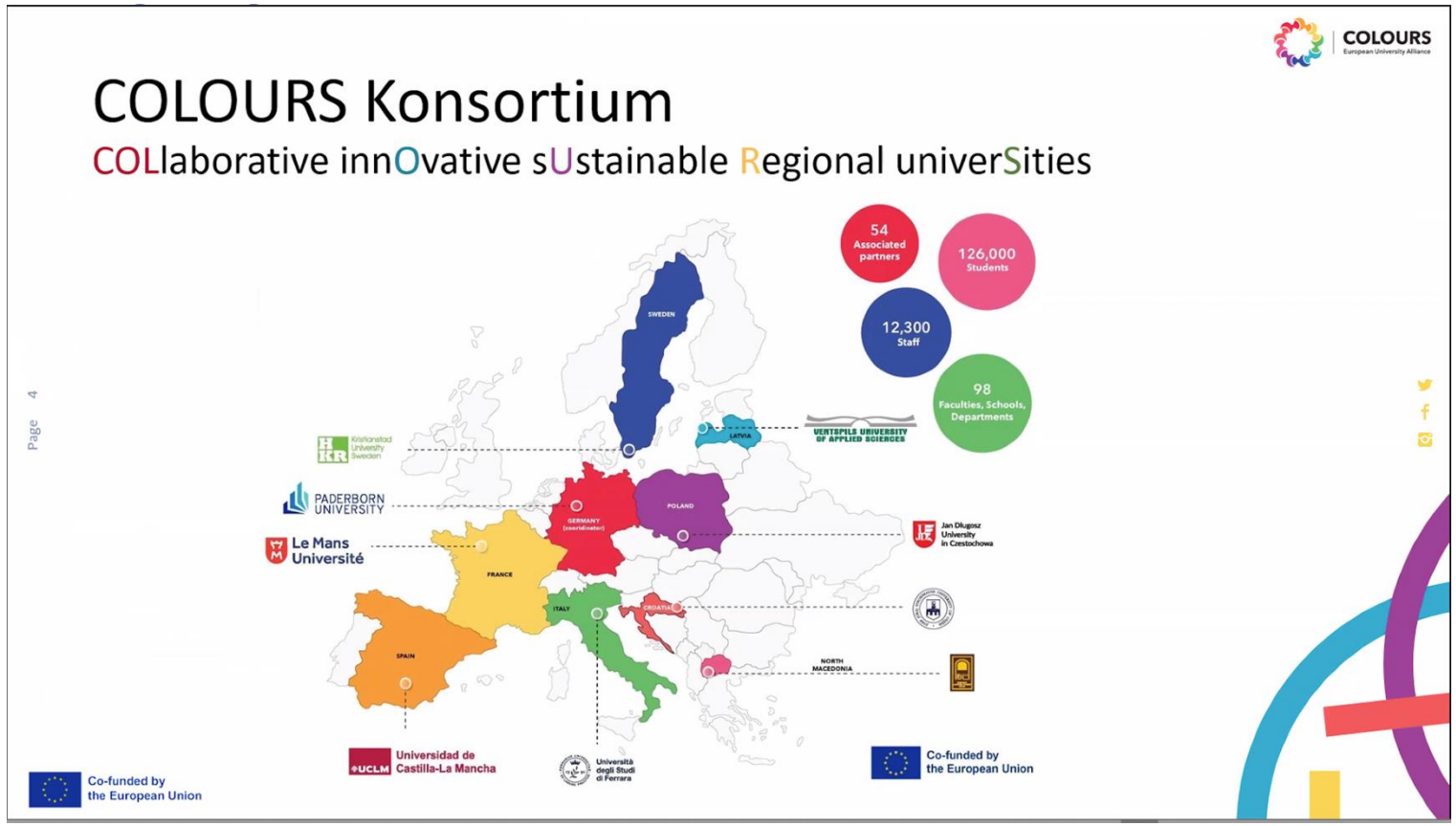
Stellenbosch University (SUN)	Jomo Kenyatta University of Agriculture and Technology (JKUAT)
Sport Science, Biokenetics, Performance Sport (Stellenbosch); Health and Rehabilitation Science (Tygerberg)	Physiotherapy, Occupational Therapy

European Alliance “COLOURS“ (UPB)



- Le Mans University (LMU)
- University of Castilla - La Mancha (UCLM)
- University of Ferrara (UNIFE)
- Kristianstad University (HKR)
- Jan Długosz University in Częstochowa (JDU)
- Kristianstad University (HKR)
- Josip Juraj Strossmayer University Osijek (UNIOS)
- University St Kliment Ohridski Bitola (UKLO)
- Ventspils University of Applied Sciences (VUAS)
- Paderborn University (UPB)

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

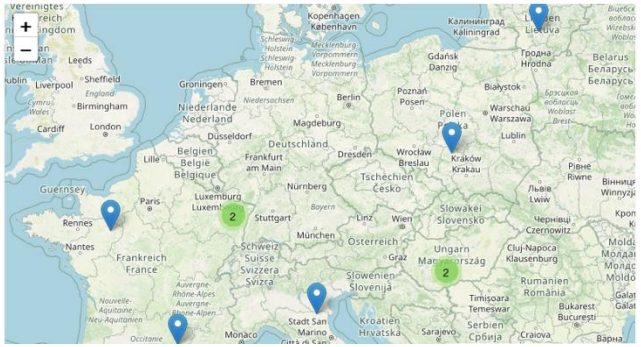


Universität Paderborn (Germany)

Jan Dlugosz University (Poland)
Josip Juraj Strossmayer University Osijek (Croatia)
Le Mans University (France)
University of Ferrara (Italy)

University of Castilla-La Mancha (Spain)
Kristianstad University (Sweden)
Ventspils University of Applied Sciences (Sweden)
University St Kliment Ohridski Bitola (North Mazedonia)

European Network: COLOURS

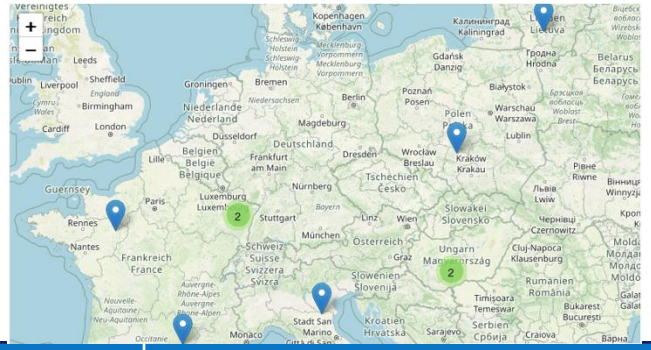


	Jan Dlugosz University (Poland)	University of Ferrara	University of Osijek	Le Mans University
Level of language	po. B2; en, B2	it. B1, en B1	cro. B2, en. B2	fr. B2
Level of studies	undergraduates	undergraduates	under- & postgraduates	under- & postgraduates
Academic schedule	winter: Oct. - Jan. summer: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

European Network: COLOURS

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

European Network: Department

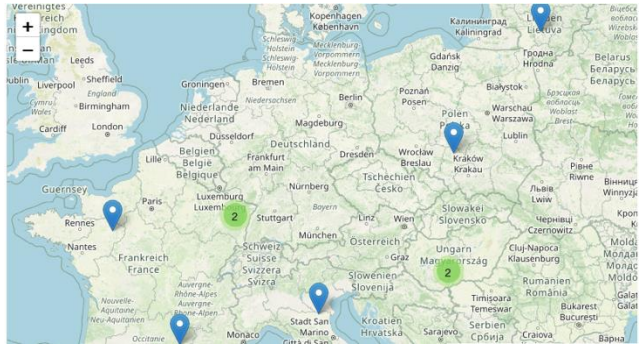


	Norwegian University of Science and Techn. (NTNU, Trondheim)	Lithuanian Sports University (LSU)	University of Strasbourg	University of Lorraine (Nancy)
Level of language	nor. B1 (undergraduate) en. B1 (some postgraduates)	en. B2	fr. B1	fr. B1
Level of studies	All	undergraduate	undergraduate	undergraduate
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	2	2	1
Grants & Funding	ERASMUS+: Accommodation, Traveling & Green-Erasmus (country-specific)			

European Network: Department

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

European Network: Department



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

European Network: Department

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

Gain international practical experience?

- ✓ european region (EU Member States, North Macedonia, Iceland, Liechtenstein, Norway, Turkey, Serbia (or the United Kingdom): ERASMUS*
- ✓ non-European region: DAAD (PROMOS)

  - *at least **two months (=60 days) full-time (>32h/week)***
  - ***relevant to your field of studies***
  - *application must be received **no later than 6 weeks before the start** (Confirmation of internship from the internship employer)*

Details: International Office

Internships abroad

Q & A