

2018-2019

Report 1

Please use Tab to go to the next (text) box.

permission to publish contact details** <i>See end note for * and **</i>	<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:soeliah@hotmail.com
faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Gender Studies (Research)

destination city & country	Lund, Sweden
name university abroad	Lunds Universitet
start date	20 / 08 / 2018(dd/mm/yyyy)
end date	20 / 01 / 2019(dd/mm/yyyy)

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

PREPARATION	
exchange application process	<p>I had done an exchange abroad during my Bachelor's, so I used the application letters I wrote back then as an example. Furthermore, I asked my friends who had been abroad before to send their application letters to me as well for some extra inspiration. I also let my father and sister read a draft because I thought that they may have some aspects of my studies and experience that would be useful.</p>
counselling & support at Utrecht University	<p>I did not find the pre-exchange meeting at Utrecht University because all the information was already available online, but it did help to memorize which people I should contact if I ever needed help with something. Because of the high amount of administration needed in order to take care of course approvals, grant agreements and public transport funding, it was good that I knew there was always someone I could ask if I did not know what to do or who to contact.</p>
academic preparation	<p>I started looking at the universities that my master program had a link with. Then I started filtering by checking which universities offered enough courses in English or another language that I am fluent in. In the end, I had four universities I could choose from. I organized them according to which courses I thought would be most interesting to me and relevant to my master's program.</p>
language preparation	

A few months before moving to Sweden, I started practicing Swedish on DuoLingo. I don't believe that this app could ever help me become fluent in Swedish, but it certainly helped with my vocabulary and understanding of the language. I also did an intensive language course during the two introduction weeks. This gave me the basics I needed, but I did not start to learn the language properly until I signed up for Swedish for Exchange Students Level 1 and Level 2 and started reading children's books in Swedish. I am currently reading Harry Potter and the Goblet of Fire in Swedish so I think you could say my understanding of the language grew significantly.

finances

I looked at the Exchange webpage of Lund University. There, they had written down the average costs for housing, food and travelling for an exchange student. I used this to calculate how much money I would need during my stay. I also agreed with my parents that I would be able to ask them to help me with financing in case my savings would not turn out to be enough. In the end, I managed on my own, but it was nice to have a safety net.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It was quite hard for me to find courses of which I fit the requirements. The reason for this is that my program (Gender Studies) is a Humanities Master at Utrecht University while it is a Master at the Social Sciences Faculty of Lund University. It is much harder to do courses within another Faculty than the one you are based in during your exchange. However, most Master courses within the Social Sciences require a Bachelor's degree within Social Sciences, which I did not have. I did find a few courses within the Gender Studies Master that were useful, but this was not enough to receive 30 ECTS in one semester.

academic quality of education activities

I really liked the course structure at Lund University because it was based on group work a lot. This allows for people to develop their teamwork skills and helps you to learn from your peers. I did think that most lectures were nothing more but a summary of the course literature.

counselling & support at receiving university abroad

During my stay in Lund I decided to follow extra courses because the workload was much less than at Lund University. I was helped a lot by the International Office of Lund University.

transfer of credits

I am still freaking out about the fact that I accidentally did a course on Bachelor's level. This means that there is a possibility that I will have to take two extra courses during my Master's thesis. I am waiting for a reply of the UU Exam Committee about whether or not the 7.5 ECTS of the course will be approved. This causes quite a lot of stress.

STUDENT LIFE

welcome & orientation programme

The Social Sciences Faculty also provided introduction weeks for new students. I made some Swedish friends there, so I was not stuck in the international bubble which is really big in Lund.

accommodation

I was able to sublet a corridor room via a friend who had been on an exchange in Lund the year before. I was very lucky in this because many exchange students have problems finding accommodation. I was also fortunate

with the fact that most of my housemates were Swedish, so I learned a lot about the country, the culture and the language from my corridor mates with whom I became very close.
leisure & culture
During my exchange I joined the choir LTH-kören. Choirs are very popular in Sweden and I really recommend joining one because it will allow you to get in touch with Swedish people and learn Swedish christmas songs etc. I also went climbing once a week at the bouldering gym Klätterklubb. I went climbing in Malmö only once. It was much more expensive but way bigger and cleaner. I think climbing is a nice kind of sports which will also allow you to make contact with other people because you are all trying to figure out how to do a route.
suggestions/tips
Make sure you get a bike as soon as you can. Lund has a big market of second-hand bikes. They ask a lot of money for it, but you can't do without one. However, they also get stolen a lot, so it is a good thing that they are usually quite crappy and ugly.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes, I definitely would. Lund is a really nice city to live as an exchange student because it is quite small but inhabited by so many students that they organize a lot of things especially for them. Sweden is generally also a really nice country when it comes to awareness-raising on issues like environment and discrimination. I am planning to move back there after my Master.	
do you have any additional advice or comments?	
In the beginning it can be quite hard to connect to Swedish people because they generally don't take the first step in starting a conversation. They may feel self-conscious about their knowledge of English, or they are simply a bit more shy towards people they don't know. This did not bother me at all because I am quite outgoing so I would always try to start a conversation with new people I met. This was appreciated a lot and I have a lot of Swedish people I can call my friends now. It also worked very well that I was learning their language. I was always asking Swedish people about words and they really liked to help me because it was an easy way of making contact.	

Report 2

Please use Tab to go to the next (text) box.

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	RMA Comparative Literary Studies
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

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

PREPARATION

exchange application process
Went quite easily. The UU site gives a distinct description of all the information needed, complete with documents that you basically just have to fill in. My main advice regarding this part of the preparation is to start early to save you some stress. And put significant effort in your choice for a receiving university
counselling & support at Utrecht University
I have not made much use of this option in this part of my exchange. This, as the descriptions given were clear. Nevertheless the International Office offers events and additional documents per email on their own account. These were also very helpful.
academic preparation
I think my academic preparation mainly concerned deciding on the courses that I planned on following at my receiving introduction. This required thought also as it is important to check if the courses you like are compatible with your study program. If so, all that is left to do is think about what you yourself want to get from these courses (what will they add to your academic development)
language preparation
As I went to Sweden, I started with practicing a little. For this I only used Duolingo, but I knew that I was going to take Swedish classes once I got to Sweden. Nevertheless when going on exchange to Sweden learning the language is not a must, as all of them speak English particularly well, and are quite reluctant to speak Swedish to you if you are not a native.
finances
Make sure you have some savings put aside for this adventure. The Erasmus grant is very helpful, but won't solve all of your financing issues, especially since it is impossible to work when you are abroad.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Lund University has one document in which they have listed all the possible courses available for exchange students. It is also clear when these courses are given, how much ects they are worth and if there are advanced level (thus, for masters' students). I found this very helpful, on the side note that there was not too much choice for a masters' student from humanities. Nevertheless I found 3 courses with which I was very happy and that's all that is needed.
academic quality of education activities
I found the education relatively easy. Now I must say that I was in my second year of a research master, so I suppose I have had quite some years of studying practice behind me. I think it is altogether pretty comparable with UU, but they are a bit more generous in their grading
counselling & support at receiving university abroad
Lund University offers a lot of help from their International office employees to the exchange students. They start with this from the moment that I are accepted and are still in your home country. They will send you a lot of emails (really, a lot) which might seem overwhelming, but basically repeat a lot of information to help you out. Once you get there you will notice that the people at International Office are always happy to help you regardless of your problem (even if this is personal rather than academic).
transfer of credits
I am still in this process so I must say I have little to say about this.

STUDENT LIFE	
welcome & orientation programme	Lund University offers a BIG orientation programma of two weeks with a lot of activities and event to get to know other students as well as the university and Lund's student life. You will find yourself going to a lot of these events because they are very enjoyable; but it is good to know that you do not have to be everywhere. They also offer some extra excursions that cost you extra. Much fun but a bit expensive and they are sold out within hours. Oh! And I would definitely recommend the language course (SUSA). A great introduction to the Swedish language and I really enjoyed my teacher singing ABBA with us while playing the ukelele
accommodation	Absolutely horrible. It is such a small and cosy town that housing is a serious problem in Lund. And this while the university does not even deliver housing to the native students. Please start searching as early and thoroughly as you can and take whatever you can get. I did not have temporary housing until 5 days before my departure and found a recidence for my whole stay when I was already 3 weeks there. Good thing is to start contacting the Nations at an early stage.
leisure & culture	Fika is the word. You will find yourself enjoying a lot of coffee with sweet cakes and pastries together with your friends at many of the coffee bars in town. Next to that you have the Nations that offer parties, pubs, dinners, lunches and all other sort of gatherings. Lund itself also offers several museums and in the surroundings are some nice areas to hike and towns to visit.
suggestions/tips	Book (at least) a weekend trip to Stockholm, go to Tivoli, the amusement part in Copenhagen (especially around Christmas this is a magical experience), go to Helsingør where you can find Hamlet's castle and see if you can book a trip to Lapland - the latter is very popular amongst the exchange students.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Absolutely! I enjoyed my stay here so much. It was a truly relaxing experience compared to the Netherlands and specifically Utrecht where city life it so apparent and people are everywhere. Sweden is relaxed, mindful. 'Lagom' as they would say. I have learned a lot from their way of living. Nevertheless, as Lund is also a student town it is kind of best of both worlds: tranquil while still being able to live a student life.
do you have any additional advice or comments?	-

Report 3

Please use Tab to go to the next (text) box.

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: j.m.peters@students.uu.nl

<i>See end note for * and **</i>	
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Taal- en Cultuurstudies

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 06 / 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 application process went well. It took some time, but it also was a nice way for me to make me think more about my study program as a whole. Finding a destination was the hardest part for me, after that everything went quite easily
counselling & support at Utrecht University	
	The UU International Office responded quickly to any questions I had during the preparation. The website also has been a good source of information.
academic preparation	
	The academic preparation for me was mostly to find courses that fit with my studyprogram. They were accepted without any problems.
language preparation	
	I did not do any language preparation beforehand, but i did sign up for the introductory language course and both Swedish for Exchange students 1 & 2. Besides that, i knew almost every person in Sweden speaks English at quite a high level.
finances	
	I applied for the Erasmus+ grant and also made sure i had some savings beforehand. Besides that, i maximized my student loan. This was enough for me, even though Sweden is rather expensive.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	My study programme in Lund consisted of 2 linguistics courses and 2 language courses; Diversity of the Worlds languages, Historical Linguistics and Swedish for Exchange Students 1 & 2. I did not have any issues with them.
academic quality of education activities	
	In comparison with Utrecht University the workload at Lund University was a bit lower. No mandatory attendance, mostly lectures and relatively few things to do at home during the periods. In the end of the period there were take-home exams, papers and presentations for the linguistics courses. The Swedish courses tested

with oral and written exams. Even though the workload was less, i think the quality of the courses was good and i have learned a lot of new stuff.
counselling & support at receiving university abroad
The available counselling and support from the International Office of Humanities at Lund University was great. The few times i had questions, they responded immediatly and were trying the best they could to help.
transfer of credits
The transfer of credits should go as planned. The transcript of records from Lund University was very easy to receive online.

STUDENT LIFE
welcome & orientation programme
The welcome programma was very well organized. There was both the faculty intro as well as the exchange intro. The exchange introduction programme was very clear and we got assigned mentor groups, which quickly lead to a bunch of new friends. The student life in Lund is very active, therefore it was easy to feel welcome.
accommodation
Lund University tries to help as much as they can to get people an accomodation. There are multiple areas in the city with lots of student housing. You have to sign up through some website the University sends you by mail. However, rooms are popular so it is not very easy to get one. I myself got one through another website at a particular landlord. This website was also provided by the University though, they try to help you as much as possible.
leisure & culture
In Lund/Sweden the student nations are a big part of student life. These are sort of comparable with study/students associations in the Netherlands. Every nation has its own bar/club/pub, activities during the week, organizes lunch/brunch/dinners and lots of other stuff. It is even required to join one to be able to enter nations; the joining is free and you are not required to do anything with the nation you join. This is just a system so they know you are a student in Lund. Culturewise there is also enough to do in Lund, and Copenhagen and Malmö are very close and easy accessible if you are feeling like something else.
suggestions/tips
Lund is quite small, and besides the student life it does not have very much to offer. This can cause you to be in a bubble with your exchange student friends. It might be fun to befriend some Swedes too, even though that can be hard because they are quite closed off usually. Another tip would be to explore the beautiful country, for example go up north and see the northern lights.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would. Lund is a cozy and fun student city with lots of stuff to do and a lot of international students, which are all in the same situation as you, which makes it easy to connect and befriend them. Lund can feel quite small at times, but it is also easy to get to Copenhagen for example.
do you have any additional advice or comments?
No.

Report 4

permission to publish contact details** <i>See end note for * and **</i>	<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: i.c.vanschaik@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and Culture Studies

destination city & country	Lund, Sweden
name university abroad	Lunds universitet
start date	15 / 01 / 2019 (dd/mm/yyyy)
end date	03 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	<p>I first looked for all the destinations possible for humanities students and then looked at what universities offered programmes in media or film. I finally made a list, of pros and cons, where Lund was on top. I chose Lund because I have always been intrigued by Sweden and Sweden is known for its good education and film culture. Lund moreover is, next to Uppsala, the biggest university in Sweden and there is a huge student life. After the decision, I needed to fill in some forms and write a motivation letter, all of which were not that much work.</p>
counselling & support at Utrecht University	<p>I really appreciated all the emails with the information, especially about the Erasmus grant. That made it clear what to do. Moreover, I liked the handbook with all the instructions and the pre-departure event. What made the pre-departure event nice for me, was that there was a spokesperson who had just been to Lund and could tell us everything about life there.</p>
academic preparation	<p>Since I went in my fourth year, I did not have to prepare anything. I felt most prepared as I could.</p>
language preparation	<p>I took the mandatory language test from OLS, but other than that, I did not prepare myself for the English language. I have followed English courses before so I knew it would not be that hard. For Swedish, I learned a bit on Duolingo and there was a two-week introductory course of Swedish, which was really nice and helpful. Learning Swedish is not hard at all, but you would not really need it as literally everyone speaks perfect English.</p>

finances
I already knew that Sweden and just going on exchange was going to be very expensive, so I worked a lot in the months leading up to my exchange. Furthermore, I increased my loan by DUO and I lived on my Erasmus and my compensation for the public transport. Because I was somewhat prepared, financial life turned out to be manageable. I was scared being broke every month, but it was actually quite okay. Just try to be a student sometimes and buy the cheaper stuff at the cheaper supermarkets. I would highly suggest saving up a bit though, as it is very nice to do a small trip somewhere with your friends.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed the module 'European and Scandinavian Cinema' that consisted of four courses, all worth 7.5 credits. The courses followed up, so I would follow one course at a time. Every course focused on a different topic within the main topic. In every course, we would watch a film either in the morning or afternoon and have a lecture before or after that. I felt that most lectures were about Swedish or Scandinavian film, but I did not mind as I was new to this topic and wanted to learn more about that. I would say I have learned a lot about cinemas and films in different European countries.

academic quality of education activities
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Unfortunately, I felt that the academic quality was not that high. Beforehand, I was scared that it would be superhard but the contrary was reality. It is weird, but this course was also open to Swedish students who just start university, so they have no knowledge about the subjects whatsoever. Moreover, the classes were always very empty as there was no mandatory attendance, but that also made it miss some interactivity. Out of four courses, two were given by the same teacher and one course was just the worst, unfortunately. It turned out that the teacher was a first year teacher, not from Lund University at all. That made me feel like there is less focus on this module. Moreover, although it seemed there was no previous knowledge needed, I was glad I already had knowledge about a lot of the subject. I felt the way some subjects were taught were not clear, there as almost no use of a powerpoint or anything similar, unlike in Utrecht. Most of all, the final papers required academical knowledge about writing papers and making references, I was glad I already had this knowledge as there were Swedish classmates who did not. I could say I was a bit dissapointed by the academic quality of my course and I was missing some challenge, but that also made me able to enjoy student life and Lund more. However, I must say that my friends were definitely more challenged and found their courses way harder. I guess it is just about the course you pick out.

counselling & support at receiving university abroad
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The International Desk of Humanities is supernice. They are all very open and helpful. This was also the case before my exchange, they signed and scanned documents before my departure. Although I have not come into contact with it, I know there is also a big support and counselling system for students with problems regarding mental health.

transfer of credits

Not applicable yet at the time of writing

STUDENT LIFE

welcome & orientation programme

The orientation programme was really extended and well-organized! We all got a little booklet with the programme for the first to three weeks. I must say, I followed an introductory Swedish class for two weeks and

that took a lot of my time. I feel like everyone took that course so if you did not take that course you missed out on a lot and you would have had a lot more freetime. I really liked the possibility of learning some basic Swedish, it really helped me throughout the whole semester. Other than that, there were a lot of activities varying from free entrance (such as a Welcome Ceremony in the Academic Building or a Welcome Concert in the Cathedral) and day-trips around Skåne. I was a bit late for buying the tickets, but in the end I felt like the true friends I met were at the welcome reception for my faculty. Other than that, I think it's really nice that everyone is put in a mentor group, my mentors were all Swedish and we did a lot of activities together so it is a really nice way to get to know others and more about Sweden. Orientation is thus really nice and we got a really warm welcome.

accommodation

Looking for accommodation is though, but looking back I would say it is way less tough than it is in Utrecht. I unfortunately got placed on the LU Accommodation waiting list, so I had to look for housing myself. Luckily, Lund University acknowledges the fact that they do not have enough housing and provide a lot of tips on their website. Ultimately, I registered for AF Bostäder, a housing corporation linked to the University. It was kind of unclear in the beginning, but after reading the instructions over and over I got a 'Novisch' enrollment and a queue number. The queue number was quite good I guess because I was on top of the list for applying for certain rooms. I think AF Bostäder and their queuing system is kind of comparable to SSH in Utrecht, but for me it was different as I applied for the second semester. I ultimately got a corridor room at a complex called Sparta, which I can recommend to everybody, I had a big room with my own bathroom and both Swedish and international housemates. On top of that, I lived on university ground, so my university was only a 5 minute bike ride away but I could have easily walked as well. In the end, all of my friends found a quite good accommodation, you just have to go out there and look for it!

leisure & culture

The winter is really long, so especially in this time period I felt like there was not that much to do around Skåne. Looking back, I would say there is actually plenty of day trips possible. I went to the north of Sweden and Norway to see the Northern Lights (and I did, so I am still quite happy about this). I feel like this is an activity everybody's doing in the winter, so if you're up for that you're good. I went to Stockholm twice, it is a 4/5-hour train ride but worth it for me. Other than that, I occasionally went to Malmö, there is a lot to do around there, Copenhagen is also really close so that is nice. ESN Lund also organizes a lot of trips, varying from huge trips to day-trips. I went to Helsingborg and Helsingør in Denmark with them. Next to that I went to some random things I had found by just Googling, like a moose safari and the IKEA Museum. I would say there is a lot to do around Skåne and just Lund itself, for me it kind of came when spring arrived, as a lot of things were closed or the weather was just too dreary. But, in Lund itself there is also plenty of activities. The student nations are open to everyone and there is almost a party going on everyday, or a lunch or a brunch. If you don't feel like going to a nation, there are a lot of cute cafés in town to do fika (the most important word in the Swedish culture). Concluding, there is actually a lot to do in and around Lund!

suggestions/tips

I would follow Lund University on Instagram, I got a lot of inspiration for my trips from them. Also, be prepared to spend a lot of money. I was warned by how much Sweden would cost and I have to say it is actually not that bad, only the price of alcohol maybe. I spent most of my money on trips or small things like fika everyday, but I really liked being able to do that. As a suggestion for a day trip, this is a very secret spot only known to locals but I am happy to share; go to Dalby Stenbrottet on a warm day! It is a quarry and on a nice warm day there are people swimming and jumping of the cliffs. It is only 25 minutes by bus and it is absolutely amazing!

CONCLUSIONS

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

I would definitely recommend this university and Lund in general to others because of the student atmosphere. I feel like Utrecht is a student city itself as well, but in Lund there are just students around everywhere, a thing that I really enjoy. Because it is based on students, you feel really accepted, everyone is free and non-biased. The nations make it more lively and it is your own choice to go to a party or not. LU has a really good orientation programme, so there is almost no worry you don't befriend anyone. Furthermore, although the quality of my courses were not really what I had expected, I believe that the quality of the courses in general is quite good. Literally everyone speaks English, which makes it so easy and accessible. Lund is really a cute city, with old unique streets and buildings and the weather is kind of comparable to that of the Netherlands. What made it nice for me is that there is a lot of Swedish culture visible, but Lund is also really comparable to Utrecht. I could still use my bike which was so nice. Moreover, Sweden is a really nice country to live in. I could not find that many differences, as Sweden is really progressive and the people are really nice (but it takes a while before they open up). I guess if you are up for a smaller student city, Lund could definitely be something for you.

do you have any additional advice or comments?

As I said, save up some money. It would be a shame if you want to go along on a trip and don't have the money. If you are hesitant about Lund being small, there is enough to do around Lund, Malmö is the third biggest city of Sweden and only 10 minutes by train and Copenhagen is only 40 minutes by train.

**2017-2018
 Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> y.m.rankenberg@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Linguistics

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	12 / 01 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	When I decided that I wanted to study a semester abroad, I directly thought about Scandinavia. My preference was to go to Lund University because this university is well known for its education quality and the city is small, but beautiful and has a lot of international students. My second and third choice were Uppsala and Linköping - also universities in Sweden. But luckily, I was accepted to go to Lund! There were quite a lot of forms to fill in and stuff to think about in the application process, but everything went smoothly and without any big obstacles.
counselling & support at Utrecht University	If things were unclear in the preparation process, Utrecht University and the International Office were really helpful. Besides this, the university expects that you take care of a lot of things yourself; I didn't see this as an inconvenience, just as self-evident.
academic preparation	I didn't do much extra as an academic preparation. I went on this exchange in the fourth year of my bachelor and it felt that I was ready for it - as far as I could know.
language preparation	I was a bit worried about my English proficiency, but was also aware that it would get better quite fast as soon I arrived in a city with all international students around me. And a good thing to keep in mind is that all international students have a different level of English proficiency (sometimes based on where they come from). This means that it is a good atmosphere to just speak. Everything is relative, so don't worry!
finances	Because my destination was Sweden, it was good to be aware of the high living costs. I made a financial plan as a sketch, to know how much money I needed to save before leaving. The most important thing I experienced was that when you are aware of the high costs in the country, you will be fine. I even spented less money than I expected beforehand.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Sweden is a very organised country - which is definitely a pro! - what I also experienced in the study programme. I attended three Linguistic courses and a Swedish Language course for exchange students. The Linguistics courses were using an online student portal where you could find a lot of information and in doubt you could always email your teachers/professors. I experienced good connections between teachers and students. The connections were quite informal and you could call your teachers by their first name; all to make it accessible to ask your questions and make a interactive atmosphere during the lectures.
academic quality of education activities
The content of my courses was most of the time really interesting. Two of my Linguistic courses were master courses ('advanced level'). Of course they asked a bit more from the students than in bachelor courses, but I could handle it and still enjoy my free time as an exchange student! The academic quality was quite high, and I think comparable to that in The Netherlands. I had fewer contact hours than in my Linguistic programme at the UU; only two lectures per course per week. You were expected to do a lot of selfstudy.
counselling & support at receiving university abroad
The International Coordinators were really helpful and fast at Lund University. It was clear that they are used to have a lot of international students.
transfer of credits
When writing this, my credits were not yet transferred.

STUDENT LIFE
welcome & orientation programme
There is a common 'arrival day' at Lund University, two weeks prior to the start of the courses. Students were welcoming you already at the airport in Copenhagen, helped you to come to Lund and showed you around in the city. It felt like a warm welcome and it made you feel at home fast! You received a lot of information at arrival day and the orientation programme was explained. There were quite a lot of activities in these first weeks, study related and student life related. You could also start with an introduction language course of two weeks. This orientation programme gave you the chance to get to know a lot of people so it's definitely worth it to attend as much activities as possible!
accommodation
The housing opportunities are not that good in Lund: there are a lot of incoming international students in August and student housing is limited. Unfortunately, I did not get an accommodation through the housing agency of Lund University. That's why I applied for the AF Bostäder housing lottery, in which you get a queue number by lottery, and can subsequently respond to corridor rooms. I was lucky with this housing agency and received a place in a corridor which was not that expensive. I lived with 12 others, Swedes and international students.
leisure & culture
The contact hours of my courses were limited. I only had four obligatory lectures per week. This made it possible to plan time for quite a lot leisure activities. I did this with friends, student Nations or ESN. Think about daytrips to nearby cities/nature, parties, dinners, or longer trips to Stockholm/Oslo/Lapland.
suggestions/tips

Of course, it is important to work for the courses you chose on your exchange; to learn new things on a University that you are not used to, from different teachers and different students around you. But besides that, I would suggest making the most of the leisure time you have. Go outside, do things, and spent not too much time in the library when you're abroad.

CONCLUSIONS

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

Definitely! I think that my other answers will explain why 😊

do you have any additional advice or comments?

-

Report 2

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> m.stevenson@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and Culture Studies

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	12 / 12 / 2017 (dd/mm/yyyy)

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

PREPARATION

exchange application process

The process was very clear from the start, both from receiving and sending University. Very early on I got all the information and during I received enough reminders to keep on track.

counselling & support at Utrecht University

I have not had any face to face contact, but that was not necessary and I didn't miss it. The International Office is always very fast in responding and helpful in answering all my questions.

academic preparation

I chose courses that fitted in my BA program, so no additional academic preparation was needed.

language preparation

I took an extra course on Swedish after arriving in Sweden for 3 ECTS and a course for 7,5 ECTS. My other courses were not language related since that wasn't my learning goal in Sweden.

finances

I didn't save a lot of money but made it work. I do recommend saving more than 1000 euros when going to Sweden, I had some difficulties with housing and that took up a lot of my savings. Also Sweden is very expensive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

One course on Gender studies, two courses on Swedish language and culture and one History.

academic quality of education activities

It was very easy for me. All of my courses have been marked as level 1. Whilst being there this was not a problem since I had a lot of free time, but I wasn't challenged at all.

counselling & support at receiving university abroad

I've been to the International Office since I switched courses (dropped a second level Swedish one for Archeology). They were very helpful. Also the Office has a lot of events for Internationals which was fun.

transfer of credits

30 ECTS

STUDENT LIFE

welcome & orientation programme

At the 15th of August there was a welcoming day and during the week after there were a lot of activities with a mentor group. It was really nice, they really give you a warm welcome. After the first week you're expected to join a student nation so there's lots of parties and activities after the first week as well. Also ESN and the International Office organise a lot of events such as trips to Copenhagen or Stockholm.

accommodation

The accommodation in Lund is just downright horrible. There's not nearly enough housing for the students and if you don't get into housing through University (which is impossible) you're really on your own. Friends of mine were homeless the first few weeks and had to rent expensive AirBnB's. I found an appartement but had to move out after a month because the landlord was shady and horrible. I was lucky enough to find something through a Facebook group after. I lived in Malmö during the entirety of my stay although I have to say I enjoyed that more since Lund is very small.

leisure & culture

I took a lot of trips to Copenhagen and discovered most of Malmö. Lund is very small so you'll see everything within no time (but it's cute, you won't get bored). There's a great music and party scene in Malmö and Copenhagen. I also went to Göteborg and Helsingborg which I recommend (take the train or bus). Other people went on trips to Oslo, Stockholm or even the Northern Lights, but you really have to save up for those. There's plenty to see and to do if you don't go on trips though. I was also very active within my student nation so there wasn't a single moment when I was bored during my trip.

suggestions/tips

Save up money for trips but don't feel bad if you can't go very far. There's plenty to discover in the city that you stay in. Just take the time and enjoy, don't forget to make friends!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Definitely, I'm going back to visit friends very soon thanks to my stay here. Even though the housing situation is the worst, the University (or at least the International Office) will be there to help you through other problems if you have those. Sweden is very beautiful and Lund is especially cute. It's very close to Copenhagen and Malmö so there's plenty to do.
do you have any additional advice or comments?
If you have trouble with your mental health during your stay, don't hesitate to share with friends or a counselor from the International Office. They can and will help you with advice or with seeing someone. You're not alone in feeling lost every once in a while.

Report 3

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> l.m.meijerink@students.uu.nl
faculty/college	Humanities/Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Artificial Intelligence

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 01 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	Was good. It was a bit difficult since the AI programme in Utrecht is in Humanities, but the courses at other universities that would belong to the AI programme here are in different faculties. However, in the end it all worked out and in Lund they were quite flexible with me choosing courses at multiple faculties.
counselling & support at Utrecht University	Was very good. I always got quick responses and help even though I was in kind of a difficult situation.
academic preparation	Was good enough, but I primarily did first-year courses so I cannot really tell. I did one course in the Engineering faculty which was harder, because it was actually a course people take in their 4 th or 5 th year. However, it was still fine.
language preparation	Everyone speaks perfect English and there is a nice Swedish introduction course offered in Lund.
finances	

Not much more expensive than the Netherlands, maybe count about 20% more for everything. It is really nice that everything is close which makes it possible to cycle everywhere, which makes that you do not have to pay a lot for transportation.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did some courses in the first year Mathematics programme, which were really good and well organized. I also did a course in Engineering which was a bit less well organized, but also really good.

academic quality of education activities

Very good: in my opinion you got a lot of personal help, in the form of tutoring groups for example. In the course I did in Engineering, which was a project course, we got 1 hour each week of 2-to-2 teaching (2 researchers helping a pair of students).

counselling & support at receiving university abroad

Also very good, always got quick responses on e-mails and did not need more support than that

transfer of credits

I do not know yet but trust that it will be handled well since everything is so well organized

STUDENT LIFE

welcome & orientation programme

Was very extensive and well organized. From tours through the cathedral and hikes in the surroundings to party's and dinners. The language course is also really nice.

accommodation

Can feel like it is really hard, but in the end everyone had some 'luck' and found a room.

leisure & culture

It is a student city with a lot of activities that everyone can join. If you want to explore outside of Lund, there is a lot of nature, the beach, Copenhagen is less than an hour away and Malmö only 10 minutes.

suggestions/tips

Join a nation and go to their lunches and activities that appeal to you (you can join the activities of all nations)

CONCLUSIONS

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

Definitely. The university is really good, everything is super well organized and Lund is a nice small student city with a lot to explore.

do you have any additional advice or comments?

do not start too late looking for housing, get a bike, eat some kanelbullar

Report 4

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language & Culture studies, Gender studies

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 01 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	For the application it was important to first look into which country you wanted to go, which universities where there to choose from and what courses they offered. You had to fill in a top 3, the applying itself was rather simple.
counselling & support at Utrecht University	When you had questions, you could easily contact the international office and they answer back quickly. It was also handy to go to the information evening, with students telling about their experiences and the internation office talking about the erasmus and such.
academic preparation	There was no academic preparation needed
language preparation	My courses would all be given in english which I already spoke, so no preparation needed.
finances	For financing I decided to work the entire summer instead of going on vacation, also I increased my loan from duo. By doing this, and getting the erasmus scholarship and money from public transport compensation, it was managable.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed two courses about Gender in Sweden/Scandanavia, a course in Swedish culture which was very interesting, and one course in social anthropology that I unfortunately couldn't finish due to personal circumstances.
academic quality of education activities	The courses were overall quite interesting and I liked their way of teaching. It was a lot of working in groups, but this made it possible to learn some of the students very easily and I had fun studying with them. The courses were quite easy, and were all given either a level 1 or level 2 label here in Utrecht, but I didn't mind.

counselling & support at receiving university abroad
The counselling was excellent! Even when my mental health problems got the best of me, I was able to email the international coördinator and my teachers, and they helped me really well. I couldn't have asked for better help.
transfer of credits
I passed three of my courses, and the 22.5 ects were transferred very quickly.

STUDENT LIFE	
welcome & orientation programme	For the orientation programme, you should really take part in the language course and the mentoring groups. I decided not to do the language course but really regretted this later on, heard lots of good stories about it. Other than that, there was a welcoming fair and enough opportunities to meet all the student nations, which was nice.
accommodation	With accommodation in Lund, it is about as hard to find a place as in Utrecht, which is quite hard. I found an apartment in Malmö eventually with another student from Utrecht. Apartment was a bit expensive but okay. We had a terrible roommate, but you can't have it all I guess.
leisure & culture	For leisure, you should really join a nation. I joined kalmar nation and they organised lots of activities. For culture, go visit Göteborg. This city is stunning, and will make you forget the ugliness of Malmö. Lund is also very lovely, but rather small.
suggestions/tips	Like I said, Göteborg.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	I would recommend it, because the university is really good and there is enough to do. But don't expect the full Swedish experience here, it is too much down south for that. Also, Swedish people will not make a whole lot of effort to talk to foreigners, so don't expect to hang with the locals and go find your fellow foreign students instead.
do you have any additional advice or comments?	Try to make the most of it and don't be shy, everyone is alone at first so try to meet new people as soon as you get there.

Report 5

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> j.a.g.schotanus@students.uu.nl
faculty/college	Humanities

level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and Culture Studies

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 01 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	I looked at every single European university I was eligible for and made a list of personal favorites. My focus was on the gender studies programmes universities offered. Lund University was the one with the most elaborate programme offered in English, which is why it became my top choice.
counselling & support at Utrecht University	Helpful advice my tutor gave me is that the overwhelming amount of things you need to take care of during the application process is a scare tactic, to see who is in it for the long haul, to see who is committed enough to go through with it all. Other than this comment from my tutor, what has been most helpful was the information the administrators from the International Office gave during evenings specifically hosted for people who are interested in studying abroad.
academic preparation	Most of the courses I have taken at Utrecht University were either from gender studies or were related, so I was well prepared in terms of knowledge of the field of study. I have also had plenty of experience writing papers (in English) as a humanities student in Utrecht, so having to write reports, essays and papers in Lund was nothing new to me. The only thing that I was not entirely used to is the emphasis on group work in Lund. While I usually have one group project per course at Utrecht University, which takes about a week's time, Lund University focuses greatly on group work, which led to me working on group projects three times a week with three different groups.
language preparation	I took the OLS language test for English, which I passed. Together with my former English education through high school classes, a Cambridge English: Advanced degree, as well as most of my courses at Utrecht University being in English, language provided no issue for me, as my entire studies in Lund were in English and nearly all Swedish people I have encountered speak English.
finances	I applied for the Erasmus+ grant which, to date, has been conditionally approved. It provided necessary as housing in Lund is greatly shortcoming, forcing me to look beyond Lund. I found housing in the neighbouring city of Malmö, which was considerably more expensive than my apartment in Utrecht. Life in Sweden is definitely more expensive than in the Netherlands. The Erasmus+ grant leveled the cost of rent to what I was used to. Next to the grant I have a DUO loan.

STUDY ABROAD PERIOD	
	study programme (content and organisational issues)
	<p>I took four courses, all of which focuses on a Swedish or Scandinavian context. One dealt with issues of gender, citizenship and migration and was highly interesting. This course (SASA24) was the most challenging and the most interesting to me. I took a course about gender and modernity in Sweden, which focused on art and women's positions. While I met some great friends during the class, I was dissapointed by the way in which our teacher led the discussions during seminars. The third course I took was about the Swedish education system, taught by a retired and very sassy teacher who was very transparant about her view on education. She had a unique teaching style and encouraged us to question everything we know. It was an interesting course, yet I felt like the final exam was not entirely adequate for the course. The last course I took was about Scandinavian welfare systems, which was very interesting as well, as I had never learned about this topic in depth.</p> <p>One thing that stands out for me is how much Lund University focuses on group work. It has been a really educational and enlightening experience for me to have to work together with so many different people on various projects. The lectures were not obligatory and the seminars usually existed out of discussions based on the work that we had prepared in groups, meaning that the entire learning process mostly took place during informal group meetings. While such extensive group work can be tiring at times and I would not wish to have to endure it so extensively for three full years, I am grateful for it.</p> <p>The Swedish approach to education meant that there was very little pressure to perform, unlike Utrecht University. Lund University offers multiple retakes for tests and is very considerate of students' personal lives and any health issues, mental or otherwise, one might have, which was a breath of fresh air to me. I have had no pressing organisational issues. I did take three courses at once at some point, as Lund does not have the same system as Utrecht in terms of "blocks", but this turned out to be completely doable.</p>
	academic quality of education activities
	<p>The teachers were all very knowledgeable about their topics, there was no question about that. I cannot say whether Universiteit Utrecht or Lund University has a higher academic quality of education than the other. I do think my time in Lund has broadened my understanding of academic quality. While Utrecht tends to focus more on papers, Lund tended to highlight group discussion as the main player in the educational process.</p>
	counselling & support at receiving university abroad
	<p>Lund University offered multiple ways of student counselling, advisors to talk to, even religious leaders of various denominations and faiths willing to talk all students, no matter their background. My contact person from the International Office in Lund was very helpful and understanding, from the first week until after I returned to Utrecht, answering questions about my transcript of records via e-mail in a helpful manner.</p>
	transfer of credits
	<p>Lund University has a letter-based grading system (A-F), and they themselves define only F as insufficient ("onvoldoende"). Yet the "translation" of my letter grades to numeral grades for Utrecht has been somewhat stricter, translating an A to a 9 and a C to a 6,5. Other than that, all courses were 7.5 ECTS, just like Utrecht, so in terms of credits there has been no issue transferring.</p>

STUDENT LIFE	
	welcome & orientation programme
	<p>Lund University has been very accomodating to arriving students, going as far as to have Swedish students at Kastrup airport in Denmark, helping them find the right train. When I arrived in Lund I was once again greeted by Swedish students, helping me to a car, as the university had arranged a carpool system to transport the new students to one of the university buildings, never mind the fact that it would have been only a ten minute walk.</p>

This was very generous and welcoming, as many students came with a lot of heavy luggage, tired from 22-hour flights and the like. The students were present at the train station and the airport from eight in the morning until eight in the evening, leaving everyone plenty of time to arrive. The first two weeks entailed an elaborate orientation programme, in which I could be participating as actively as I desired. Only two or three meetings were compulsory, one of which was from the International Office and one from the university itself, in which they introduced us to the basics of Swedish life, some leaders of student associations spoke and we even met people from the fire department who strictly instructed us about fire safety. They also held a fair on which all of the student clubs and associations were present, which was great as well. Many of the student nations had activities planned during these two weeks, which was a nice way to get to know people.

accommodation

Thoroughly lacking. While I was fortunate enough to find a place before coming to Sweden, which, might I add, took hours and hours of searching, many exchange students I have met were not so lucky. Even then, I did not find housing in Lund itself, but in a neighbouring city, so I had to commute on a daily basis. Lund University only has about 1,500 rooms to offer to students, which is not enough. I have heard many stories of people being scammed, students living in hostels or AirBnb apartments for long periods of time. One either has to be lucky, has to have an elaborate network in South Sweden or has to be of great financial means.

leisure & culture

Lund is a university town. Everything is about the students and, according one of my teachers, during summer Lund slowly dies out, as all the students are away. It has student nations, which are similar to Dutch student associations ("studentenverenigingen") which are very active and welcoming to international students. Becoming a member of a student nation, which is strongly encouraged by the university, is very affordable and offers a great way to get to know other exchange students and Swedish students. It helps you get to know Swedish (student) culture and provides a community. Personally I have also found a great community at a church in Malmö, where I enormously enjoyed spending time and volunteering.

suggestions/tips

The only thing in which Lund University can really improve is their housing situation. I know they already take a lot of measures to inform international students of the issues, but still, it would have been nice to know beforehand that they only had 1,500 rooms available while accepting many more students.

CONCLUSIONS

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

I would recommend Lund University to anyone who wants to live in a town that is all about student life, at a university that focusses greatly on group work, and enjoys student culture. Lund is a small town - if the student nations do not satisfy you or occupy your time enough, you might get bored. I lived in Malmö, the third largest city of Sweden, a ten minute train ride from Lund, which offered a lot more than Lund. In terms of language Sweden is very accomodating, as almost everyone I met spoke English.

do you have any additional advice or comments?

- You will have good days and you will have bad days, just like at home. You might feel pressured to have the best time of your life and feel disappointed if you don't experience that (yet). Do not let expectations of others and/or pressure from outside rule your experience abroad. Do not worry to much about what you should or shouldn't be doing now that you are abroad.
- Find your community! When you study abroad, you leave your social support network behind. Invest time and energy in finding a community, whether it be a student nations, a sports club, a religious network, volunteer work or anything similar.

- Travel the country, but don't feel pressured to travel as much as some of the other exchange students might do. For instance, I met a lot of Australians and Asians who travelled to different countries every other week. It is understandable from their perspective, having travelled far to get to Europe and wanting to see more of it, but this is not something everyone wants to do or can afford.

Report 6

Faculty/college:	Humanities
Level:	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Gender Studies (Research)

Destination city & country	Lund, Sweden
Name host institution and/or company/organisation	Lunds Universitet
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	15-8-2017
Return date (dd/mm/yyyy)	23-1-2018

You are requested to write on the following topics.

Text boxes will expand automatically while typing.

Preparation

Exchange/placement application process:

The application process was clear, but quite extensive. After the application at UU and hearing that I was selected for an exchange in Lund, I had to go through a separate admission system from Lund University. This went fine, but I received my letter of acceptance in the beginning of June, so for a long time I wasn't entirely sure whether I would be able to go abroad.

Counselling/support at home university:

The UU international office helped me a lot – there was one moment where course changed blocks and my initial study plan didn't work anymore, but with the help of the international office this worked out fine.

Academic preparation:

I went through the course descriptions and literature lists of earlier years in order to see if I needed extra readings. Since the courses I followed were situated in the social sciences and I am humanities trained, this worried me a bit in the beginning. In class teachers seemed to very welcoming to a new perspective and actively engaged and encouraged a transdisciplinary approach.

Language preparation:

Since I am following an English master program at UU, I was not worried about my English skills. Tried to learn some Swedish with duolingo but I don't recommend the app. The university offers a free two-week Swedish language course during the first two weeks, which I highly recommend. It teaches all the basic language skills you need in day-to-day life (i.e doing groceries, understanding train/bus systems, ordering coffee;))

Finances:

Since Sweden is quite expensive, I recommend having some savings. Especially in the beginning you might do some bigger expenses such as furniture, bike and gym/sports subscriptions and the Erasmus grant might come in later.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

Both courses began with an extensive welcome seminar in which the aims and purposes of the course were clarified. This was also the moment in which the groups for (extensive) groupwork were formed.

Academic quality of education/placement activities:

The courses I followed were part of a two-year program, so in that sense fitted very well into my study program at UU. There was a bigger emphasis on group work and presentations, which made the international dimension of the courses very interesting.

Counselling/support at host institution/organisation:

While there were some problems with the administration system upon my arrival, but the international coordinator in Lund was very helpful.

Transfer of credits:

Not yet happened.

Student life

Welcome/orientation programme:

The university offers a two week introduction program, which is nice although maybe mostly focused on incoming bachelor students. This doesn't take away that it is a nice opportunity to explore the town and meet new people. Only thing is, a lot of Swedish students are not in Lund during this period, so make sure to make some Swedish friends as well and don't settle too early on one fixed social group.

Accommodation:

Finding housing in Lund can be quite difficult. I did not get any accommodation via the university, but found a room via private housing. One tip: start early!

Leisure/culture:
Lund is a nice, small university town. On the one hand this can be very convenient in creating a day-to-day life, but for more exciting culture, musea and nightlife Malmö or Copenhagen are nearby. The student nations (similar to Dutch student associations, but much more open for international students) are a nice way to meet Swedes as well, although the general age can be quite young if you are a master student.
Suggestions/tips:
Have lots of fika! Try to practice your swedish as much as possible.
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
Definitely! I have found Lund to be a very friendly and open city and I have very much enjoyed my time here.
Do you have any additional advice or comments?:
-

Report 7

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and Culture Studies (TCS)

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 01 / 2018 (dd/mm/yyyy)
end date	15 / 06 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	While I was applying for my exchange, I was rather intimidated by all the different forms I needed to fill in, choices I had to make and more. But, in hindsight, I can tell you without a doubt it is a 100% worth it. Just make sure you contact your friends, family or the international office if you have any questions or if you feel like you are losing control.
counselling & support at Utrecht University	They helped me decide where in Sweden I could and wanted to go.

academic preparation
The level of Lund University and Utrecht University's education was fairly similar, so no troubles adjusting there.
language preparation
All of Sweden speaks perfect English, so if you are confident in that, you are all sorted.
finances
Sweden is honestly not as expensive as people make it sound (can only speak for Lund), but do take into account that you'll have a lot of unexpected extra costs, like trips, drinks and hikes etc.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The content was interesting and in line with my programme at Utrecht University.
academic quality of education activities
Some of my courses were a bit chaotic, because it was the first time they were given, but those were the exception on a rather efficient and well-organised rule.
counselling & support at receiving university abroad
The counselor was helpful and always there for a talk or support if necessary.
transfer of credits
Since it was a pass/fail situation, the transfer of the credits was easy (they also use ECTS there).

STUDENT LIFE
welcome & orientation programme
I felt welcomed and their events helped me meet heaps of other exchange students who were also looking to make friends.
accommodation
I didn't get my accomodation through the university, but through AF Bostäder, which is an organisation with accomodation all through the city. They work well together with Lund University to help all exchange students find housing.
leisure & culture
Interesting cuture, many students, so naturally many student-events.
suggestions/tips
Ebbas Skafferi for fika and Dalby Stenbrott for swimming! And make sure to get a bike soon, everything is relatively closeby and accessible.

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

I would recommend Lund University if you're planning on a one semester exchange. If longer, I would suggest a bigger city. Lund is perfectly cozy and it helped me see all my friends practically every day. However, perhaps after 5/6 months you would like some more contact with non-students and have more room to explore.

do you have any additional advice or comments?

Don't let the paperwork scare you away, because exchange is every bit as wonderful as people make it sound!

2016-2017
Report 1

faculty/college	Humanaties
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts & Sciences

destination city & country	Sweden, Lund
name university abroad	Lund University
start date	15 / 08 / 2016 (dd/mm/yyyy)
end date	15 / 01 / 2017 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	
Erasmus + program	
counselling & support at Utrecht University	
International Office Faculty of Humanities Utrecht University	
academic preparation	
Was not necessary with my University Utrecht background. It is about the same level as I was used to in Utrecht.	
language preparation	
English language test: CEFR certificate	
finances	
- Erasmus fund - Savings - Parents	

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Special Area Studies (SAS). This was the program gave the opportunity to try many different courses and the interesting part was all of the courses had one or many field trips to complete the experience the course wanted to give to the students. It gave me an extra insight about the subjects discussed in the lectures and work groups.
academic quality of education activities
Bachelor. High level, but because of professors it was easy to not too hard. The professors gave very good lectures and made it very clear to us what we were supposed to do. Also the student advisor were very helpful in knowing what to expect in class.
counselling & support at receiving university abroad
International Office Faculties of Humanities and Theology Lund University. Very intelligent and nice student advisor which helped me pick the right courses. Because of them my shedule was perfect. This made it possible to take the courses I wanted to do, without losing the full exchange eperience.
transfer of credits
33 ECTS

STUDENT LIFE	
welcome & orientation programme	
Yes	
accommodation	
LU Accomodation: Bautastenen. Really nice, but a bit expensive. It was really hard to find accomodation in Lund, but this housing was really nice since I could live with a lot a kind and interesting international people. Sadly therre were no Swedes living there and because of that I did not really meet a lot of Sweded during my exchange.	
leisure & culture	
<ul style="list-style-type: none"> - Museum trips in Lund - Fieldtrips with courses - Sport activities with ESN Lund - Fieltrips with ESN Lund - Leisure activities with Studentlund - Copenhagen is around the corner! - Stockholm can be visited for only 15-20 euro's if you plan well! 	
suggestions/tips	
- Join a nation! That makes your exchange eperience the best you will ever have :).	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes! Lund University is a very good and well organized university with very kind and intelligent people. I learned a lat during this exchange and ths was mainly because of the good care from the university and its coworkers. Also, the city is very beautiful!	

do you have any additional advice or comments?

Lund is a must see and must go to if you want to go to Sweden, or study in a very nice, good, and high level university!

Report 2

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	RMA Gender & Ethnicity

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	29 / 08 / 2016 (dd/mm/yyyy)
end date	15 / 01 / 2017 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	<p>The application process was just a lot of work, but we were warned about that. Overall, as long as you kept an eye out for the deadlines and made sure you were on top of things, it was fine. It does take a lot of time and energy, though, and a lot of bureaucratic steps have to be taken. Finding information about the universities you can go to and the courses they have can be complicated, but there doesn't really seem like there is a solution to that, so you just have to put in the work. Talking to your teachers (especially those in the fields you're most interested in) can definitely help you narrow down your choices - they know what universities are specialized in your field and such.</p>
counselling & support at Utrecht University	<p>To be honest, most of the things I needed to do I did based on my own research, the UU website and talking with fellow students going through the process. If I needed information from the university, I found that calling was far more effective than e-mailing. For questions about what university to go to, my department was more useful than the central international office. Most papers I needed signed, etc. were dealt with very effectively though and got back to me quite quickly - but I did meet the deadlines.</p> <p>The communication surrounding the application process for the erasmus+ scholarship however was definitely lacking and often the reason I knew what was going on was because I went out of my way to contact someone with questions or because fellow students had done so. There were complications on the side of the university in this specific year, but the fact remains that I and a lot of students with me were months into our exchange before receiving the scholarship, which we had been specifically told would most likely be transferred before we even left.</p>
academic preparation	<p>I looked at the course descriptions of the courses I wanted to take to make sure I had the necessary background and that they would add something to my academic development. Besides this, academic preparation wasn't really necessary, as the courses I took fit into my programme in Utrecht.</p>
language preparation	

I didn't do much language preparation: classes would be in English, as are my classes in Utrecht, so I was prepared for that. I did a 2 week language course Swedish upon arrival, which was very doable, fun and helpful especially with regards to reading and communicating in shops, but which I sparsely used outside of that because everyone's English was great.

finances

Sweden is expensive, so having some savings was crucial (especially as the erasmus+ grant was late). This was mainly necessary in the very beginning, when there were still quite a lot of expenses regarding for instance my room (a room with furniture is not the same thing as a room with everything you use in everyday life) and buying a bike, etc. Overall, with income from different sources and through subletting my room in the Netherlands it was pretty doable, but I was not going out 5 days a week and did most of my own cooking. I also cycled and walked almost everywhere within Lund, so didn't spend as much on public transport.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study programme fit fine into my programme back home; there was a little more overlap than expected in one of the courses, but it wasn't so much as to become a problem. The content was pretty much what was described in the syllabus and thus what I came for and what I wanted to know more about. There were some organizational issues throughout the courses, but most were solved fine with a lot of input from the students.

academic quality of education activities

I'd say the education was largely on par with Dutch higher education/the education in Utrecht. The classes may have been just slightly bigger and there were more lectures, less seminars and more practice-focused and less theoretical discussion among the students, but I understand that my programme in Utrecht is incredibly focused on independent work from students and seminars, etc. I would've preferred the education to be a little tougher, to be honest, but I recognize that I was in the second year of my programme while I was taking courses in a one-year programme - I had not really considered what that meant before going, but while there it became obvious that that extra year of master-level education makes a lot of difference in how you view the difficulty of courses. However, overall the education was good and the students and most of the teachers were very involved and passionate.

counselling & support at receiving university abroad

As far as necessary, this was fine - the people in charge of organizational things were approachable and able to help usually. However, I didn't really run into any issues, so I didn't really have a lot to do with the support system of the receiving university. They did organize seminars on things like how to survive the winterdays in Sweden, which was a great move I think as some students did have a hard time with the dark.

transfer of credits

Nothing to say yet, as this has not happened yet. I'm assuming the 30 EC will just be accepted and become 30 EC in Utrecht.

STUDENT LIFE

welcome & orientation programme

The welcome was well-structured and organized and provided me with pretty much all the information I needed. The orientation programme was fine, although a lot of it was based on student organizations and I wasn't always interested in joining those, so there were some days with little to do. I was glad I was doing the language course, because that clearly took up most of the orientation weeks and I'm not sure what you

would've been doing all week if you hadn't been taking Swedish lessons. The international mentor programme worked great for some people, but I missed out on a lot of earlier meetings because of scheduling problems and then never really joined again especially because I had found friends elsewhere already.

accommodation

My accomodation was great, I had a furnished studio apartment on the outside of the university campus. Everything worked, the building was relatively new, the furniture was of higher quality than I had dared to expect. However, I did also pay a relatively high rent (but most people I visisted also had good accomodations, especially those who had university-provided housing). Overall, I really liked my room and the communication with the university accomodation centre was also good, especially when I lost my keys at some point.

leisure & culture

There was a lot to do in Lund, so this was great. Personally, I joined the debate society, which was a lot of fun, the people there were great and welcoming and it gave me something to do 1-2x a week. I also organized a few activities with fellow students from a course, which was a great way of being active as well as visitng some fun activities. Parties were very centered on the student nations (sort of like student associations), so going out was usually either a matter of going to a house party or going to a student nation, there weren't a lot of general café's to go to or something. However, some of the nations were quite a lot of fun to be at and there were regular corridor parties, at least in my environment. For the really 'cultural' things, Malmö and Copenhagen were more exciting than Lund, but thankfully they were close. Having Fika (drinking coffee, usually with something sweet) also very quickly became a stable part of my days and was definetely a Swedish tradition I appreciated. The parks and botanical garden in Lund were great at least when the weather was still good (which it was for a suprisingly long time).

suggestions/tips

Join some kind of society or nation, as they are sort of your gateway to activities and groups of peers/friends to hang out with. I got lucky and took a course which was the first course of a master programme, which meant there were quite a lot of 'getting to know eachother' activities in the beginning, which was great because it created a sense of community among the students which then stayed pretty strongly even as people did different courses later on; it might be worth checking what position your course has within the programme it's taught in. If you want to get to know your neighbours, do so early on, because otherwise it probably won't happen as easily. Don't pin yourself down to one group of peers early on, try to have like two or three, but do prioritize some relationships over others - building real friendships was one the greatest parts of the exchange for me and coming back with a bunch of acquaintences is probably less fun than coming back with a couple of good friends ánd a bunch of acquaintences. Do go to a lot of activities early on, but do try to find things you're actually interested in, because the people also there will probably interest you more. Do the language course if possible, if only so you can read the back of a packet in the supermarket and can order a coffee without speaking English - and so you meet some exchange students.

CONCLUSIONS

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

Absolutely! Lund was a beautiful city with a great, active student population and a lot of activities happening all the time. The education was good and student-focused and teachers were approachable. There were a lot of exchange students in Lund, either for a semester or for their entire programme, so pretty much everything is organized taking into consideration that international students are part of the studentbody, including the nations and university activities. I had a great time, made some great friends, learned a lot and really enjoyed the atmosphere and activity in Lund.

However, despite all the acitivity and organizations and international students, Lund is not a big city by any

means. So if you're looking for a bit more of a 'big city vibe', I'd definitely take that into consideration. However, to me at least Lund absolutely proved that small cities can definitely be a lot of fun and considering the fact that like half of the population of Lund consists of students, you certainly don't have to be bored.

do you have any additional advice or comments?

Keep track of the bureaucratic deadlines and such on your own - no one is doing that for you, so just do it yourself. It makes everything a lot less stressful and a lot more manageable if you're doing things on time instead of 2 days before the deadline, especially when you need to get information from abroad, etc.

Report 3

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Dutch Literary Studies

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2016 (dd/mm/yyyy)
end date	15 / 01 / 2016 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application process took place really early. I understand why it is that way, but for me as a student it was pretty inconvenient. To go abroad in the second year of my 2-year master programme I had to apply in the 1 st month of the programme, it takes more time to discover the topic in your research you would like to specialize in - in the ideal situation you match your destination with your research topic (especially as a preparation for a PhD-position. Unfortunately this was not possible and not supported by the International Office. (It was though by my programme coordinator.)
counselling & support at Utrecht University	There was no contract with Lund, the contract was signed just a week before the deadline. I was very pleased with that. Unfortunately the only answer I got before the contract was signed was 'look for another destination', not 'we are working on the contract' or 'We are going to help you to go to Lund without a contract'. (And yes, the latter is an option.)
academic preparation	I found my literature online before going to Lund, so I read a bit in the summer.
language preparation	This is something you have to take care of yourself. There is no preparation offered by the IO, or guidance - they only check your language-level, this was a bit too much teach-to-test in my opinion. This means that you yourself have to check if your level of the language the courses are taught in is enough. To prepare myself I followed some courses in English and wrote a paper in English before going abroad.
finances	

This is something you have to take care of yourself. The Erasmus grant isn't high enough to cover many expenses (although I really appreciated it!). I lent a bit of money, and saved a bit.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose my own courses before going to Lund. I wasn't accepted for the course I wanted to follow the most, but I found a good substitute. Please note that you cannot add new courses on masterlevel when you are in Lund, so apply for more courses than you are planning to follow. When you would like to follow more than 30 EC in a semester, you need to have written permission from the IO of the UU. I wanted to add extra courses (because I had only one lecture a week) on top of my 30 EC, but this was not possible any more (the deadline for enrolling into courses already passed when I was in contact with the IO).

academic quality of education activities

I was a bit disappointed with the level at LU, because I expected it to be much higher than the UU, but it was quite comparable. I had a bit of bad luck with my teachers I guess, but they mostly repeated what I already read in the articles. Besides that do the courses on MA-level contain a lot of self-study. Some weeks I only had one lecture, so I was a bit bored actually. The courses on BA-level are much more 'fun', have excursions and group work.

counselling & support at receiving university abroad

The IO of LU is very supportive and you can always counsel them. Do not hesitate to send them mails!

transfer of credits

When the teacher graded my papers he sent the grades to the IO LU, after that they were sent to me and to the IO UU. Take into account that this might take some time!

STUDENT LIFE

welcome & orientation programme

Most BA-courses offer an introduction programme, as well as the university as a whole. Do not hesitate to switch to a more active introduction group! I made some good friends in that week. I followed courses from the second year of a 2-year MA programme, so no introduction was offered.

accommodation

If you are lucky you can rent a room via the university, but the chances are like 50% that you get one. Also try to look on facebook.

leisure & culture

There are a lot of activities organized by the university. Besides that the city organizes a lot! You can go to a culture night, a lot of christmas activities, musea, etc.. Malmö (Sweden) and Copenhagen (Denmark) are within short reach, as well as Helsingborg and Ystad. The public transport system works very good so you can easily go there.

suggestions/tips

See last answer.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Lund is a very nice city, there are a lot of cultural activities and the university is old, broad and with a lot of traditions. The level of the university is high - comparable with the UU. When you're a RMA-student I would recommend you to seek contact with a professor or teacher at LU, to discuss your courses etc..
do you have any additional advice or comments?
-

Report 4

faculty/college	humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Gender and Ethnicity RMA

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	16 / 08 / 2016 (dd/mm/yyyy)
end date	15 / 01 / 2017 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	It took a very long time before I heard that I was admitted to my courses of preference. For the rest, Lund University is very structured and organised, and everything was arranged on time.
counselling & support at Utrecht University	The counselling and support at UU was good. Be aware that you have to arrange your documents before the summer break, even though you leave after.
academic preparation	-
language preparation	It is fun to download the duolingo language app on your phone, to get a feeling for the Swedish language.
finances	Sweden is really expensive, I was happy that I saved extra money before I went. It is quite impossible to find a part-time job as a non-Swede, so don't count on that for an income. Especially alcohol and coffee is expensive; if you want to have a night out you can go to the Student Nations where there are cheaper options of food and beer. Also, be aware that when you withdraw Swedish krona in cash you often pay a fee at your Dutch bank. Thus, try to only withdraw large amounts once every time. Finally, I would recommend to have a credit card for cases of emergency, or when your card doesn't work.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The courses were well organised and the content was as expected. The form of lectures was unfortunately quite traditional. Not so many working groups (seminars), but mostly lectures where the teachers tell you about the week's topics. As a research master student I wish I had more time for discussion and active involvement of students.
academic quality of education activities
The level was lower than my programme at the UU. I did not really feel challenged.
counselling & support at receiving university abroad
great.
transfer of credits
Received

STUDENT LIFE	
welcome & orientation programme	
The university organises a two-week introduction programme for international students. If you are a master student I would recommend to skip this, and just arrive before class. I did not find the activities that interesting and I barely met any master students. The programme is mostly directed towards younger students. Save yourself the money and time or go explore another part of Sweden in these two weeks! Also, the university acts as if it is very difficult to arrange your administration after the 'welcome day', but this is not really true. It is just very convenient for them to arrange everything on the same day.	
accommodation	
Start searching for accomodation early. There are not enough rooms for all students, so if you get an offer from Lund University I would recommend to take it. I myself had a room in the house of a Swedish family. Also look at rooms in Malmö, it is only ten minutes away from Lund and there are affordable options for public transport cards.	
leisure & culture	
Lund is a small and beautiful town, with nice historical buildings and many parks. There are lots of things to do for students, but it is all very limited to typical 'student culture'. Personally, I missed interesting culture in terms of museums, music, dance, but I found my home in Malmö, which is only ten minutes away by train. So if you are looking for a more exciting place than Lund, you could also decide to live in Malmö. In general, I found the Swedish culture very pleasant. It is a beautiful country, so I recommend to save some money and make trips in the weekends to explore other cities such as Göteborg and Stockholm.	
suggestions/tips	
Buy a bike at Lundaböcker. After your exchange you can sell it back to them.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would defenitely recommend Lund university. I met amazing people and had a great experience. However, if you are a true 'city person', you can better look for other cities in Sweden, or decide to live in Malmö.	
do you have any additional advice or comments?	

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