



HELLENIC MEDITERRANEAN UNIVERSITY



LISBOA

UNIVERSIDADE
DE LISBOA

UNIVERSITY OF LISBON

School of Health Sciences



Department
of Social
Work

Department of
Nutritional Sciences
and Dietetics

Polytechnic School



Department of Electrical and
Computer Engineering

Lisbon School of Medicine



LISBOA

UNIVERSIDADE
DE LISBOA



Faculdade ¹⁸²⁵
de Medicina

PSP's Regulation for mobility

**“Innovative technologies and contemporary, integrated
healthcare in aging” (ITHA)**



HELLENIC MEDITERRANEAN UNIVERSITY & LISBON SCHOOL OF MEDICINE

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Table of contents

Students and teaching staff's mobility	2
1. Mobility Opportunities for Students	2
2. Mobility Opportunities for Teaching Staff	4
3. Support Structures at HMU	5

Students and teaching staff's mobility

For both students and staff, mobility:

- Expands academic and professional horizons
- Builds intercultural competence
- Strengthens employability
- Enhances institutional collaboration
- Contributes to a more connected, innovative European Higher Education Area

1. Mobility Opportunities for Students

Students may participate in the Erasmus mobility programme to complete a study period (i.e., a semester) in person at one of the partner institutions (HMU and FMUL) in accordance with applicable legislation and University regulations. During their mobility, students are registered as exchange students at the hosting university.

Erasmus+ offers students a rich portfolio of international experiences that enhance academic development, employability, and intercultural competence. At HMU, these opportunities are structured into three main pathways:

1. Study Mobility (SMS)

Key features:

- Full academic recognition through ECTS credits
- Exposure to different teaching methods and academic cultures
- Strengthened language and intercultural skills
- Access to a wide network of HMU and FMUL partner institutions across Europe and beyond

2. Blended Intensive Programmes (BIPs).

Short, flexible programmes combining:

- Virtual learning, and
- A short physical mobility abroad

Benefits:

- Ideal for students with limited time or financial constraints
- Participation in innovative, interdisciplinary courses with international peers

- Recognition of learning outcomes through ECTS

3. Traineeship Mobility (SMP)

Students can complete internships or placements in companies, laboratories, NGOs, or other organizations at one of the partner institutions (HMU and FMUL) and beyond.

Information, conditions, and requirements.

Erasmus+ traineeships are open to any student enrolled in a higher education institution holding an Erasmus+ Charter for Higher Education. The internship must be relevant to the degree-related learning and personal development needs and be integrated into the study programme. A traineeship can take place at any organization located anywhere in the world (except EU institutions, bodies, and agencies).

Students may conduct a blended mobility within Erasmus+, which combines a short or long physical stay abroad for traineeship with a virtual learning component, before, during, and/or after the physical mobility (typically, students work virtually on finishing assignments during the next month in the home country). Blended mobility can, for example, involve a short-term physical period abroad that is well integrated with the trainees' tasks at their host organisation, and the virtual component of the mobility should enable meaningful online interaction with team members. The guide on blended mobility (Blended mobility implementation guide for Erasmus+ higher education mobility KA131; <https://data.europa.eu/doi/10.2766/467485>) provides information on blended mobility opportunities for students.

The document “Your rights as a mobile student: A Guide to the Rights of Mobile Students in the European Union” (<https://data.europa.eu/doi/10.2766/81343>) informs students of their rights, helping them to prepare for a period of study abroad.

Benefits. Hands-on professional experience: Moving to another EU country for a traineeship helps students to improve their knowledge, skills, and competences that employers are looking for, and therefore, increase future employment opportunities. Traineeships also benefit the EU as a whole by fostering a sense of European identity, facilitating the free circulation of knowledge, and contributing to the internal market — Europeans who are mobile as young students are more likely to be mobile as workers later in life.

Financial support. Erasmus+ supports work placement/internship (what Erasmus+ calls “traineeship”) abroad at any workplace for students currently enrolled in higher education institutions in Programme Countries at the Master's level. The Erasmus+ support grant for blended

mobility is calculated based on the period physically spent abroad while respecting the set minimum duration of the physical component of a blended mobility, which is, for example, for long-term physical mobility for traineeships: 60 days. Erasmus+ grant levels are published in the Erasmus+ Programme Guide.

Educational support services, as well as the University's Career Office and International Relations Office, provide additional information and guidance on academic progression, employability, and international mobility programmes such as Erasmus+.

2. Mobility Opportunities for Teaching Staff

Faculty members participating in the joint PSP may travel between the two institutions for teaching, research, or training purposes. Travel may include: (a) Teaching courses or lectures, (b) Participation in joint educational or research activities, (c) Collaboration in the preparation of theses, (d) Training or development of teaching skills. The duration of the travel is determined according to the subject and needs of the PSP and ranges from short visits (a few days) to extended teaching periods (up to one academic semester). An application is submitted by the interested faculty member, accompanied by (a) a description of the activity, (b) a timetable, and (c) expected results. The travel is approved by the Programme Committee. Travel funding may be covered by the PSP or by European or international mobility programs.

Erasmus+ also supports the professional development and international engagement of academic staff. The Erasmus+ framework provides two core mobility types for staff:

1. Teaching Mobility (STA)

Academic staff can teach at a partner university abroad. Purpose:

- Share expertise and teaching methods
- Strengthen inter-institutional collaboration
- Enhance the international dimension of curricula
- Engage with diverse student groups

Typical duration: 2 days to 2 months, excluding travel.

2. Training Mobility (STT)

Staff can participate in:

- Workshops
- Job shadowing

- Structured training events
- International weeks

Benefits:

- Professional development
- Exchange of good practices
- Strengthening administrative and academic capacity
- Building networks that support future collaborations

This applies to academic, administrative, and technical staff.

3. Support Structures at HMU

HMU provides a strong support system for all mobility participants:

- **Departmental Erasmus+ Coordinators** guide students through academic matters, learning agreements, and course selection.
- The **International Relations Office (IRO)** supports both students and staff with procedures, documentation, and practical arrangements.
- A wide network of **partner institutions** enables diverse mobility destinations.