



TRANSFORMING REGIONS FOR AN INCLUSIVE EUROPE



NEOLAiA mobility programme online guide



Co-funded by
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Introduction

Welcome to NEOLAIa Mobility Guide!

It is intended for students, researchers, teachers, and staff interested in pursuing academic or professional mobility within the NEOLAIa Alliance - a partnership of nine European universities. The guide is divided into four key sections:

- 1) a brief introduction to each partner university, including their highlights and unique features;
- 2) an overview of the advantages of participating in mobility through NEOLAIa;
- 3) a list of available mobility options;
- 4) a list of essential contacts at your home institution to support your application process.

With NEOLAIa, mobility is not just about moving — it's about learning to navigate across cultures with curiosity and confidence.



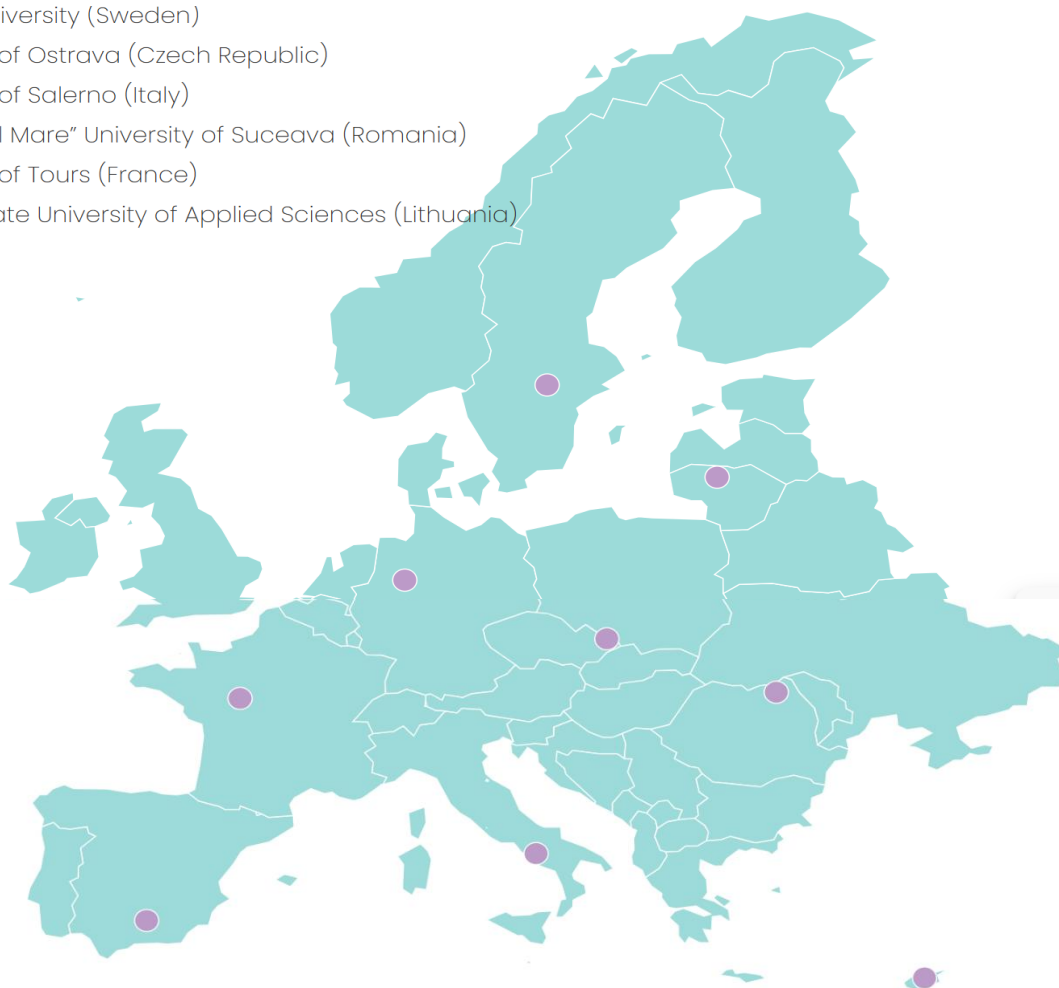
Where can your mobility take you?

This section introduces you to the NEOLAIa family of universities—diverse, dynamic institutions across Europe where you can carry out your mobility and become part of a shared vision for inclusive, innovative, and international education. Each partner brings unique academic strengths, cultural perspectives, and exciting opportunities for personal and professional growth. Discover your options and start imagining where NEOLAIa can take you.

You can explore more about each member university here:

<https://neolaiacampus.eu/members>

1. Bielefeld University (Germany)
2. University of Jaén (Spain)
3. University of Nicosia (Cyprus)
4. Orebro University (Sweden)
5. University of Ostrava (Czech Republic)
6. University of Salerno (Italy)
7. “Ștefan cel Mare” University of Suceava (Romania)
8. University of Tours (France)
9. Šiauliai State University of Applied Sciences (Lithuania)





Bielefeld University



UNIBI seeks to make a significant contribution to a progressive and participatory knowledge society. It is an **attractive, family-friendly place to work and study, characterized by an open communication culture**, lived interdisciplinarity, diversity and freedom for personal development.

With more than 24,000 students, of which nearly 2,000 are international, the University encompasses 14 faculties and 117 subjects of study, covering a broad range of disciplines in humanities, natural sciences, social sciences and technology.



Discover more beyond campus – explore these regional highlights:

Teutoburg Forest:

Bielefeld university is located near beautiful Teutoburg Forest, offering excellent opportunities for hiking, cycling, and enjoying nature right at the city's edge.

Kunsthalle:

Museum as laboratory: Art is understood as a process. Works and exhibitions are experimental arrangements that open spaces of possibility rather than stating truths. The Kunsthalle Bielefeld was built in 1968 according to the plans of the US-American architect Philip Johnson. The iconic museum building marks his turning point toward a postmodern formal language.

Schüco Arena – Home of football, sensory room included:

The stadium in Bielefeld is located almost at the heart of the city. But when it was initially opened in 1926, this was a regular pasture. The city is very proud of its football club Arminia, turning every match into a peaceful party. Arminia Bielefeld is the first club in Germany to offer so-called "Snoezel room", making it one of the pioneers of inclusion in professional football.



University of Jaén

UJa Universidad
de Jaén

[UJA](#) is a public institution of higher education that, through teaching, research and knowledge transfer, combines the **comprehensive training of a critical, professional citizenry committed to the sustainability of its environment and adapted to the needs of a changing society** and leading development in its territory.

Covering a broad range of disciplines, stands out in teaching, research and outreach in **computer science, engineering, food science and technology and atmospheric science**, among others.

UJA currently ranks among the top **801-900 universities in the world** in the 2025 Shanghai Ranking, top 801-1000 according to Times Higher Education (THE) Ranking (2nd in Andalusia) and top 201-250 among the THE Young University Rankings 2024. THE Impact Rankings rates UJA among the top 101-200 universities in the world (1st in Spain).



Discover more beyond campus – explore these regional highlights:

Spain's largest area of protected natural sites:

with 3,042 km² of natural reserves, including four natural parks and UNESCO biosphere reserves, Jaén is a paradise for nature lovers. Its landscapes range from rugged sierras to fertile valleys, making it ideal for hiking, ecotourism, and discovering unique biodiversity.

Culinary capital:

with the highest number of Michelin stars per inhabitant in Andalusia, Jaén stands out as a culinary hotspot. Its bars and restaurants celebrate both tradition and innovation, with the world-renowned extra virgin olive oil as the star ingredient in the authentic tapas culture.

Andalusian Renaissance:

Jaén preserves architectural masterpieces such as the grand Jaén Cathedral and the UNESCO World Heritage cities of Úbeda and Baeza. Their streets, palaces, and plazas offer a journey into the artistic and cultural splendor of 16th-century Spain.



University of Nicosia



The [University of Nicosia](#) (UNIC) is one of the leading comprehensive research-oriented universities in the Mediterranean region, committed to teaching, research and innovation, sustainability, societal engagement, and contribution to culture.

The University's focus on implementing the "Knowledge Square" through actively engaging with research centres, industry, and society, ensures that our programmes are designed and enhanced in close collaboration with related stakeholders. This focus results in programmes that address industry needs and are accredited by relevant professional bodies, correspondingly preparing graduates for a global career in today's evolving workplace.

The University's academic standing and global outlook have been reflected in outstanding results in international rankings. Indicatively, UNIC has been recognised by the **Times Higher Education (THE) World University Rankings 2025** as being among the top 2% of universities in the world.



Discover more beyond campus – explore these regional highlights:

"The glistening, blue waters of the Mediterranean host thousands of islands, but the one that ticks all the boxes and is arguably the finest the sea has to offer is Cyprus" - Carole French, Destination Expert.

"The greatest island in the Med (according to science)" - Comprehensive research study by The Telegraph (2023).

80 % of the population speaks English.



Örebro University



As a comprehensive Swedish university, Örebro University (ORU) aims to be “**a university leading towards a knowledge-driven society**” by integrating education, research and collaboration.

[Örebro University](#) conducts internationally competitive research within many areas, such as medicine, psychology, environmental science, and computer science (AI and robotics) and offer many professional degree programmes. An engaged university, driving sustainable change through knowledge, innovation and cooperation with surrounding society.

In the Times Higher Education (THE) world ranking, **Örebro University is ranked in the 601-800 band and as number 84 among the best young universities in the world.**



Discover more beyond campus – explore these regional highlights:

Örebro Castle:

For over seven hundred years, the mighty castle has dominated Örebro's cityscape. It was built as a defensive castle, but then became a royal castle before it became the governor's residence in the 18th century. The current governor still lives here today, but otherwise the castle is an open and bustling destination with exhibitions, tours and activities for the whole family.

Open-air museum Wadköping:

Wadköping's streets, farms and alleys show what a typical Swedish small town could look like in the 18th and 19th centuries. Most of the buildings were previously in central Örebro and were moved here to avoid demolition. Today you will find shops, cafes, exhibitions and museums in the small houses.

Nature reserve Oset and Rynningeviken:

Örebro is located by Hjälmaren, Sweden's fourth largest lake. Between town and lake is one of Örebro's most beloved excursion region, the nature reserve Rynningeviken and Oset. The whole area is a beautiful oasis with plenty of places where you can sit down and enjoy nature. And not just in the summer. In winter, the area is a paradise for ice skaters.



University of Ostrava



The [University of Ostrava](#) is an institution which strives to bring progressive **tendencies and critical knowledge** into its **local territory** through the promotion of **scientific activities and style of education that is research-driven** and ready to adapt to the challenges of contemporary society.

Offering a wide variety of degree programs, the [UO](#) excels in a variety of disciplines in the **natural sciences, medicine, sports sciences, education, arts and humanities, and social sciences.**

In 2024, the UO ranked among the **top 1201–1400 universities in the world** according to the QS Ranking and top 501–600 by THE Young University Ranking.



Discover more beyond campus – explore these regional highlights:

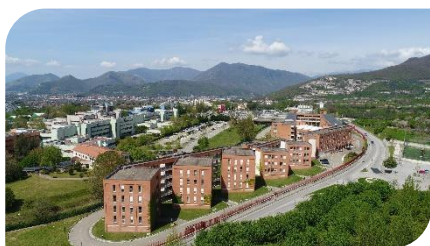
Dolní Vítkovice:

Visit this former industrial area turned into a modern cultural and educational center. You can climb the Bolt Tower for panoramic views of the city, explore interactive exhibits in the Science and Technology Center, or attend concerts and events in the repurposed industrial halls.

Ostravice Riverwalk and Komenského Sady:

Relax in nature within the city. Walk or cycle along the Ostravice river. Chill in Komenského Sady park – one of the city's largest parks. It's a peaceful green space perfect for jogging, picnicking, or just spending time outdoors, and in the winter months, it even offers cross-country skiing.

Plan a trip to the nearby **Beskydy Mountains**, just an hour from Ostrava. Whether you're into hiking up Lysá hora (the highest peak in the area), skiing in the winter, or enjoying traditional Czech mountain food in cozy wooden huts, it's a perfect getaway all year round.



University of Salerno



UNIVERSITÀ DEGLI STUDI
DI SALERNO

UNISA is a leading academic institution in southern Italy, with roots in the legendary *Schola Medica Salernitana*, the world's first medical school. It is committed to strengthening institutional relations in the international space, exchange programmes between teachers and students, the **recognition of double and triple degrees as well as the provision of fully multilingual courses**.

The University of Salerno currently has around 40,000 students and 2,000 teaching and administrative units, with 17 departments offering 83 bachelor programs. The University of Salerno is structured around two main campuses: the **Fisciano campus**, the central hub for all disciplines in the humanities, sciences, and engineering, and the **Baronissi campus**, dedicated to medicine and the health professions. These are complemented by the new teaching hub in **Avellino** and the institutional headquarters soon to be inaugurated in Salerno.

UNISA currently ranks among the top **501-600 universities in the world** in the Times Higher Education (THE) Rankings (2025).



Discover more beyond campus – explore these regional highlights:

Historic landmarks:

Visit the 11th-century Salerno Cathedral with the relics of Saint Matthew, or climb up to Arechi Castle for breathtaking views of the city and coastline.

Seaside promenade:

Stroll along Lungomare Trieste, lined with palm trees and cafés, and explore the lively historic centre on foot.

Perfect connections:

Enjoy easy travel to Naples (40 minutes by train), Rome (about an hour), or the Amalfi Coast by ferry – ideal for day trips and weekend getaways.



Ștefan cel Mare University of Suceava



Universitatea
Ștefan cel Mare
Suceava

USU is a dynamic, innovative and comprehensive public university, with **11 faculties that organize bachelor, master, doctoral and postdoctoral programmes** and conducts outstanding scientific research, trying to meet the needs of a constantly changing world and aiming to provide the community with education, knowledge, and services.

Covering a broad range of fields, reflected in over 120 study programmes, USV stands out in teaching, research and outreach in **computer sciences, life sciences, engineering, social sciences, business, health, arts and humanities**.

USV currently ranks **5th among national level based on the Times Higher Education World University Rankings 2025 (out of 22 universities ranked)**.



Discover more beyond campus – explore these regional highlights:

The Princely Fortress:

Ștefan cel Mare University of Suceava is situated in Suceava, a city that hosts a Princely Fortress dating back to the late 14th century, which served as the main residence of the Moldavian rulers and a strategic stronghold against invasions. Considered the symbol of the city, the Princely Fortress invites visitors to enjoy a pleasant walk from the town centre, unveiling a meticulously restored site that annually hosts Romania's most significant mediaeval festival and brings the region's rich heritage to life.

The Carpathian Mountains:

In Suceava County, the Carpathian Mountains offer a picturesque and easily accessible landscape, ideal for nature lovers and adventure seekers. The Rarău and Giumalău Mountains delight visitors with scenic hiking trails, panoramic viewpoints, and unspoiled natural beauty. You can explore the famous Rarău Rocks or stroll along serene forest paths.

The Wood Art Museum:

Set in Câmpulung Moldovenesc, a quaint and charming mountain resort that attracts skiing enthusiasts, the museum showcases the rich woodworking traditions of the Bukovina region, including an impressive collection of artefacts, tools, and intricate wooden creations. Visitors can explore both historical and contemporary exhibits, discovering the craftsmanship and cultural heritage that have shaped this unique art form. Located in the heart of the town, it offers an inspiring journey into the timeless beauty of wood.



University of Tours



As an acknowledged **leader in its economic, social and cultural environment**, the University of Tours ([UT](#)) is a cutting-edge, innovative institution **promoting humanistic values**, which are deeply rooted in a region overflowing with history and cultural heritage.

Founded in 1970, the UT encompasses 7 faculties, an engineering school, 2 institutes of technology, a university centre of French as a foreign language (CUEFEE), 36 research laboratories and many academic support offices – thus gathering more than 1,200 academic staff, and 1,300 administrative and technical staff. In the Times Higher Education (THE) world ranking, **University of Tours is ranked in the 1001–1200 band**.



Discover more beyond campus – explore these regional highlights:

A rich cultural and historical environment:

Studying in Tours means living in one of France's most beautiful regions. Surrounded by iconic Renaissance castles, the UNESCO-listed Loire River, and elegant French gardens, the city offers an inspiring backdrop where heritage and beauty meet, making it a unique setting for both study and leisure.

A safe, accessible, and well-connected city:

Tours is a safe and green city, easy to navigate on foot, by bike, or by tram. Its excellent location, just one hour from Paris by high-speed train, makes it not only convenient for daily life but also the perfect gateway to discover France and Europe.

The French art de vivre:

Renowned for its gastronomy, traditional markets, and vibrant cultural life, Tours embodies the authentic French lifestyle. Students benefit from a friendly and welcoming atmosphere, where the art de vivre is deeply rooted in history and everyday experiences.



Šiauliai State University of Applied Sciences



ŠVK is a higher education institution offering more than 20 study programmes belonging to science fields groups of informatics, engineering, social, health, business and public management. Each year University of Applied Sciences prepares several hundred professional bachelors. Over 1,700 students study at the higher education institution and it has more than 100 teachers. According to the Lithuanian rating system ŠVK stands as the fifth Higher Education institution in Lithuania.

Šiauliai city and Šiauliai region is famous for its engineering industry traditions; therefore, specialists trained at Šiauliai State University of Applied Sciences in various fields are wanted in modern companies.



Discover more beyond campus – explore these regional highlights:

The SUN city:

symbols of the SUN scattered throughout the city have become an integral part of it, citizens want to warm every quest with both the rays of the Sun and the hospitality.

“Hill of Prayers” or “Hill of Crosses”:

in 12 km distance from Šiauliai, one of a kind sacral site, covered in 200,000 crosses of all shapes and sizes. While the origins of the hill are mysterious, it is a symbol of faith and hope.

Gastrotourism:

take a special gastro tour to taste the chocolate in the factory working since 1913. You can make chocolate yourself, blend your spices with our tradition.

Try “gira” fresh drink or national beer made in a brewery that has operated since 1665.

Why go with NEOLAIa? What's in it for you?

NEOLAIa offers a rich and diverse range of mobility opportunities that go beyond traditional exchanges. As part of this European university alliance, you gain access to a variety of tools, resources, and practical supports designed to simplify both the preparation and implementation of your mobility. These helpful additions not only make the experience smoother, but also enhance its overall impact—academically, professionally, and personally. With NEOLAIa, your mobility becomes more than a journey; it becomes a gateway to deeper connections and greater opportunities.

Among the thoughtfully designed support instruments belongs Cultural Awareness Training and Monitoring programme, aimed at enriching your intercultural competence and ensuring a more meaningful and confident engagement abroad.

Cultural awareness training and monitoring

International mobility is more than just changing country — it is about changing perspective. That is why NEOLAIa offers you something unique: **a cultural awareness journey**, designed to help you grow before, during and after your experience abroad.

Whether you are a student, researcher, teacher or staff member, this path will boost your confidence, improve your interactions, and make your time abroad richer and more meaningful. What makes it special is the structured and supportive approach that accompanies you through every step of the journey. Here is how it works:

Step 1 – Before You Leave

Before you go, you will take part in **interactive training sessions** to reflect on your own cultural lens and get ready for what's ahead. As part of this phase, you will **complete a self-assessment survey** that maps your initial level of cultural awareness. This gives you a clear starting point and helps you monitor your development over time.

Step 2 – While Abroad

During your mobility, you will take part in **an online session** with fellow NEOLAIa participants to reflect on your experience. This mid-term online reflection gives you the chance **to share stories, exchange advice**, and realize you are part of a wider international community facing similar challenges.

Step 3 – After You Return

When you come back, you will have the opportunity to look back and **evaluate your journey**. A **final self-assessment survey** will support you in understanding how much you have grown, both personally and professionally, and in expressing the value of your mobility in future academic or career paths.

Throughout the entire process, all nine NEOLAIa universities have agreed to use a shared tool — **the 3C-Bubble** — to administer the pre- and post-mobility surveys. This shared platform ensures consistency across the alliance and enables valuable insights across institutions.

Taking part in cultural awareness training and monitoring can help you prevent culture shock, build empathy, and develop global skills. It can also enhance your academic and professional profile, support your career planning — especially if you are a staff member or researcher — and strengthen your sense of belonging within the NEOLAIa network, even before your mobility begins.

Furthermore, you can benefit from:

- ➔ First-hand advice and practical tips for travel and other logistical aspects.
- ➔ In some cases, priority in the selection process (for Erasmus-funded mobility).
- ➔ Tailor-made course packages to help you prepare your Learning Agreement more easily.
- ➔ Guidance and support for adaptation and integration, especially for students doing traineeships in regional companies.
- ➔ A specially curated offer and dedicated webpage featuring Blended Intensive Programmes, Summer Schools and other mobility options.
- ➔ Established personal connections and networks—making it easier to receive acceptance for staff training opportunities.

What to choose?

Choosing the right mobility pathway is an important step in making the most of your NEOLAIa experience. This part offers tips on selecting a mobility option that aligns with your academic goals, personal interests, and future aspirations. Whether you are a student or a staff member, you will find recommended pathways tailored to different fields and profiles within the NEOLAIa alliance. These suggestions are designed to help you navigate your options with confidence and make informed decisions. Let NEOLAIa support you in shaping a mobility experience that is both meaningful and impactful.

Note: Interactive versions of the Guide navigate users with the help of filters or signposts is planned - see genially as an example how it works here:

<https://view.genially.com/687fd697f836b3b1e5b2d557/interactive-content-neolaia-mobility-guide>).

Mobility Offer

FOR STUDENTS

Student Mobility for Study enables to study abroad for one term or whole academic year at one of NEOLAIa partner universities. Students can either select courses they wish to study from the course catalogue or to use course package. In both cases earned credits will be recognized at home university. Student mobility for study is an ideal opportunity to experience in deep new country and its culture and get new perspective.

Labels/tags: student, physical, long-term, study

Student Mobility for Traineeship is a practical placement abroad lasting from 2 to 12 months offered by NEOLAIa partner universities. For current offer please check NEOLAIa website. Traineeship posts cover many fields (e.g., health, natural or social sciences) and types of organizations (from private sector companies to public institutions). As a result, participants will gain practical skills which will help them to stand out on the job market.

Labels/tags: student, physical, long-term, traineeship

Traineeship for Regional Leadership is a long-term traineeship post in NEOLAIa university regions. Students can be interns in local governments offices, regional development and innovation centres, innovative companies, NGOs fostering active citizenship or NEOLAIa universities themselves. Programme is a valuable asset for their future career, it may connect them with regional changemakers and develop their international leadership skills.

Labels/tags: student, physical, long-term, traineeship

Blended intensive programme is a short programme combining virtual and on-site cooperation with fellow NEOLAIa students. Physical part takes place abroad and could last from 5 to 30 days. Programme is designed for students from all backgrounds and can cover all study fields. Students can earn 3 or more ECTS. For currently available BIPs please check NEOLAIa website.

Labels/tags: student, blended, short-term, study

Focus Academy is a short programme which is a mix of virtual learning with one week campus stays at NEOLAIa universities. During the course students can experience wide range of activities from TED-style talk events to hands-on teamwork. Each course focuses on one of the three topics (digital transition, diversity and inclusion, and enhanced mobility) which should show participants ways to approach global challenges from a regional perspective. Focus Academy follows the Blended Intensive Programme format. Students can earn 3 or more ECTS.

Labels/tags: student, blended, short-term, study

Summer School brings students from NEOLAIa universities together to learn about the latest trends in Humanities and Social Sciences through a mix of cultural and interdisciplinary approaches, new research methods, and creative ways to share their work. Over the course of two weeks, students engage in hands-on projects within international teams, addressing key societal issues such as cultural heritage, social inclusion, and mental health. In addition to the two-week on-site course, the programme also includes an online component that complements the physical part. This program helps students build useful skills, meet people from different backgrounds, and get ready for evolving European job market. NEOLAIa Summer School follows the Blended Intensive Programme format. Students can earn 3 or more ECTS.

Labels/tags: student, blended, short-term, study

Language Assistant Exchange Programme Language Assistant Exchange Programme offers student language assistants (postgraduate students or early-stage researchers) the chance to spend one semester abroad at one of NEOLAIa universities supporting the development of courses taught in English. Language assistants help design and revise teaching materials and might teach courses different from English and the host university's language. Through this experience, participants gain valuable teaching and intercultural skills while being a part of an international academic community.

Labels/tags: student, physical, long-term, traineeship

Language and Culture Exchange Programme lets NEOLAIa students share their language and culture. Following initial training at their home university, participants teach their native language to their fellow students abroad and introduce them to their home culture either during a study stay at a partner institution or virtually from their home university. Thanks to the programme students will broaden the portfolio of their skills and knowledge becoming active ambassadors of their languages and cultures.

Labels/tags: student, physical, long-term, other

“We-Start-You-Up” Internship helps students connect with experienced start-up founders (alumni-entrepreneurs from partner universities) through international traineeships and shadowing programmes in NEOLAiA regions. They collaborate for a period of 2 up to 12 months. By teaming up with an entrepreneur, participants get real-world insight into starting and running a business. The programme is a great way to build entrepreneurial skills, boost confidence, and enhance cross-cultural competencies.

Labels/tags: student, physical, long-term, entrepreneurship

SUMMA - the Entrepreneurship Summer Academy Challenge brings together students from NEOLAiA partner universities in 3 hybrid bootcamps, that culminate in an international competition, giving students from NEOLAiA partner universities an opportunity for a short mobility. Participants will develop innovative start-up ideas addressing digitalization, inclusion and diversity, mobility, and global health—tailored to the specific needs of NEOLAiA regions. By engaging in team-based problem solving and entrepreneurial activities, students will earn NEOLAiA Open Badges as recognition of their newly acquired skills and competences.

Labels/tags: student, blended, short-term, entrepreneurship

Collaborative Online International Learning (COIL) courses connect students and educators from different NEOLAiA universities through joint coursework, shared tasks, and collaborative projects conducted entirely online. By working together across borders, students develop intercultural communication skills, learn new perspectives in their field of study, and practice teamwork in a digital environment. COIL offers the benefits of an international experience while staying at home, making it an inclusive and flexible way to broaden horizons and build valuable skills for future studies and careers.

Labels/tags: student, virtual, any, study

Virtual Exchange Courses give students from NEOLAiA universities the chance to study together online across borders. Offered fully online with no physical mobility required, they combine flexibility with intercultural learning. Some of them may follow the line of competency-based courses recognized as micro-credentials. This inclusive format is open to all subjects and provides international experience also for students who cannot join long-term mobility. The offer of courses is currently in preparation.

Labels/tags: student, virtual, any, study

FOR TEACHERS

Staff Mobility for Teaching is an opportunity for academic staff to teach at one of NEOLAIa partner universities. Mobility lasts from 2 days to up to 2 months with a minimum of 8 hours of teaching time per week. Mobility enables sharing your knowledge and skills with students abroad and creating spin-off effects such as curriculum development, academic networks, research collaboration.

Labels/tags: teacher, physical, short-term, teaching

Staff Mobility for Training is one of possibilities for all staff members for professional development abroad. This individual training at NEOLAIa university (from 2 days to 2 months) offers participants a chance to acquire knowledge and specific know-how from good practice abroad while reinforcing cooperation within NEOLAIa.

Labels/tags: staff, physical, short-term, training

FOR STAFF

Staff Mobility for Training is one of possibilities for all staff members for professional development abroad. This individual training at NEOLAIa university (from 2 days to 2 months) offers participants a chance to acquire knowledge and specific know-how from good practice abroad while reinforcing cooperation within NEOLAIa.

Labels/tags: staff, physical, short-term, training

Staff Week is a group training providing opportunity to expand professional network, engage in professional development and share good practices with fellow colleagues from NEOLAIa. Staff Week typically lasts one week or less and often includes events like workshops, job shadowing and social activities.

Labels/tags: staff, physical, short-term, training

Online Staff Mobility for Training offers international experience to all NEOLAIa university staff through online learning formats (e.g., self-paced modules, webinars). Besides personal and professional development, participants can benefit from time flexibility.

Labels/tags: staff, virtual, short-term, training

FOR RESEARCHERS

Joint Research Mobility gives NEOLAIa researchers a chance to visit each other and work together on shared research projects. It helps build international partnerships and push research activities forward. Participants, especially young researchers and postdocs, get to learn new skills, gain experience, and make valuable connections.

Labels/tags: researcher, physical, short-term, research

Early Stage Researcher Mentorship Programme supports PhD and postdoctoral researchers in their academic and professional development by pairing them with mentors from different NEOLAIa partner institutions. The programme also covers costs for short-term research stays at partner institution. Participants benefit from cross-institutional guidance, gaining insights and skills relevant to their career growth.

Labels/tags: researcher, physical, short-term, research

Who can help you?

Whether you're just starting to explore your mobility options or already preparing for your journey, our Mobility Support Team is here to guide you every step of the way. From academic planning and application support to practical advice and troubleshooting, don't hesitate to reach out. Find the right contact person [here](#) or below. As a first step, we recommend contacting your home university coordinator—they can point you in the right direction.

Örebro University: International Office, exchange@oru.se

University of Nicosia: Erasmus Office, erasmus@unic.ac.cy

University of Jaén: Erasmus Office, neolaia@ujaen.es

University of Salerno: Head of International Office, mrizzo@unisa.it

Stefan cel Mare University of Suceava: International Office, relint@usm.ro

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