



ERASMUS+ STUDIES - UU Report 2019-2020

faculty/college	Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Physics and Chemistry

destination city & country	Lund, Sweden
how did you travel to your destination?	By train
name university abroad	Lund University
start date	20 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION	
exchange application process	<p>The application process started quite early and the deadlines were in March if I am not mistaking. Around that period I found it difficult to imagine my exchange semester and I was mainly focused on my other activities and deadlines from that period itself. Anyway, the application process on itself was not difficult to follow and the information from Lund University was quite clear.</p> <p>I would like to add that for this (rather early) application you already have to choose your courses. So as early as February/March (!) you have to contact the board of examiners about the courses and their overlap with UU courses and their UU level.</p>
counselling & support at Utrecht University	<p>The counselling & support at the UU I thought was quite well organised and I got respons to my emails quite fast. During the summer holidays, wich is when I had to arrange a lot of things, this was of course different.</p>
academic preparation	<p>I did not have to do any academic preparations, for me it was as if I just continued courses after the summer break.</p>
language preparation	<p>All the courses I did, and many others in Lund, were taught in English. For this I also did not have to prepare anything (I already had courses in English in Utrecht).</p>
finances	<p>It is good to have some savings before departure and before you receive the Erasmus grant (around €700 I would recon). I had to for example pay double rent for 2 weeks and of course had to buy a new bike in Lund. However, when you receive the Erasmus grant before your departure, no need to worry.</p>



STUDY ABROAD PERIOD
study programme (content and organisational issues)
At Lund Univeristy you can choose loose (mostly) 7.5 ECTS courses. I took two elective courses wich were open to all students from all faculties and two courses that had something to do with my major. The electives, so-called SAS-courses, were very much about having fun in the learning process. It made them quite chill although the examination was not too easy.
academic quality of education activities
The acedamic quality at Lund University is defenitely there. Three out of four courses that I took were well taught. I would say in general, very comparable to Utrecht University.
counselling & support at receiving university abroad
I did not email my contact person a lot, but when I did, I received a reply very rapidly. That was quite nice. In general I got the impression that at Lund University there is a quite good focus on counselling & support.
transfer of credits
I have not come to this point yet. All I can say is that of course they use ECTS in Sweden as well (it's in Europe).

STUDENT LIFE
welcome & orientation programme
In the orientation weeks (2 weeks) I was placed in a so-called mentor group. It was just a group of random interational students, so not just exchange students. I hope they will change this the next year because my mentor group only had two activities.. For the rest, there are a lot of activities in the orientation weeks, way more than you can attend.
accommodation
Sudent accommodation in Lund is very nice. Compared to what I have seen in Utrecht, in general, they are quite clean as well. In my house for example, everyone (12 housemates & all visitors) takes off their shoes directly at the entrance.
leisure & culture
It is possible to make some hikes around Lund. There is some nice nature. The city centre is nice to walk around too with all its old buildings. In terms of going out, Lund is really a sudent city. The best way to go out is to go to the so-called student nations which are spread out throughout Lund, there alcohol is relatively cheap (for students only). Student house parties are also very common and are happening pretty much every weekend.
suggestions/tips
Visit Malmö (10 min train) and eat falafel there at Värnhems falafel, its cheap and increadably delicious. Visit Copenhagen (50 min train) and among other places visit the neighbourhood of Nørrebro. I can give more tips, but you'll find out most of them yourself.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would for sure recommend Lund and Lund University. The way I experienced life in Lund was very relaxed and the atmosphere in the whole city and university was friendly, you don't do anything you don't want to.
do you have any additional advice or comments?
If you want to go to Lund for one semester, I would recommend going in the spring semester. The autumn and winter months are very grey and Lund must be very nice in the spring from what I have heard.



ERASMUS+ TRAINEESHIP - UU Report 2018-2019

faculty/college	Faculty of Science
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Farmacie

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	04 / 02 / 2019
end date	05 / 07 / 2019

PREPARATION

exchange application process

It was easy. Through someone from the department in Utrecht I got the contacts of the PI directly. After a few mails it was all fixed.

counselling & support at Utrecht University

I received really got help with all my questions. Especially regarding the Student Lund status. Unfortunately, there was nothing they more they could do for me, but I feel like they really tried everything they could to arrange it for me.

academic preparation

It was part of my curriculum, so I didn't have to arrange anything

language preparation

My English was already at decent level

finances

It was a real struggle to get all the funds going. But it worked out in the end. I thought it would be easier, but they are quite strict and all have different restrictions and application procedures. But let's be honest, if you want their financial support, there is an effort to make.

STUDY ABROAD PERIOD

traineeship programme (content and organisational issues)

It was beyond great. I received so much help and patience from my research group. They were super friendly and I was free to ask whatever I wanted. They didn't expect too much of me and guided me through all new procedures.

quality of research activities

Very good! I was amazed with the facilities they had and the possibilities I got to contribute in their research. I was allowed on all PhD activities and got to know a lot of fellow researchers. I've learned a lot going to seminars in my spare time and really felt like a researcher myself.



counselling & support at receiving university abroad, if needed

Also very good. The university of Lund is very well organised. They replied very fast on all my emails and there was an easy accessible helpdesk.

STUDENT LIFE

welcome & orientation programme

None, since I was trainee there was no welcome from student organisations what so ever. They started a few weeks earlier. I was just in time for the introduction period of the nations, but that was all at my own initiative. Luckily the whole Student Lund thing worked out for me, otherwise I would've not been able to enjoy the student life.

accommodation

I was also very lucky there was this girl from Lund coming to Utrecht. We were able to switch rooms for the exact same period. She contacted the international office and they gave us each other contacts (after they asked me permission!).

leisure & culture

A LOT. Sweden is such a beautiful country and Lund as so much to offer culture wise. There is so much to explore near Lund and Erasmus has all these great trips to even enjoy it more.

suggestions/tips

Make the Student Lund thing work. Put all your effort in it beforehand. I have no clue how I made it work. I had contact with so many people at the end, that I don't know who pulled the strings. But without it, you can't enjoy student life and Erasmus is not that active in Lund, because the nations are.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

For sure! It was the best time of my life. I received a lot of support from my research group and the university is very clear about the application procedure. Sweden is a very nice and easy going country. Lund is a vibrant city (for students haha), but small. But all cities in Sweden are small. It is close to the beach, so enjoy it during spring/summer.

do you have any additional advice or comments?

Figure the Student Lund thing out if you go as a trainee. Try to find housing through the university if possible. You can always move during your stay if you find something better. Get a bike. Sweden is not that expensive.



ERASMUS+ STUDIES

UU Report 2016 - 2017

faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Mathematics

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	10 / 01 / 2017 (dd/mm/yyyy)
end date	02 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I knew from the beginning of my studies that I wanted to study abroad. I first had to decide where to go, and I wanted to go to Scandinavia. I looked which universities were possible and what kind of courses they had. Lund University seemed for me the best option, and I don't regret it! Lund University helped me quickly with all my questions. It all takes a lot of time and preparation, so keep track of the deadlines.

counselling & support at Utrecht University

I could go to the International Desk for all my questions and they helped me a lot. Sometimes they were a bit slow with responding through email, when I was in Lund. Keep that in mind when you have a deadline.

academic preparation

I had to do some courses as prerequisites. Everything I needed to know was on the website of Lund University.

language preparation

I did nothing as preparation for languages. I knew already that I would do a Swedish language course, so I didn't study Swedish. My English was already good enough, according to the Erasmus language test.

finances

I saved money for this trip throughout the year. I also had the Erasmus grant and my parents paid the rent for my accommodation.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I changed almost all courses that I initially wanted to do. When I first got there, I went to some lectures of different courses, to see which one I wanted to do. I found out that I had to do master courses, although I'm in my bachelor, to get the same level. It was easy to change my courses, and I'm glad that I did a Swedish language course. I also liked the Mathematical Statistics courses, since they don't exist in Utrecht.

academic quality of education activities

I had a lot of (personal) contact with my teachers. The classes were often small, which made it easier to talk to them. If you had a problem, they were very eager to help you.



counselling & support at receiving university abroad

My coordinator was not that fast with writing me back. He also just had one hour in the week his office hour (you can just walk in the office at that time), which made it hard to meet him. The contact with other people went really smooth.

transfer of credits

My grades aren't transferred yet, but I know that I'll get credits for all the courses I did. I checked that before, so that I wouldn't do any courses for nothing. I don't know how the transfer of grades goes, since they have another grading system in Sweden.

STUDENT LIFE

welcome & orientation programme

The orientation programme was really good. There was an arrival day in the beginning, where we got some helpful papers and where we could sign up for some activities. The introduction was two weeks, with several activities to get to know everyone, which was really fun. I got to know a lot of people and I did some awesome things, like hiking and going to the IKEA (of course).

accommodation

I got my accommodation through the Kemicentrum. First, I applied for LU Accommodations, but unfortunately I didn't get an accommodation there. Then I tried AF Bostäder, but also there I had bad luck. I tried to get an accommodation through Facebook or some other websites, but I couldn't get anything. Then I got an email one and a half week before Arrival Day, that the Kemicentrum had an accommodation free for me. So I had a lot of stress, but in the end I got a really nice accommodation. It was a corridor with 5 other international students. I had my own toilet and sink, and the rest of the room was approximately 16 m². The house was clean, so I was really happy with my room.

leisure & culture

In Lund there are nations. They organize activities such as lunches, brunches, parties, pubs and much more. I went almost every day to one of the lunches there, since they were quite cheap (around €4 for a warm meal). It was a bit weird for me to eat warm for lunch instead of dinner, but I really liked it! I also met friends in the city for fika. This means that you're drinking coffee and eating something sweet. The culture is not very different from the Netherlands.

suggestions/tips

- Buy a bike! Everyone is riding a bike in Lund, and it's such an easy way to go somewhere.
- Visit as much cities as you can and do as much fun stuff as you can. Travel!
- Take a lot of pictures and buy some souvenirs. You'll love your time abroad, so keep some memories.
- Enjoy everything as much as possible!
- Don't expect a lot of contact with the locals. It'll mostly just be the people from the supermarket.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I really liked my time in Lund. It's a student city, but it's not really big, which makes it easy to meet people. The university was quite good, and everyone spoke properly English. I also liked it that there are two airports near to Lund, so it's really easy to travel, especially in Europe. Sweden itself is also beautiful.

do you have any additional advice or comments?

I wanted to go on an exchange to challenge myself, to meet new people and to travel more. It was not really for my study, but I certainly learnt a lot there. I also learnt that the Netherlands has actually really good education.



I had done more than most people that I met that were in their master. The main thing that you'll learn from studying abroad is how you cope with being on your own, where there's no one that you know. It's exciting and a bit scary, but above all it's a lot of fun!



ERASMUS+ STUDIES

UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> assassenae@gmail.com
faculty/college	Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Chemistry

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	11 / 01 / 2016 (dd/mm/yyyy)
end date	15 / 06 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

Lund University is quick with responding, and the administration there is very willing to help. Keep track of the various deadlines as well, as the semester in Lund is shifted forward compared to the semester in Utrecht. Furthermore it is important to keep track of the various deadlines, which was harder than I expected. Note that the process starts early, I started with the idea halfway through my first year of bachelors. It takes a lot of planning to get to participate in all the courses in Utrecht and in the target country.

counselling & support at Utrecht University

I used the faculty exchange, and although they were helpful and obviously cared, they were sometimes slow in responding, especially in e-mail. In addition to the limited opening hours, it meant that being bit late makes it very difficult to get everything working properly. Admittedly, I have not sought a lot of help.

academic preparation

Lund university obviously has a lot of experience with exchange students, and they offer a good website with all information needed in one place. It holds a lot of information regarding the academic atmosphere, the course caatalogue and such. I took courses only, all I did was to bring with me the lecture notes from previous courses in the respective field.

language preparation

I was already fluent in English, so not really. Everyone in Sweden speaks English.

finances

Sweden is a very expensive country, much more than the Netherlands already is. Especially food was a huge draw on my finances, which were slightly limited anyway. In terms of other items, such as clothes or accomodation, prices are not much different, maybe slightly higher. The only significantly cheaper stuff is electronics. On average, I think I spend around 800 euros a month. I was, however, well prepared in terms of clothing and such, so I had no need to look into the specifics regarding these items.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I mainly took courses at masters level in my course, however as time progressed I found out that a course on more international oriented matters, such as some cultural course for example, would have been more fitting. Had I wished to change it, I could have done so, however my lazy nature prevented that. It is not very difficult, as many people do it. The procedures are available and just need to be followed.
academic quality of education activities	The scale is small in Lund, the courses in chemistry I participated in averaging 9 people. This indicates that the amount of personal contact with the teacher is much higher than in the Netherlands, where classes are mostly anonymous. The differences in teaching are apparent, the quality is very high. The organisation, both of the course and the study in general, are of sufficient professionalism.
counselling & support at receiving university abroad	As stated before, they are quick and eager with help. E-mails are normally adequately handled within hours, even upon e-mailing the wrong person first as they simply forward the mail. Upon personal contact they are friendly, and show appropriate know-how of the matters at hand. Nearly everything can be arranged quickly if needed.
transfer of credits	As my latest exam was on the 15 th of June and the deadline for this report is the 1 st of July, I have not yet had the possibility to look into the transfer of credits. Hopefully not too difficult.

STUDENT LIFE	
welcome & orientation programme	Super! They offer a broad orientation programme with sufficient time to find your way around. They offer introduction programmes and the various Student Nations offer a variety of activities. The mentor programme is a great way of getting to know new friends, and get to know to good places in town. I would highly recommend the starter course in Swedish language and culture in the first three weeks, not so much for its content as to get to know more people. All in all, the introduction weeks are part of the best weeks of the exchange in Lund, all you have to do is attend social activities and get drunk at parties.
accommodation	Easy to arrange for the spring semester, I got three accomodation offers. One from the faculty, which I accepted, and due to misunderstanding with the housing accomodation they send me two. All accomodations I have seen in Lund are what you would expect of housing for international students, placing them together in older flats. Adequate, not too expensive, nothing special. Don't expect any high-tech, most of the furniture is a mishmash of items, mostly from the cheapest source available.
leisure & culture	Sweden is a great country in regard to leisure and culture. It just takes some time to get to find your way around the student organisation system, which is a remnant of old times. Investing a bit of time to get to know it will eventually result in discounts in special Student Nation-runned bars and clubs, and is highly advisable. The city itself is beautiful and is a typical student city with all sorts of activities. It is very close to Copenhagen, 20-30 minutes by train, and Malmö. Around the city itself nature is abundant, including small islands, long coastlines, forrests and larger national parks.
suggestions/tips	Studying is important as well I guess... On a more serious note, if your finances can support it, go do some travelling along the Baltic coastline. No visa is required for St. Petersburg if you travel there by an arranged ferry



trip, and you will find a lot of eager companions for some sight-seeing. Lapland is beautiful in winter, and nature is abundantly present in all of Sweden. Stockholm is great for culture, and Europe is small. The airport of Copenhagen is around the corner, and travelling by plane is often the cheapest suggestion. Many internationals from especially the Americas go visit other metropolises in Europe, such as Madrid and Paris, as it is easy and fast.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Most definitely, it is a great destination for exchange. The university has a lot of experience with international students, and that pays off. Everyone speaks English, which makes communication a lot easier. Everything is well arranged, information can fairly easily be obtained. Sweden is a very good country to live in, on all aspects that are important for student life. See above for further details.

do you have any additional advice or comments?

Admittedly, I saw the exchange as a social investment in myself, not exactly my best perk, and not so much of an investment in my study. If you regard an exchange only as an investment in study I would not recommend going at all, the Netherlands is very solid for that. I learned a great deal, about other cultures as well as myself, and I think that is the main purpose of an exchange. Last thing, do not expect a lot of contact with locals if you do not actively seek it. You end up in a weird sort of subculture, that of international students. It is a mingle of all sort of people from different backgrounds, a very fun experience. If I can I go on an exchange again in my masters.



UU Report form - Erasmus 2013-2014

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> gerdakamsma@hotmail.com
faculty/college	Nanomaterials: chemistry and physics
level	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD
name degree programme	Nanomaterials: chemistry and physics

destination city & country	Lund, Sweden
name host institution and/or company/organization	Lund University
purpose Erasmus grant	<input type="checkbox"/> courses <input checked="" type="checkbox"/> research <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	01 / 12 / 2013
return date (dd/mm/yyyy)	30 / 05 / 2014

preparation

exchange/placement application process

Before I left to Sweden I signed the wrong forms so it took me longer than expected to apply. After everything was handed in the right way, the money was there soon. It is a lot of forms to fill in and it is not always clear what to sign.

counselling/support at home university

For me a lot was clear due to a conversation with Samia Ouhajji. She had been to the same group and could tell me a lot about Lund and the department. Also Albert Philipse had a lot of information.

academic preparation

In Utrecht I already started with this research program, so I already prepared some experiments and had read a lot before going to Lund.

language preparation

I didn't do any language preparation, in Sweden everyone speaks English, so no language preparation is necessary if you know English.

finances

In Sweden, everything is expensive, even more expensive than I expected. For example for food, usually in the Netherlands I spend 5 euro's per day, in Sweden this was almost the double for the same products even at one



of the cheapest supermarkets. Alcohol, meat and extra's like candy and crisps are way more expensive than in the netherlands. The scholarship is more then welcome, and it does not cover all the extra costs, so I had to take some of my saving money.

study/placement abroad period

study programme/work plan (concerning content and organisational issues)

In Lund I did a research programe which is part of my masterthesis. The subject is adsorption versus bulk aggregation of silica particles on a silica surface in water. This was done at the physical chemstry department in Lund. The lab there is very organised and the people are very open to explain you anything.

academic quality of education/placement activities

The quality of the research group is very high, the PhD students are very motivated and ready to explain and the professors have a lot of knowledge and their doors are always open.

counselling/support at host institution/organisation

I had a lot of support from my supervisor Lennart Piculell, and also the secretary is very well organised. Everyone is ready to answer your questions and if you have a problem it is solved before you know it.

transfer of credits

Still has to happen

student life

welcome/orientation programme

I had a nice welcome in the lab and did not participate in any other welcome programme.

accommodation

Ihad a very nice accomodation, an international student corridor arranged by the department. It was fully furnished and 400 euro's per month. It is clean and spacious and very nice that there are a lot of chemistry students in these corridor's.

leisure/culture

I participated in a Swedish student orchestra, where I learned some Swedish but also some traditions. For example Swedes eat warm food for lunch and preferably also for breakfast. Also I went to Valborgdag, a celebration with big bonfires. Furthermore I went to visit Malmö a few times (15 minutes by train) and Copenhagen (45 minutes by train). The island Ven is also nice to go.

suggestions/tips

If you want more the typical Swedish nature (forestry, hilly) you can travel more north, there are several nice places.



conclusions
would you recommend this host organisation/destination to others? please explain
Yes, the environment was great, a lot of students and very international oriented. Everyone speaks English, and it is very well organised. I had a lot of fun!
do you have any additional advice or comments?
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