

My global story



Q&A north2north

2025-2026 Sari Vidén



LAPIN YLIOPISTO
UNIVERSITY OF LAPLAND

What?

- north2north is a mobility program of the University of the Arctic for the U Lapland student's who are interested in *Northern/Arctic/Antarctic* issues.
- Students at one of these institutions may apply for an exchange at a participating institution in another country.
- Universities that are open for applications is updated yearly.

Where can I apply?

Link: [UArctic - University of the Arctic - Where Can I Go](#)

- CANADA: Algoma University, Aurora College, Lakehead University, Memorial University of Newfoundland , Nunavut Arctic College, Ontario Tech University, Saint Mary's University, Université du Québec à Montréal (UQAM), Université du Québec à Rimouski (UQAR), Université Laval, University of Northern British Columbia, University of Prince Edward Island, University of Saskatchewan, Vancouver Island University, Yukon University.
- USA: Alaska Pacific University, University of Alaska Anchorage, University of Alaska Fairbanks, University of New England, University of Southern Maine, University of Washington.
- UK: Robert Gordon University, Royal college of Art (no BA level courses), University of Aberdeen, University of Hull, University of Strathclyde.
- AUSTRALIA: University of Tasmania.
- North2north destinations in the Nordic countries are all open for applications.

Where can I find more info about universities?

- [UArctic - University of the Arctic - Where Can I Go](#)

How to apply?

- You can apply to N2N and European destinations with the same SoleMOVE application. Call is open 15.12.24 – 31.1.2025.
- Preferably choose 1-3 N2N destinations.
- Put your choice number 1 on your Solemove application (Exchange information -interleaf), and mention two others in motivation letter.
- You can comment your preference for destinations in motivation letter.

What to include in the north2north motivation letter?

- Please describe how the courses that you intend to follow at the host institution fit within the north2north mobility program according to one or more of the focus areas.
- *Building Human Capacity in the North/Arctic/Antarctic*: Education and training that are culturally and academically relevant for Northern/Indigenous communities
- *Demography and sustainability*: sustainable education that will reverse the decline in term of population growth in the Arctic/Antarctic and help the communities stay in their home villages.
- *Adaptation to Climate Change*: Education focusing on the limitation of the climate changes, the evaluation of their impacts on the population and nature and the adaptation to the new environmental situation.
- *The Arctic/Antarctic as a dynamic region*: how to contribute to an economic growth in terms of employability, health, infrastructure and culture.
- Please describe your social and educational background and your connection to the North/Arctic/Antarctic.
- Please describe the challenges that you meet as a citizen from the North in terms of (for example) environment, demography, education, welfare, labor market or infrastructure.
- Please describe how you define yourself as a citizen living in the North and how you see your life in the North or in relation to the North after completing your education.
- The motivation letter should not exceed one page (approximately 600 words).

Application process in N2N

1. Ulapland application

2. (After mid February) **ULapland Q&A** session. The students will receive a link to the online application form to their e-mail addresses. Deadline for students to send application form (with enclosers) is **25.2.**

- Motivation letter
- Transcript of records (in English)

3. (At the end of March) results of the waivers and grants are published.

You can find more info about the application process:

[UArctic - University of the Arctic - Application Procedure to and from Finland](#)

My



Language skills

- Basics of the host language
- CEFR B1/B2/C1
- Possibly official language test
- www.ets.org/toefl
- www.fulbright.fi
- www.ielts.org
- www.finnbrit.fi



Grants

- **North2North** (UArctic – North-America, Nordic countries)
 - 4 – 12 months
 - Grant 1500€ - 2000€ for one semester and 2000€ - 3000€ for two semesters depending on the destination.



Microsoft Teams

- Vastaanottoajat verkossa tiistaisin 12-14 & torstaisin 10-11
- Infotilaisuudet & työpajat
- Vastauksia kysymyksiin

[Online vastaanotto MS Teams:ssa](#) >



Moodle

Liikkuvuusjaksoille hyväksytyt ja liikkuvuusjaksoilla olevat opiskelijat:

- [Outgoing orientation 2022-2023](#)
- [Outgoing orientation 2021-2022](#)

- Prosessi askel askeleelta
- Ohjeet
- Vinkkejä



Oppaat

- Hakuprosessi yksityiskohtaisesti
- Vaihdon suunnittelu
- Vastauksia kysymyksiin

— [Opas vaihto-opiskelijaksi aikovalle\(FI\)](#)

— [Kohdeyliopistojen Opaskirja \(EN\)](#)



SoleMove

- Hakemuksen tekeminen
- Tietoa kohdeyliopistosta
- Palaute

[SoleMove](#) >



Sosiaalinen media

Instagram [@myglobaldiary](#)

- Nopeat päivitykset
- Live-sessiot
- Tarinoita
- "linktree"



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Sähköposti

- Lähetä asiakirjat allekirjoittamista varten
- Lähetä raportit

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