



***MARE NOSTRUM
SCHOLARSHIP
HOLDER'S GUIDE
-FROM PORTUGAL***

**MARE
NOSTRUM**
International Credit Mobility

INTRODUCTION

Dear Scholarship Holder,

We hope this guide will help you understand what to expect and what steps you need to take before, during and after your mobility.

The Mare Nostrum wishes you a great academic and personal experience!

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1 Important Information



Mobility period

The mobility period has a specific duration, according to the type of mobility:

- Students (SMS)
 - ▶ Undergraduate
 - ▶ Master
 - ▶ Doctorate
 } 6 months
- Academic (STA)/Administrative staff (STT): 5 working days, plus 2 days for travel (Total = 7 days).

The **dates**, for the program of studies/activities, must be **agreed between the scholarship holder**, the host and the home institution. **Those dates will be used as reference for the scholarship's payment.**

If the dates suffer changes, you must inform the Mare Nostrum (MN) until **30 days before the end of the mobility period (SMS only)**. These changes may result in a mobility reduction or extension. Thus, be aware that **adjustments to the total scholarship may occur**. Also remember that you will just receive the maximum mobility period you have been selected for.

SMS – Student Mobility for Studies



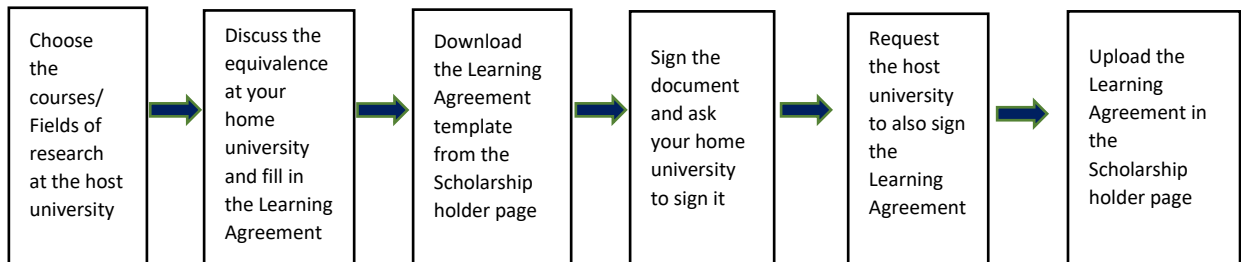
It refers to undergraduate, master and doctorate students. Each Participant should present his own **Learning Agreement**, a study plan that details which courses/ field of reasearch is intended to be covered during the mobility period. The Learning Agreement must be agreed on with the relevant person in charge at the home and host university and finally signed by the holder and the responsables from both Institutions.



Be aware and always keep in mind meanwhile preparing the plan of activities that the recommended number of **ECTS per semester is 30**. However, if the home/host institutions agrees, after a scrupulous check of the courses, the number of ECTS can be slightly higher or lower.

Any changes to the initial proposed plan of studies, must be done within 15 days of calendar upon the arrival. This document must respect the same requirements as the previous Learning Agreement.

How to fill the Learning Agreement for studies/ project /research plan:



For the mobility, the MN will provide:

- A health, accident and travel insurance;
- A subsistence allowance;
- A contribution for travel

Health, accident and travel insurance

The MARE NOSTRUM Project will provide a collective insurance to all participants, in the terms demanded by the European Commission: health, accident and travel. In order to subscribe the insurance, you need to reconfirm the following information: Forename, surname, birth date, passport number, nationality. Please ensure all your data is correct, otherwise the insurance may not cover your medical expenses.

Scholarship for SMS:

Undergraduate	}	student	↔	650€ <i>per month</i>
Master				
Doctorate				

Travel Expenses:

The financial support allocated for travel expenses consists of a unit cost that will be paid along with the scholarship and intends to contribute to the round trip back between the home and host institutions. The Participant is responsible for arranging the travel ticket.

TRAVEL DISTANCES	AMOUNT
Between 100 and 499 Km	180€ per participant
Between 500 and 1999 Km	275€ per participant*
Between 2000 and 2999 Km	360€ per participant
Between 3000 and 3999 Km	530€ per participant
Between 4000 and 7999 Km	820€ per participant
8000 Km or more	1100€ per participant

Important: these unit costs represent the linear distance between the city where the university of origin and the city where the host university are located. This is calculated automatically by a website indicated by the European Commission and cannot be subject to any change. The financial support allocated to the "travel distance" is the maximum allowed by the Erasmus+ Programme and is intended to contribute to the round trip back between the home and host institutions. In the event that the assigned value is insufficient to pay for the desired trip, the scholarship holder must find another sources of funding.

STA – Staff Mobility for Teaching / STT – Staff Mobility for Training:

The Participant should prepare a **Mobility Agreement** to detail the program of lectures/research conducted by the visiting teachers or on the training activities followed by the staff. The template of this document is available in the scholarship holder page at the consortium website <http://marenostrum.ualg.pt/>. Once the document is properly filled in, it must be saved, printed and signed by the Participant, his home and host institutions and uploaded again in the scholarship holder page. **Every time a change is made to the initially signed document a new one must be filled in.**

Please note that after the beginning of the mobility no more changes should be done.



For the mobility, the MN will provide:

- A health, accident and travel insurance;
- Individual support

- A contribution for travel

Health, accident and travel insurance

The MARE NOSTRUM Project will provide a collective insurance to all participants, in the terms demanded by the European Commission: health, accident and travel. In order to subscribe the insurance, you need to reconfirm the following information: Forename, surname, birth date, passport number, nationality. Please ensure all your data is correct, otherwise the insurance may not cover your medical expenses.

Scholarship allowance for STA / STT:

Academic	}	Staff	↔	160€ <i>per diem</i>
Administrative				

Travel Expenses:

The financial support allocated for travel expenses consists of a unit cost that will be paid along with the scholarship and intends to contribute to the round trip back between the home and host institutions. The Participant is responsible for arranging the travel ticket.

TRAVEL DISTANCES	AMOUNT
Between 100 and 499 Km	180€ per participant
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Important: these unit costs represent the linear distance between the city where the university of origin and the city where the host university are located. This is calculated automatically by a [website](#) indicated by the European Commission and cannot be subject to any change. The financial support allocated to the "travel distance" is the maximum allowed by the Erasmus+ Programme and is intended to contribute to the round trip back between the home and host institutions. In the event that the assigned value is insufficient to pay for the desired trip, the scholarship holder must find another sources of funding.

2 Before arrival



To properly prepare your mobility, it is mandatory:

- To submit the Statement of Scholarship Acceptance in the scholarship holder page at the consortium website (<http://marenostrum.ualg.pt/>);
- To contact the mobility coordinators at the home/host institution to discuss and sign the Learning Agreement / Mobility Agreement; After collecting all signatures, upload the Agreement in the scholarship holder page at the consortium website;
- To define the mobility dates alongside the host and home institutions;
- To request the emission of the Acceptance Letter from the host Institution;
- To download the insurance policy and the award letter from the scholarship holder page at the consortium website;
- To update your personal data and travel information: upload a copy of visa, passports, e-ticket and personal data in the scholarship holder page at the consortium website;



VISA PROCESS

The requirement of Visa is a high priority issue since the process may take several weeks or months to be concluded. Immediately after receiving the confirmation of the selection, you should contact the Consulate or Embassy of the host country to request information about all the needed documents. In order to obtain the Visa, you will need the Letter of Award, the insurance policy and the Acceptance Letter.

3 During the mobility period



Once arrived at the destination country, you should have the first meeting with the contact person of your host institution. You will be provided with the following information:

- Registration procedures at the local authorities;
- Student facilities and registration at the host institution;

- You should also submit and send the survey for feedback to the Coordination of the MN, upon request;
- Any other important information at this stage;
- Changes to the dates of mobility period, if applicable (SMS only).

After the submission of both the **Acceptance Letter** by the host institution and the **Learning Agreement/Mobility Agreement**, you may print your **Scholarship Contract** and sign it. After signing the document, you must upload it again in the scholarship holder page. Then, the Scholarship Contract will be finally signed by the Coordination of the MARE NOSTRUM Project.

At this stage, you should also register at the host institution and check if there is **any needed change in your Learning Agreement** and, if it is the case, you should ask for new approval and signatures. **Do not forget to send back the survey for feedback to the Coordination.**



No tuition fees can be applied by the host institution on the scholarship holder, in any case.

Don't forget that the entire mobility period must be uninterruptedly spent at the host institution. Some exceptions may be allowed by the host institution as long as they receive the formal and written approval by the coordinating institution.



Remember, you will not receive a bigger scholarship than the one you have been selected to. This means that if you want to stay longer in the host institution, you will have to pay for the rest of your stay by yourself. You will just receive the maximum of the scholarship you have been selected to.

4 By the end of the mobility period



If you have attended courses at the host institution, a **Transcript of Records** with your grades will be provided. In case you have been enrolled in research/teaching/training activities, your supervisor will provide you a **Report of the Activities**. The disciplines executed during the mobility period, when included in the learning agreement, shall be recognized since the participant proves the evidences through the transcript of records issued by the host institution.

The **Transcript of Records** must be uploaded by the home institution in the scholarship holder page at the consortium website. Also, an original version must be given to the holder. A Statement Period of Studies/Certificate of Attendance, with the dates of the mobility period must be sent to the holder.

The mobility dates within the **Statement Period of Studies/Certificate of Attendance** must be in line with the ones established in the contract. **Not fulfilling the total time foreseen in the contract**, the MN may ask for a **reimbursement equivalent to the corresponding period of absence**.

The participant in **mobility for studies** shall receive an invitation to complete the **online EU Survey 30 days before the end of the mobility period**. The participant shall complete and submit the survey within **5 days upon receipt of the invitation**.

The participant in **mobility for teaching/training** shall complete and submit the **online EU Survey after the mobility abroad within 30 calendar** days upon receipt of the invitation to complete it.

Participants who fail to complete and submit the online EU Survey may be required to partially or fully reimburse the financial support received.

A complementary online survey may be sent to the participant, after the end of the mobility, allowing for full reporting on recognition issues.

5 Mandatory documents for the mobility



Please, find below the list of the necessary ones. The templates of these mobility documents are available in the scholarship holder page at the consortium website (<http://marenostrum.ualg.pt/>):

- **Acceptance Letter from host institution**: letter which proves that the student/staff has been accepted at the host institution for a determined period of mobility;

- **Letter of Award:** issued by the Coordination of the MN, vital for your visa process because it states that you are a student/staff under Erasmus+ program;
- **VISA:** it is a permission to allow the Participant to travel into or through the country of the government issuing it;
- **Learning agreement (for Students) or mobility agreement (for Teaching and Training Staff):**
 - **Learning agreement:** It is a study plan that details what subjects/courses that the **student** intends to cover during mobility and thus provides information on what you want to achieve during his stay abroad. It has to be agreed on with the relevant person in charge at the home university. It should be signed by the student and the people in charge at the home and host institution.
 - **Mobility agreement:** is a plan that details the program of lectures/training conducted by the visiting **teachers** or the **administrative staff**
- **Scholarship contract:** defines obligations and rights of the holder, this contract should be signed by the Participant and the coordination at the beginning of the mobility;
- **Statement Period of Studies (for students):** it will be provided by beginning and by the end of the mobility by the host University certifying that the participant has accomplished his mobility/activities;
- **Certificate of attendance (for STA/STT):** it will be given by the host institution at the end of the mobility period certifying that the Participant has accomplished his mobility activities;
- **Transcript of records or (for students):** this document will recognize that the Participant will have successfully completed the mobility and it guarantees the transfer of credits for concluded courses at the host institution;
- **Report of activities (for staff):** this document recognizes the activities carried out by the Participant at the host university.

6 The Scholarship payment



The Participant is requested to provide a certificate of his Portuguese (PT) Bank Account along with the tax registration number (VAT number; NIF in Portuguese). These certificates must be uploaded in the Scholarship holder page at the consortium website (<http://marenostrum.ualg.pt/>). The scholarship will be transferred **monthly** to a PT bank account.



PAYMENT OF THE SCHOLARSHIP FOR STUDENTS:

Once the Participant receives the Acceptance Letter issued by the host institution and uploads the Learning Agreement, bank account details with the VAT number and the Scholarship Contract, the scholarship will be transferred monthly to his/her bank account.

Be aware that those bureaucratic procedures may take time so please arrive at your Host Country with some savings.



PAYMENT OF THE SCHOLARSHIP FOR STAFF:

The payment of the scholarship shall be made to the Participant no later than **30 calendar days after the signature of the contract by both parties**, representing **100% of the financial support from Erasmus+**.



Please, bear in mind that, should the Participant not fulfill the total time of foreseen mobility, signed by contract, or obtain negative academic results (i.e. at least one subject completed successfully) of the subjects indicated in the Learning Agreement/ Plan of Activities, the Coordinating institution will ask the reimbursement of the total allocated mobility grant and ensure the Scholarship holder return to the home country, as well as it will inform the home university.

7 Check List

Before departure:

- Define your Learning Agreement / Mobility Agreement with the responsible person at home and host institution;
- Define starting and ending dates of the mobility period with the responsible person at host institution;
- Request a VISA for the country of your host institution;
- Upload the information for travel arrangements, copy of your VISA, e-ticket and of your Learning Agreement or Mobility Agreement in the scholarship holder page at the consortium website.
- Answer a survey/questionnaire about the application, if applicable.

After arrival and during the mobility period:

- Attend the Welcoming/Meeting Session at the host institution;
- Update the Learning Agreement if there are any changes;
- Attend the Monitoring Meeting at the host institution;
- Answer a progress survey/questionnaire, if applicable;
- Changes to the dates of mobility period, if applicable (SMS only).

By the end of the mobility period and upon return to the home country:

- Answer a final survey/questionnaire:
 - SMS - **30 days before the end of the mobility period;**
 - STA/STT - **after the mobility abroad within 30 calendar days;**
- Upload the Statement Period of Studies (for Students)
- Upload the Certificate of Attendance (for STA/STT);
- Upload the Transcript of Records/Report of Activities;