



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p> <p>my e-mail address <input checked="" type="checkbox"/> yes: c.c.stavast@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @</p>
	<p>faculty/college Faculty of Social Sciences</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Cultural Anthropology</p>

<p>destination city & country</p>	<p>Czech Republic, Prague</p>
<p>name university abroad</p>	<p>Charles University</p>
<p>start date</p>	<p>11 / 02 / 2019 (dd/mm/yyyy)</p>
<p>end date</p>	<p>30 / 06 / 2019 (dd/mm/yyyy)</p>

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	<p>In my view, the application process went really well, although you have to prepare in time. I think it is important to start in time with deciding where you would like to go and getting all the needed information. Once you have decided on your top 3 of destinations, all of the follow-up steps are described extensively on the website of the UU so that you know exactly what you have to do/prepare. After uploading everything into Osiris you just have to wait for some time and the UU fixes the rest, basically.</p>
counselling & support at Utrecht University	<p>I think the UU has good and helpful information evenings about the possibilities of going abroad during your studies and once you've decided you would like to do that, the International Office offers good support, information and help. Online and on the UU website you can already find almost all the information you need, but if I still had questions the International Office always helped me out.</p>
academic preparation	<p>If I understand this part correctly, it is about if I felt academically prepared enough for the courses that I followed in Prague/if I did anything to make sure that I would be. Since the courses that I followed were mostly in line with the courses that I have at the UU, I didn't feel the need to prepare that much. And as it turned out, for me, it was indeed not needed. With my background in anthropology I could follow my courses in Prague very well.</p>
language preparation	<p>The main language of communication with/at the Charles University is English and since I would also follow my courses in English (most of them) I had to make the OLS language competency test. The first time I already got C2, which came a bit as a surprise to me, but because of that I felt really prepared enough to go abroad. That's also why I did not prepare anything else for my English, although I did try to learn a little bit of Czech. I also</p>



followed one Czech language course at the university, which was really fun and also useful!

finances

First of all, I think it is important for everyone to make sure that you have enough personal savings if you want to go abroad. Besides that, it is great that you can get a compensation for public transport in the guest country (about €95). And of course I also applied for the erasmus grant, which together with the other 2 income posts were enough for me to make sure I could pay rent and of course have a great time abroad!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At the Charles University, they have a very different system of applying for courses than what I knew from the UU. At CU, you apply for courses in the very first week of the semester and then only after 3-4 weeks the application period ends. So this means that you can 'try out' some courses and then decide if you really want to take the course, or you sign out and see if there is still place in another course. I really enjoyed this system, because in this way I could 'check' if the courses that I initially applied for were really that interesting as I thought. And they were! They have lots of interesting courses at the CU and the online system with which they work is simple/easy to understand. All of the information about teachers, courses, schedules, etc. is all in there.

academic quality of education activities

At first, I thought that the 'level' of education and courses here in Prague would be 'lower' than I was used to at the UU, but that was not true. I think the level of my courses was just as 'high' as the ones that I follow in Utrecht. The only thing which I thought was really different is the amount of work I had to do for the courses, that was definitely less than in Utrecht. In sum, the academic quality at the CU is in my opinion very good.

counselling & support at receiving university abroad

Again the International Office was my best friend, so not only the one from UU but also the one here in Prague from the CU. Almost every weekday they have opening hours so that you can stop by for questions and of course you can also e-mail them. Besides, at the beginning of the semester there was of course a special 'opening' where all of the new international students got a lot of information. Lastly, the IO from the CU also regularly sends e-mails with extra or new information, which was really useful.

transfer of credits

At the CU, all courses can have a different amount of credit, but of course they work with ECTS. In my case, I followed 5 courses during the whole semester, for 27 ECTS in total. Since they are ECTS, the UU can just use these credits, they did not have to be converted or something like that.

STUDENT LIFE

welcome & orientation programme

In the first week, we started off with a 'welcome' meeting whereby we got more/extra information about when we could apply for the courses, when and how we would get our student cards, and so on. After that, the orientation week started. In Prague, the Erasmus Student Network (ESN) organizes this and it was an amazing week full of activities! You had to apply for some of the activities a few days before, and I'm very glad I did. I attended almost all of the activities and got to know so many people already in that first week.

accommodation

The CU offers dorm rooms to international students, for that you have to apply via the website and then you will get a room in one of the dormitory buildings. These are really cheap which is a big plus, however, I did not want to stay there, because the rooms are shared with another person and the building are also quite far away from the city. That is why I searched for a room via several facebook pages, which worked for me (just in time), so I stayed in a really nice flatshare with two other international girls.



leisure & culture
As many people probably know, Prague is a great and beautiful city with lots of things to see and do. Since I was a member of ESN I attended a lot of their activities in the beginning to get to know the city. There are lots of museums, cafes, clubs, parks, restaurants and of course once you have met some people, it is really easy to make plans together to explore the city!
suggestions/tips
As I mentioned before, being a member of ESN helps a lot, if you do not know so many people yet, or you don't know what to do in such a big city, this can really help you.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend to go to Prague, the city is just amazing! Besides that, I also really enjoyed going to this university, everything was well organized but still 'relaxed' (quite Czech I would say). If you don't know yet where to go, check out the CU in Prague!
do you have any additional advice or comments?
The only advice I can give is that it's important to start in time with everything for your stay abroad! Being prepared helps a lot, especially to reduce your stress level so that you can enjoy your time!

UU Report form - Erasmus 2018-2019

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: karlijn.lathouwers@hotmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: karlijn.lathouwers@hotmail.com
<i>See end note for * and **</i>	
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	24 / 09 / 2018 (dd/mm/yyyy)
end date	15 / 02 / 2019 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process



The first step, is to decide where you want to go. All the student experiences can help you with this. Once you know your destination, there is some preparation you need to do. It is not difficult, but you need to fill in some forms and need some signatures from both receiving and sending organisation. But if you just follow the steps given online it is quite simple
counselling & support at Utrecht University
The international office helps you when needed. They respond quickly to your mails. But notice that their office hours are restricted.
academic preparation
There was no academic preparation needed.
language preparation
You can choose to follow a Czech course, but I decided not to do so as many of the courses are taught in English.
finances
Luckily Prague is not that expensive. However, if you want to stay in a flat in the city centre it can be quite expensive. I stayed in a dormitory and only had to pay around €140 per month, so that was fine. But I did spend a lot of money on trips and eating/going out. Because it is not that expensive, you will do stuff like that quite a lot. Because of the Erasmus Scholarship, it was doable.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
There is an orientation day of Charles University at the beginning of your stay. They explain the Student Information System (SIS) and how to enroll for your classes. But this was very chaotic. You needed a student card and a code to log in, which you received in alphabetical order and there were really long queues. When you finally received your codes, some of the courses were already full.
academic quality of education activities
The courses varied in difficulty. But in general was the academic level lower than I was used to in Utrecht. It was quite easy to get A's or B's. Some courses didn't even have exams.
counselling & support at receiving university abroad
The Erasmus office was helpful and responded quickly to emails.
transfer of credits
I don't know this yet. But they use a different scale of grades.

STUDENT LIFE
welcome & orientation programme
ESN organised some welcome activities in the beginning, but not much. Those activities had limited places so I couldn't go. There was one big welcome party. Apart from that I couldn't attend any welcoming activities. My faculty also organised some welcome and orientation presentation where they explained SIS and you could meet some Erasmus students. It can be useful to join a few Facebook groups to be up to date on events.
accommodation
I stayed in a dormitory in Hostivar provided by Charles University. There were some advantages and some disadvantages for living here. The advantages were that it was quite cheap to live there and it was really easy to make friends. There was a party room where you could pre-drink before going to the city, and there was always someone home to hang out with. But there were also disadvantages. It was an old building and quite far from the city centre (30-40 mins by tram or metro). You also had to share a room and a bathroom with your



roommate, and a very small kitchen with your floor. For me it was a great experience and most of my friends were all living there. The public transport is very good and goes all night. But if you don't want to share a room, or want to live in the city centre, I wouldn't recommend this place.

leisure & culture

Prague is a very nice, beautiful and charming city. The mix of architecture of the beautiful buildings all around the city, reflect its capital's history. But there is a lot more: Romanesque chapels and cellars, Gothic cathedrals, Baroque palaces and gardens, many pretty parks and squares. During the summer months you can chill at the Nalpravka Rierbank.

suggestions/tips

It can be useful to learn some Czech in advance. The Czech can come across as moody and rude. But if you try to speak to them in Czech, they would very much appreciate that.
Also, I loved to explore the city and to find new coffeshops to study or have lunch and bars to go to, so you can always contact me to ask for recommendations.

CONCLUSIONS

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

I would very much recommend to go to Prague. It is an amazing city that has a lot to offer. There are many great bars and coffeshops to discover. Also, it is a centrally located city, so you can travel to cities and countries around.

do you have any additional advice or comments?

Try to make the most out of it!. It is over before you know it. Prague is pretty cheap compared to the Netherlands. You can go out for dinner for less than 10€ including drinks. You will make a lot of international friends and it would be a waste not to go out with them because you want to save money.
Also the public transport in the Czech Republic (and outside) is really cheap with you ISECcard, which is really great and gives you the opportunity to visit very nice places around. So make sure to join those trips and don't worry too much about money.

UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Erasmus Exchange

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	26 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was a lot of work but the assignments were clear and easy to understand. I was struggling the most when writing the motivation letter. Prague was my first choice and I really wanted to go there. In the letter, I named arguments why I wanted to study there. These arguments were focussing on the



courses and not that Prague is a beautiful and amazing city. I am not sure, but maybe it worked! After I received the email that I was accepted in Prague, the paperwork started. You need a lot of autographs and documents but it went quite well and both universities responded quick to emails and questions.
counselling & support at Utrecht University
I think the International Office did a good job helping me out. In the beginning there was a problem and I was not able to register at Osiris. Also they signed the documents right away and you didn't need to wait.
academic preparation
I did not do any academic preparation before I left to Prague. The only thing I looked at were the credits for courses in Prague and which courses I wanted to do when I got back to the Netherlands for my last year.
language preparation
For me it was not necessary to do a language course or class before I went to Prague. I did not do a lot of language preparation.
finances
Czech Republic is not expensive at all. However, you have to keep in mind that you are gonna spend more money then only your montly bills. Since you are abroad you want to explore the country and go on trips. The Erasmus Scholarship was a great addition to make the most out of your semester.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I studied mostly on the faculty of social sciences in Prague. But I also really wanted to expand my vision and did a course on the faculty of sciene (geography). Both faculties had a lot of different courses and study directions. It was great that there were so many courses taught in English. I never had the feeling that I had to do a course because there were no others or only taught in Czech. After the introduction week, the lessons started. Essays and presentations were a subject in every course, exams only in some on them.
academic quality of education activities	In the beginning I thought that the academic level was really low and I did not study that much. At the end all the deadlines forced me to go to the library. However, if you wrote a decent essay and put work into it, an A on your final record was definitely achievable.
counselling & support at receiving university abroad	Except for problems in the beginning, the International Office responded quick to emails and was very helpful. Also the teachers were flexibel with the study programme if there were any problems. Especially because some students already had to go home again before christmas. I never had a problem with planning or organisation.
transfer of credits	From the beginning it was clear which credits belonged to which course. I had to get 30 ECTS and did 5 courses.

STUDENT LIFE	
welcome & orientation programme	The first week we had an introduction week, full of activities and also some paperwork. We had to pick up our student card, but waited 6 hours to get them. There was only one woman making the profile picture and handing out the cards. But the rest of the week was really nice, there were parties, activities and trips to other places in Czech Republic. After this week, the lessons started.
accommodation	I chose not to stay in the accommodation of the University but to find my own room. I am really glad I did that, since the accommodation was 45 minutes from the city centre and really old and dirty. I did not have a room



yet when I arrived in Prague, so I stayed in a hostel for a week. It was really hard to find a place, so I would definitely recommend to try to find one before you go. The price to live in the centre is of course higher (400 euros a month) but I loved it. Close to both universities and shops, clubs and bars.

leisure & culture

Prague is an amazing city! I noticed the beauty every day again. It is a young and busy city, but after a while you find a way to avoid the tourists. There are a lot of coffee bars, restaurants and clubs. Czech people are not that friendly, but you get used to the fact that the older generation just doesn't speak English and is not responding when you ask something. The food, of course you have to try it, but is not my favourite. A lot of meat and potatoes. But there are many other place to eat: Italian, Mexican, Brazilian, Chinese, Vietnamese, Burgers etc. The night life in Prague is really nice. Cheap beers, and a lot of different music styles. The Erasmus organisation throws massive parties at the clubs. Also pooling or just chilling with a beer is always an option.

suggestions/tips

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes I would definitely recommend it. I had an amazing time and learned a lot. Maybe not necessary on an educational level, but about different cultures, life away from home and myself. I always felt safe walking around at night and enjoyed the trips and activities. For 4.5 months it really felt like home.	
do you have any additional advice or comments?	

UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences		
level	bachelor's	master's	PhD
name study programme	Interdisciplinary Social Sciences		

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	25 / 01 / 2018 (dd/mm/yyyy)

PREPARATION	
exchange application process	
Everyone told me that it was a lot of work to fill in all the different forms and yes.. they were right.	
counselling & support at Utrecht University	
Utrecht University helped you with questions you had but that's it.	
academic preparation	
there was no special academic preparation needed.	



language preparation
My english was okay and i only needed english for this university.
finances
Prague is compared to Utrecht not that expensive.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed 4 courses in Prague; Intercultural communication management, Intro:Cross cultural studies, Media and Society and ethical issues in media business and society. All the courses were in English. In the first week we had sign up for the courses but they told us that we could switch courses if we wanted to (within 2 weeks). It is not hard to pass the courses. Its much easier compared to Utrecht University.
academic quality of education activities
The quality of the courses were not that high. It was pretty easy to pass everything.
counselling & support at receiving university abroad
They really helped me a lot. If you had questions they helped you immediately.
transfer of credits
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STUDENT LIFE
welcome & orientation programme
The welcome week is really good in Prague. ESN organised a lot of parties and activities. You meet a lot of people during this week wich is really cool :)
accommodation
I stayed at the dormitories. I paid 130 euros a month wich is super cheap. I had to share a room with another girl but i was really okay with that. Im not good at being alone haha. It took me 35 minutes to go to the city, that was the only disadvantage of staying here. But you meet so many people so you never have to travel alone.
leisure & culture
If you like drinking beer, this is the place to be!! Eating and drinking is super cheap and there are a lot of cool bars and restaurants. There is also a lot to do in the city (cultural stuff) and ESN organised cool trips to other cities.
suggestions/tips
Go to the Dogsbar!! ;)

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! in the end i don't think that it really matters where you go to. The whole experience of staying abroad is amazing! Prague is a great city for students and the university is really cool. The level of education is not that high so if you want to go abroad to study a lot or if you want to go the a super good university, then don't go to Prague. But if you want to experience how it is to stay abroad, to meet a lot of new people from all over the world, to learn how it is to be with people from other cultures? then you should deffinitely go to Prague!:)
do you have any additional advice or comments?



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UU Report form - Erasmus 2017-2018

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

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	The process of application for the university was easy. I wrote my home university a motivational letter, and uploaded some required documents. I also looked into the course catalogue from the Charles University, to check which courses they were supposed to give during the winter semester. Once they selected me everything went smoothly. I had to make a learning agreement and get it signed. It took some time before i got the learning agreement back (they had to send it all the way from Prague), but everything was ready in time and clear.
counselling & support at Utrecht University	The counselling was sufficient. UU organised a meeting for all leaving students from my faculty so that i could meet the Dutch people i was going to study with.
academic preparation	None
language preparation	None
finances	I had to make a document in which i specified how i was going to pay for my Erasmus

STUDY ABROAD PERIOD

study programme (content and organisational issues)	The courses i found in the course catalogue were not all available for me. We were able to register for courses later than the Czech students, so almost all courses were full already. This is nothing to worry about because apparently everyone registers for at least twice as much courses as they are actually going to take. In a week or two all the students drop half of their courses so they have a normal amount of courses and credits. This made the classes emptier and me able to actually participate without being on the waitlist.
academic quality of education activities	The courses have different levels. Some are quite hard and take up lots of time, and others are really easy in comparison. It is normal to only write one essay for one course. In some courses i had to hand in summaries or assignments each week. The quality of education was way lower than i am used to. Some lecturers read the



whole lectures from a piece of paper.
counselling & support at receiving university abroad
Sufficient support
transfer of credits
I don't know yet.

STUDENT LIFE

welcome & orientation programme
The exchange program at Charles University is huge. That is why the orientation week is overloaded. Most of the activities were already full or too crowded once i got there. Some activities were really nice such as the city rally and the welcome party.
accommodation
I lived in a student flat. I found it at the Student Room Flat website. The organisation is really expensive, but for exchange students one of the most easy and best ways to find an apartment. Internationals are overprized in comparison to local czechs, that can find a place to live easier with a czech agency. It was clean and located perfectly in the centre.
leisure & culture
The student life in Prague is amazing, especially if you like to go out. There are many clubs and bars in which drinks are cheap and the music is good. In my free time i got around the city and got to know local bars, coffee places, restaurants and shops. Because Prague is really cheap it was nice to be able to go out a lot. I also went on a lot of trips. Prague is located in central Europe and is really close to for example Munich, Berlin, Dresden, Budapest and Vienna. In the weekends i travelled a lot.
suggestions/tips
I took dance classes and steps aerobics. Because of all the free time it is nice to do some sports. I took the dance classes in a czech dance school that allowed internationals to participate. The Steps classes were from the Charles University sports program.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes! I have had the best time ever during my erasmus. Getting to know new cultures and nice people was the best.
do you have any additional advice or comments?
No



UU Report form - Erasmus 2017-2018

faculty/college	faculty of social science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary social science

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	24 / 09 / 2017 (dd/mm/yyyy)
end date	30 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was all very clear, I just had to follow the steps so that was not that complicated or took that much time.

counselling & support at Utrecht University

Utrecht University was very clear about the steps you had to take, with information meetings, and the international office could always help you as well. The signing of forms went really fast.

academic preparation

I didn't do any special academic preparation.

language preparation

Because all the courses were in English, I didn't do any special language preparation.

finances

I saved money in the years before to have some money do a lot of things and visit a lot of cities.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I could choose my own study programme. I had chosen before I did the application, but after sending my learning agreement I had to make some changes and could follow all the courses I wanted to. Changing was no problem, and I could easily subscribe for the courses. There was also a 2 week changing time, where you could follow a lot of courses and after that you could decide if you really wanted to follow the courses or change or drop classes.

academic quality of education activities

I followed only master courses while I was still in my bachelor. For one course this was a problem, and I needed to change it. But for the others it was ok, and the classes were comparable to Dutch bachelor courses. For most courses I needed to write more papers, do presentations and discussion then writing an actual test.

counselling & support at receiving university abroad

The university in Prague was a good support. Before I went I received a letter with all information, including a map of prague, adresses, phonenumbers and general information.

transfer of credits



I had to wait for my grades when I was already back home. But with a simple email to the international office I got my transcript of records.

STUDENT LIFE

welcome & orientation programme

I followed a Czech language course for three weeks special and free for erasmus students of Charles university. During this course there were also a lot of free activities to get to know the city and the Czech culture. This was really nice and also a good way to make friends, I would really recommend this. There was also an orientation week organised by the international student association, but the activities were full really fast, so this was not for everybody a real introduction week. Later in the semester there were some activities as well, such as really cheap tickets for the opera or ballet in the National Theater, organized by the Charles University.

accommodation

The first three weeks I lived on the campus where the language course was given, almost everyone lived there during these weeks so that was nice. But after this I had found an apartment more close to the city with 6 other erasmus students from all over Europe. I did this because I didn't want to share my room for 5 months, but still wanted the company of other students. I found the apartment through facebook, and through the company erasmusinprague, I didn't spend that much time looking for it.

leisure & culture

Prague is central in Eastern Europe, so it is really easy to take trips to see cities and other areas of Czech Republic. I didn't expect Czech Republic to be so beautiful, but I visited a lot of places and nature, including skiing. Sometimes I organized it self with friends or roommates but there were also organisations who organized trips like this. I visited a lot of cities outside Czech Republic in the weekends, such as Budapest, Vienna and Bratislava.

suggestions/tips

As I said before, I would really recommend the language course and for the main reason to make friends. Almost all my friends I knew from that course, also because the introduction week of the university was not that good.

CONCLUSIONS

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

Yes, I would recommend this university in Prague. The lectures were nice, a lot of choice of courses. It is also nice city to discover, just as the rest of the country and East-Europe. The university people were all really nice.

do you have any additional advice or comments?

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UU Report form - Erasmus 2016-2017

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

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	13 / 02 / 2017 (dd/mm/yyyy)
end date	30 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply to the Charles University, I had to send in my transcript of records and a motivational letter.

counselling & support at Utrecht University

The international office at UU was very helpful and supporting and they responded quickly when I had any questions.

academic preparation

I didn't need much academic preparation because I had no idea which classes I would have to take before I went to Prague. I had to choose my classes after the orientation week.

language preparation

I didn't need much language preparation because my English was already adequate and there was no necessity to learn the Czech language in advance.

finances

Living in Prague is very cheap and it is a lot cheaper than in the Netherlands. This applies to, for example, the use of public transport, telephone costs, rent, going out, restaurants, etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had to take 51% of my classes at the faculty of Social Sciences. Psychology classes were not included at this faculty, therefore I had to choose other classes of interest. I took classes such as American Legal System, Introduction to Sociology, Media Sociology, Forensic Psychology and Czech language, to broaden my horizon. It was nice that I could/had to choose classes other than Psychology classes, because this way I was introduced to other interesting classes.

academic quality of education activities

The quality of the education activities varied in my opinion. Some classes were intense and I had to put a lot of effort in it, for example the Media sociology class and four hours a week of Czech class. But other classes were easier compared to the classes that I have in the Netherlands.

counselling & support at receiving university abroad

The international office in Prague is very helpful and they are quick to respond when I had questions.

transfer of credits



The transfer of credits was quick.

STUDENT LIFE

welcome & orientation programme

The first week abroad my faculty had organized an orientation week with a lot of informative but also fun activities to get to know the university but also the other Erasmus students.

accommodation

I stayed at one of the dorms of the Charles University, "Koleje Vetrnik". This was a very quite dorm, but I think you have to be lucky where you will be placed because I also heard a lot of horror stories of other dorms. The dorms were very small but they were fine. You get to save a lot of money but I personally was happy that I shared my room with a friend of mine, because I could imagine it would be hard to share with a stranger as you live véry close to eachother.

leisure & culture

Prague is such a beautiful city and there is literally something to do for you every day. There are so many beautiful buildings and parks and leisure activities such as hockey games, going to the opera or the ballet in the national theatre, going to the cinema, etc. are very cheap. Also, the Czechs like their beer and you can find 0,5l beers for €1.

suggestions/tips

The beergarden at Letná park, the terrasses near the river at Výton, opera or ballet at the national theatre, Kino Lucerna (old cinema), boat tour, ice hockey match

CONCLUSIONS

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

I would definitely recommend to go to Prague to others as might have been clear from the information above. It is a great place to live and also a very safe one. There are lots of things to do, there is a big Erasmus community and it is also not that far away from home (The Netherlands).

do you have any additional advice or comments?



UU Report form - Erasmus 2016-2017

faculty/college	Social Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Culturele Antropologie
destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	13 / 02 / 2017 (dd/mm/yyyy)
end date	22 / 07 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
The exchange application process went really well, it was easy to contact Charles University. The only issue is that they have christmas break before we have and often a bit longer. So you need to be on time with processing everything.
counselling & support at Utrecht University
The contact with Utrecht University was really easy, all forms were signed the same day as I sended them.
academic preparation
It was easy to find the courses I wanted to follow at Charles university.
language preparation
I did not need any language preparation.
finances
Czech republic is not expensive and I didn't need to buy any books. So all in all, it was much cheaper than in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The study programme was in the beginning a bit confusing. In Charles University you can choose as many courses as you want and after two weeks you finalize your schedule, however, this results in many people on waiting list. Another difference is the class size, every course is from 8 till 25 people. It is all very small and personal.
academic quality of education activities
I learned a lot in the courses I took, but the grading is really non strict. I got four A's and one B, which is really uncommon in the Netherlands. Thus the quality is good, but the grading is to easy.
counselling & support at receiving university abroad
I have no complains about the contact with Charles University
transfer of credits
They are send by mail, unfortunalty I don't have all my grades on time, so I cannot submit it before the first of July.



STUDENT LIFE
welcome & orientation programme
The whole welcoming week was very nice and good organized. I met a lot of students and learned what I needed to know.
accommodation
I did not stay at the dormitories provided by university. I was a bit too much outside of the city center, but completely in nature. That is the beauty of Prague. Although it is crowded there is a lot of nature. However, for future students I would recommend staying in Prague 5 or 7 and not in Prague 4 where I lived.
leisure & culture
Prague has a lot of good museums, but also many parks. Especially in summer and spring when all the beergardens are open. Besides, the beer is cheaper than water everywhere. It is perfect for erasmus. You will get straight A's without trouble, good night life, a lot of cheap beer, even going out for dinner is cheaper than in the Netherlands. Many buses go from Prague to different cities like Vienna, Bratislava, Budapest and Krakow. It is under 40 euros to visit one of those cities.
suggestions/tips
I would say that you should visit neighbouring countries. The bus connection is really good and cheap. RegioJet has films that you can watch and even wifi, thus 5 hours by bus is not that bad.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this destination, because it is good to have your erasmus live there. However, if you seriously want to learn something, need level 3 grades, or want to be challenged in your study, this is not the place to go. Besides, it is perfect to meet new friends from all over the world.
do you have any additional advice or comments?
Please find yourself an apartment around Andel, it is cheap and very well located.



UU Report form - Erasmus 2016-2017

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

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	26 / 09 / 2016 (dd/mm/yyyy)
end date	01 / 02 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process required quite a lot of steps but they were made clear by the international office and because they were spread over a wide span of time it was perfectly doable. It gave some stress, but that is probably normal.

counselling & support at Utrecht University

The international office at Utrecht University was very helpful with all the steps of the process. They are available via e-mail, phone or three days a week at the open hours of the office. Their reactions were rather quick, helpful. They were friendly in their communication and I felt personally supported.

academic preparation

As I already had obtained enough study credits to participate in the exchange there was no further academic preparation needed. The structure and requirements of the courses were similar to ours.

language preparation

All the courses that I have participated in were thought in English. Utrecht University had provided me with a form stating that my level of English was good enough. I would agree with this, although there is always room for improvement. I have not specifically focused on improving my English before my stay, but in the months before my departure I wrote my bachelor thesis in English and I had to speak English on a daily basis in my private life as well as at the university. Therefore, I think this counts as a proper preparation. I have arrived about one and a half month early to the country of my stay: Czech Republic. During this time I have participated in an Intensive Czech Language course. This provided me of some very basic knowledge of Czech. Although I didn't need this for my academic performances, it has been useful in understanding my surroundings in the city and at the university.

finances

The Erasmus+ grant, together with travel support money, a small support of my parents and my own savings it was perfectly doable. I had a private accommodation: a shared flat with my own room. This costed me 250 per month, cheaper than the rent in Utrecht. Life in general is less expensive in Czech Republic, but because of being abroad in a new environment I spend more than I usually would, like going to the theater or studying in a café instead of at home. There were possibilities to work in Prague, but in the end I decided not to do it, because I wanted to focus in my studies and the income would have been very low.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



In general the experience of studying at Charles University has been very good. The courses have been interesting and challenging. The level of English of most of the teachers was good. Only one of my teachers was struggling with the language aspect. All the teachers seemed very knowledgeable in their field and were very professional. The content of all the courses was presented in interesting ways. Most classes were interactive, teachers encouraged us to be involved in the lectures. The material we had to read was mostly interesting, but sometimes hard to find. Charles University has a lot of libraries and it was not always clear to us where to find the right books. Also, the language barrier was sometimes a problem in the libraries. However, the teachers have always been helpful.

At the start of the semester we had a meeting with all the Erasmus students of the faculty to inform us about the program, the rules, the online system, where to go and what to do to get started. During this week we got our student card, log in information for the online system and we got the possibility to subscribe for our courses. This did not go fully smooth: we received our log-in information in alphabetical order. As a person who's last name starts with a B I was very lucky to have access to the system quickly. Others, with last names further in the alphabet got their access up to two days later. As a result some courses were already full. This seemed a bit unfair. I was lucky to be in the courses I wanted to be, there was a big variety of options and interesting subjects and in the end also the people with names starting with a T were happy with their program. After that all the organisational parts went smooth: we got informed about all the things we had to undertake like subscription for exams and it was easy to do.

academic quality of education activities

There was a large variety of courses possible to subscribe to. I have participated in several courses as part of the Faculty of Social Sciences and the Faculty of Arts. I was very satisfied about the academic level of the courses. They were challenging and brought me new perspectives. Specially the courses including political, cultural and social developments of Central Europe were interesting, because I was living in this area at the same time and the teachers were able to make a true connection between history and its result before our eyes. The examination included exams and papers's. One teacher also took participation in class into account. The exams included essay questions and were doable.

counselling & support at receiving university abroad

The staff of the international offices was very friendly. I was surprised that the contact person that I had been e-mailing with before departure actually recognized my name when I came to sign a form. She told me she had about 300 international students at the faculty, so remembering names is quite impressive. They helped us out with all kind of issues, like subscription to courses and discount for public transportation. I did not contact a study advisor.

transfer of credits

Charles University has send me my Transcript of Records when I requested it. The transfer of credits however is still in progress.

STUDENT LIFE

welcome & orientation programme

Mid August I have arrived to Prague, this was way before the start of the semester. Charles University had offered me a language course that I applied for and had been accepted to. The course included three weeks of lectures every day for about four hours, a couple of introduction events and trips and a final exam. It has been a very valuable experience to participate in this course. First of all because a language a tool to understand an experience a culture. Our teacher did not speak English with us and limited our communication in English with one another during the lectures. This is a very interesting experience, because you learn to communicate in a whole new way. Going through this experience together has brought me friends that I have been in though with the whole semester.

The semester has started with an introduction week. The Faculty of Social Sciences brought all their international students together for an introduction meeting and welcome speech in which we got the most



important information about how to subscribe for the courses, who to ask if we encountered a problem and where to find other information. During the week we could participate in all kinds of activities like a lecture about 'how to handle Czech people', a tour in the library, some tours in the city and other fun activities, a movie night, a party. These activities were not mandatory and sometimes full but with own initiative everyone could have a diverse introduction week.

I found the meeting where we were told about how to handle the Czech very funny and relevant, the room was full and people took seat on the floor to fit all together. It was a great idea to do this, because some moments during the semester made me think back of what they told us.

accommodation

The house I have lived in during my stay did not belong to the university. I found it via the website www.myflatshare.com. It was relatively easy to find, compared to finding a room in the Netherlands. Also the rent was good. Compared to what I pay at home I was staying in a small Prague Castle for a lower price than I pay at home: a 20 m2 room in an old classical building in a beautiful part of Prague. Of course for Czech standards it was quite fancy, but for me for half a year it was doable. I payed 250 euro per month. Other people were staying at the dorms: a shared room for 100 euro per month. Of course this is really cheap, it gives you the advantage of meeting a lot of other students and having the interesting experience of sharing a room with a stranger. However, I am glad to that I had my own space, because living abroad is quite an experience that you have to process by yourself. For me it was good to have a place where I could be alone just if I needed. Besides that: the dorms were a bit further from the center and for me it was absolutely worth it to pay a little bit more to just walk out of my house and be in the center of such a historically interesting place.

leisure & culture

Positively surprised I was when I found out that you could actually subscribe for courses like yoga or swimming without even paying for it. Czech students would earn about 3 ECTS with this. Of course I knew it would not be recognized by Utrecht University as points, but that does not mean you cannot subscribe and just enjoy them. However, it did not fit in my schedule so I did not subscribe in the end. The possibility, however, is worth mentioning.

I spend as much as time possible walking through Prague, discovering different neighbourhoods and places. Prague is rich in cultural activities. I have visited the opra, museums and music events. There were too many activities to attend to. I mostly enjoyed the Czech movie nights. There were several places to go see Czech movies with English subtitles. Czech Republic has a very interesting cinema culture and lots to show. This is interesting because these movies show images of Czech Republic in different times: its political struggles and search for identity as a country occupied by neighbour countries countless times.

suggestions/tips

- Make sure you get your log-in as soon as possible, take your laptop with you, find an internet spot and subscribe to make sure you get the courses you want before they are full.
- Take a language course: I did this before the semester started and during the semester. It is difficult to learn Czech but it has been a very interesting experience and it is wonderful to see that you can actually recognize words and understand small sentences. Most of all: Czech people are much more friendly if you try to say small things, they are really impressed by it and try to understand you. Do not be afraid to make mistakes, they will appreciate the effort.
- Go to get your food before 11 o'clock at the 24th of december or you will have a very simple Christmas dinner

CONCLUSIONS

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

Both Prague as Charles University have a lot to offer to an international student. First of all the quality of education was good, not all of the courses were perfect, but most of them have really added something to my education that I would not find at home. Specially if you are interested in the social, political and/or cultural development of Central Europe there is nothing more interesting than to study this and try to understand this



while being in the place where all the changes took place. It is interesting to see the effects of history and to have the opportunity to speak with people who have lived through this part of history.

Besides that Prague has so much to offer to do besides studying and because it is relatively affordable there is even a bigger opportunity to try it all: the rich theater and cinema culture, the opera, music events. Prague is a city where a lot of creative developments take place, there is always something to do and to see.

On a social level Prague is interesting too as it attracts a lot of international students. It is not always easy to connect with Czech people, but if you make the effort it is absolutely worth it. In conclusion, I would definitely recommend it.

do you have any additional advice or comments?



UU Report form - Erasmus 2016-2017

faculty/college	social science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary social science

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	26 / 09 / 2016 (dd/mm/yyyy)
end date	04 / 02 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is quite easy, but it takes a lot of time. If you don't really know where you want to go you should start looking at universities really early. For example looking at the city and at the subjects they teach. If you plan to go outside of Europe the application process often is more difficult, so keep that in mind. While the application process isn't that hard to do, it takes a lot of time so don't wait until the last moment.

counselling & support at Utrecht University

The international office from Utrecht University is great. They answer any questions you may have either while still at home or abroad.

academic preparation

I followed two courses in English at my home university so that I would be prepared to write papers in English.

language preparation

If your not that good in English I would recommend following a course at your home university in English. This is a good example of how things will be during erasmus. You'll already learn how it is to write a paper in English and to speak in a different language than your own.

finances

Be sure you know the costs of the lifestyle you may have in a different country. I doubted for example between going to Prague or to Finland. The costst in these cities differ greatly. This is something to keep in mind. The costs may be different than in your home country and therefore can have impact on the things you can do abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I study Social science in my home country, but in Prague I studied political science. You can choose from a wide range of subjects but be sure you subscribe on time. Because first comes, first gets! If you really want to follow a subject, but it is already full, it's normal in Prague to email the teacher and ask if you can still join.

academic quality of education activities

Examination in Prague may be different than at home. For example not every subject requires a written exam, some subjects require a presentation a paper and a written exam. The exams are mostly during the end of the semester (January/February). You can easily choose master subjects, they are at the same level as bachelor subjects in the Netherlands.



counselling & support at receiving university abroad

If you have any trouble you can email the International Office in Prague, however they won't respond as fast as they do in the Netherlands. So make sure you email on time if it's important.

transfer of credits

Be sure you'll subscribe to the right amount of credits you need. Otherwise when you will be back home you might have a delay with your studies. Be sure that you send the subjects you'll follow to the examination office at your home university, they will ascribe the ECTS and the level the courses will be compared to your home country. You'll have to send the transcript of records to your home university so that your ECTS count in your home country.

STUDENT LIFE

welcome & orientation programme

I was really dissatisfied with the orientation programme at the Charles University. They only had a programme organized by a student organisation, but there wasn't enough space for every student to join. While there more than a hundred students, one students organisation where only 20 people can join is not enough! So a tip if you go to Charles University is to join other activities that may introduce you to other students.

accommodation

You have the choice to stay at one of the campuses of Charles University. If you are from social science you will most likely be placed in Hostivar. While it is really cheap (around 130 euro a month) you have to share your room with someone else. You can't choose with whom. Furthermore, the campus is quite far out of the city (around 50 min). I choose to find accommodation on my own. You can do this via Facebook or by a student agency. The prices for a room vary, but are most likely around 350 euro a month for a room in the center.

leisure & culture

Prague is a city in which you can do a lot. There are many bars and restaurants and a lot of good clubs. If you like art and architecture, Prague is a good place. There are a lot of museums and exhibitions. Furthermore, the nice thing about Prague is that you can do almost everything by foot. If you go around Christmas there are a lot of Christmas markets and most likely snow.

suggestions/tips

I would recommend to search for a room in the city, because then you'll really learn Prague. Also Prague is one of the best cities to be in around Christmas!

CONCLUSIONS

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

I would really recommend Prague as a study abroad destination. Prague is a beautiful city, you can do (almost) everything by foot if you live in the city center. Furthermore, Prague is fairly cheaper than other European countries. Traveling to other places in Europe is also not very expensive from Prague. Prague has a lot of nice coffee places, pubs, architecture and places to go out. If you really want to get to know a city in a short amount of time Prague is perfect!

do you have any additional advice or comments?

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