



# UU Study Abroad Report Form

Faculty/college:	Department of Information and Computer Science
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree program:	Information Science

Destination city & country	Durham NH, USA
Name host institution and/or company/organization	University of New Hampshire (UNH)
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)	08/15/16
Return date (dd/mm/yyyy)	05/30/16 (I extended my exchange for another semester)

**You are requested to write on the following topics.**

Text boxes will expand automatically while typing.

### Preparation

Exchange/placement application process:

I cannot remember it as well as I would like, but I remember I filled in on a form that I wanted an apartment. However, it turned out that I was placed in a dorm which was great because my roommates are awesome and according to other exchange students from other parts of the world their roommates were (way) worse. I was just lucky I guess, especially since I filled in the form and did not put any further effort in checking which dorm I had or changing it. There are a lot of good dorms tho, and for international students they are selecting the good ones.

I filled in a lot of documents for funds, but I did not get any. Normal amount paperwork is like a decent amount, especially when you need to fill in the application form for your visa

Counselling/support at home university:

There were a few meetings with a lot of useful information. I was well-prepped when I came to UNH, and what I did not know I learned it quickly from orientation leaders, but none of what I did not knew was a big deal.

Academic preparation:

Since I was doing a minor I could enroll in any course I would like thus no permission was required for any course; which made it quite easy. I did not do much in this stage actually, however for spring semester I registered myself for a capstone (or a so-called senior project), which was hard to do since you need approvals of many people.

Language preparation:

UNH is one of the few (maybe even the only one) which does not have the requirement of a language preparation test like TOEFL or something like that. If you are confident about your skill in English or just do not want to pay 300 extra euro's like me this is a huge advantage. You will learn



English soon enough, especially when you make American friends.

Finances:

I paid everything by myself, financing everything by working and saving money before I left, and by taking the maximum amount of loans possible from the government. Costs are quite high, 6200 dollars for next semester makes it one of the most expensive universities around the USA, mostly because it is on the east coast which is a rich area. Besides that, I spent like 200 dollars every month on things like alcohol, trips, presents etc.

**Study/placement abroad period**

Study program/work plan (concerning content and organizational issues):

I did a minor in liberal arts and was enrolled in 5 courses, among other things I followed courses in the field of political science, philosophy, anthropology and history; all quite different from my original study (information sciences). Organizing anything was not hard at all, I filled my courses in on the form you have to fill in to provide the necessary information for UNH, I needed two more visits to a study advisor to arrange everything (with days, times etc.) but it went smooth. They are very willing to help all lost, helpless international students

Academic quality of education/placement activities:

Since I took a few freshman courses (level 400, they advised me to do that since I was taking more courses than usual and they were in the opinion I was not used to the American system) thus those courses were not that hard, but that is to be expected. In courses at a higher level (600 out of 700) I still performed quite well, but I needed to put more effort in it which made it more satisfying in the end. Overall, it is safe to take courses of a higher level if you are in your second or third year, despite what they will advise you.

Counselling/support at host institution/organization:

They were very willing to help everyone, they offered help for even the smallest details and finish their sentences almost every time with "let me know if I can help you, shout out an email if you feel the need to". This was evident in conversations with e.g. people from international office or with professors when they found out you were not from America, but also in freshman classes. It went better in the classes of a higher level because at a certain moment all the offered help gets a bit too much – but I appreciated the gesture since it is iconic for the American culture, always friendly and willing to help.

Transfer of credits:

A piece of cake, I downloaded my transcript from blackboard, sent it to my study advisor and next day the grades were visible in my "results" section. They were not translated tho, they were still visible as A's and B's, but I got the maximum amount of GPA out of it.

**Student life**

Welcome/orientation program:

My first experience was so good; after an Uber driver ripped me off and I had taken the train to Durham I was introduced to my orientation leader who had the best American accent ever. In that week, I made friends during my orientation week who stayed with me whole semester. Orientation program was great since there were always new people to meet and something to do (you have to be eager to join activities that are definitely not Dutch, but hey get out your comfort zone) and I



spoke my orientation leader at least once a week in the time after introduction week. On the first day, I found out there were no blankets or pillows in the rooms, one of the leaders offered us to drive to Walmart to get the necessary stuff. Again, it is iconic for the American people, friendly, welcoming and willing to have a chat with anyone.

Accommodation:

It was a dorm, which means furniture was quite old, but it was decent and sufficient. I had the luck I was placed on the ground floor of the dorm, which means there were mostly offices and storage rooms instead of dorms. Could be a disadvantage, but I met a lot of people outside my dorm and did not really miss it. The advantage was that it was quiet enough to study and when you felt the need to throw a party you only had to tell three people living across the corridor. And I was lucky with having great roommates, that is something what will always be a shot in the dark.

Leisure/culture:

I used to have a beer in the weekends with friends from the orientation group (a group of around 15 people) or hangout with some of the American friends I made. I think almost every day there was a game to attend (like basketball, football etc.) or with people, who were old enough, I went to the bar; there were a few nice bars downtown, do not expect too much of clubbing tho, Durham is too small for that (it is a student town) but on Saturday nights it is filled with people to dance. I joined a few clubs in the beginning, a shooting club (which I quitted because shooting at a piece of paper only was quite boring), residential council (decide with all people what trips you want to plan, or what improvements can be made) and the climbing club, which I certainly enjoyed the most. I still climb from time to time when I am writing this and I will definitely do it when I am going back next semester. Besides that, I joined intermural soccer teams (indoor and outdoor) and I played basketball as well. As you see, enough opportunities to fill your days. Oh by the way, I went on a climbing or hiking trips once every two weeks, which gave me the opportunity to explore quite a lot of New England. Especially in the fall I recommend to do such trips because New Hampshire (and Vermont and Maine) are so beautiful then.

Suggestions/tips:

Join clubs, because that is where you will meet American people and to see something of the area around UNH and Maine. Talk to American people, become friends with them to know their culture, I ensure you it will enrich your experience (thus, do not stick in your international orientation group). Make sure you go to an American family for thanksgiving, because then you will really see how different America can be (positive for me, I loved it). Since UNH is quite small (not too bad for me since there was enough to do and a nice difference from Utrecht) try to go off the campus once a week at least to explore the area around. **In general, if you are thinking/doubting about an exchange, just do it!** It adds so much to your student life, I loved it so much I extended my stay for another semester, next semester I will graduate at UNH.

**Conclusions**

Would you recommend this host organization/destination to others? Please explain:

I will absolutely recommend an exchange in general and especially this destination. It large enough but not too large, if you participate in clubs there is certainly enough to do, classes and professors are nice and American people in particular. I absolutely loved it and I enjoyed every moment of



being there. Do not think about all the paperwork which needs to be done, the amount of money you have to pay or the visit to the consulate for your visa, it is nothing when you are there and enjoying it.

Do you have any additional advice or comments?

Buy an American mobile plan, which are quite expensive, so look online for cheap one. With a Dutch smartphone, you will have bad coverage anyways. For me it was not necessary to open an American bank account since I paid everything with my Dutch credit card, which costs a few euro's a month. Besides that, do not compare Holland and America too much. You can have some nice conversations but most Americans have not been outside the USA, thus they have no idea what you are talking about.

### **Contact details Student Services / International Office**

Visitors' address: Bestuursgebouw, Heidelberglaan 6, Utrecht

+31-(0)30-253 7000

[exchange@qdesk.uu.nl](mailto:exchange@qdesk.uu.nl) (information) / [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl) (report)

[www.uu.nl/students/exchange](http://www.uu.nl/students/exchange)



## UU Study Abroad Report Form

Faculty/college:	Faculty of Geosciences
Level:	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Innovation Sciences

Destination city & country	Durham (New Hampshire) - United States
Name host institution and/or company/organisation	University of New Hampshire (UNH)
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)	20/08/2016
Return date (dd/mm/yyyy)	10/01/2017

**You are requested to write on the following topics.**

Text boxes will expand automatically while typing.

### Preparation

Exchange/placement application process:

There is quite some paperwork and it will take quite some time but it is an easy and straightforward process if you follow the instructions carefully (and it's definitely worth the time!). Overall I spend most time on the application for Utrecht University because the places in the United States are in high demand among UU students. I had to start very early with the application since the was early December. Before starting my application process, I spend a lot of time reading through student experiences and courses offered at the UU partner universities in the United States. Once I decided the University of New Hampshire (UNH) as my first choice, I specifically paid a lot of attention to my motivation letter. In addition, as a graduate student I needed a signature from my master program coordinator as an approval of my study plan.

After being selected by the UU, the host university e-mailed me within a few months with more paperwork. They provided me with very clear instructions and deadlines so this was also very straightforward. For a lot of the host university application I could use the documents (such as CV and motivation letter) I had already written for the UU application.

Counselling/support at home university:

Ingrid Dijkstra has been a great support during my application process. She was available to talk in person when I was unsure for which university I would like to apply, and was always quick to answer if I e-mailed her with questions about the application process. The predeparture meeting was really helpful to learn more about the visa process and to ask questions to students who just got back from their exchange. In addition, at the meeting I met the other UU-student that would attend UNH in the Fall semester with me.

Academic preparation:



No academic preparation was necessary.

Language preparation:

No language preparation was necessary.

Finances:

Most of the costs of my exchange needed to be paid before my departure, such as visa ( $\pm$ \$340), flight ticket ( $\pm$ €700), housing (\$3823), and health insurance (\$1140). Shortly after my arrival I decided to opt for a meal plan after all (\$2059) since I wanted to share meals with the people I met (most of the students had a meal plan in place) in the dining halls. Cooking is possible in most residence halls (even the undergrad housing) but you will probably still need to buy cooking gear, and buying groceries on campus is rather expensive too. I tried to waiver the health insurance, but this was not possible for international students. Due to the meal plan, I didn't have a lot of expenses on campus, but trips/traveling and going out in the weekends and breaks can get quite expensive!

I applied for multiple scholarships and received one. Although finding and applying for scholarships is a lengthy process, it can really be worth it since scholarships can have amounts of €1000 or even €2500. Apart from my scholarship, I still needed my savings and an additional loan at DUO to pay for the exchange.

#### **Study/placement abroad period**

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

As a graduate student, it turned out to be difficult to find courses on graduate level for me. Although it took quite some time, the international office at UNH as well as my assigned academic advisor and even professors were of great help - and I am very happy with the courses I ended up taking.

Academic quality of education/placement activities:

I took two courses from the MBA program (graduate program 'Master of Business Administration') which were of great quality – very much comparable to my graduate level courses at UU (although I obtained higher grades more easily than I would have at UU). The courses are offered by the economic department at UNH ('Paul college'), which has a very good reputation in terms of quality of education.

My other two courses were technically graduate courses (800-level), but the courses were attended by both graduates and seniors (last year of their bachelors). So the same course was simultaneously a graduate course (with a 800 course code) as well as an undergrad course (with a 700 course code). The courses were interesting and enjoyable, but really more on undergrad (bachelor) level and quite easy for graduate students - there was much less expected from the students and assignments were rather easy.

All my classes were small ( $\pm$ 30 students) and all my professors were very knowledgeable and engaging. They were interested in my background as an exchange student and were very much available for any questions – both before/after lectures as well as during their office hours.

Counselling/support at host institution/organisation:

The support I received from the international office at the host university was absolutely great. I always received very quick responses by email and when I encountered some trouble with my



study plan, they put in a lot of effort to make everything work for me and even contacted professors for me.

Transfer of credits:

Very easy and straightforward. I could download the transcript of my grades at UNH online as well as make an online request to send one or more paper transcripts to my own Dutch address. After handing in the paper transcript at the student office at UU, my grades were transferred within a week. Unfortunately a fixed transfer scale was used, and the extra information I gathered from my professors to have a better transfer did not make any difference. For example, an A – the highest possible grade at UNH - is translated into an 8 at UU.

### **Student life**

Welcome/orientation programme:

The orientation program of the Fall semester was great. Before my departure, my orientation leader had already introduced herself by a personal e-mail to me. I arrived on campus late at night and was picked up from the train station and brought to my dorm by one of the orientation leaders on call. During the orientation week, I met around 100 other international students new to the campus – other exchange students and mostly students who attend UNH for a full degree. I got to know my way around campus and learned more about clubs and activities on campus. In addition, we visited Walmart (to buy stuff for our dorm like blankets), a nearby beach, and the nearby town of Portsmouth.

Accommodation:

I opted for a room in Babcock (the only graduate residence hall on campus – age 21+), because this dorm has single bedrooms while most residence halls have double and triple rooms. Babcock definitely isn't as beautiful on the outside as most (if not all) of the other residence halls – but the interior and furniture of all dorm rooms are actually exactly the same. In addition, the common area (with a pool table and table tennis) as well as small community activities (like coffee and movie nights) are offered similarly in all residence halls. Different in Babcock compared to the other halls is the huge, newly renovated kitchen. I also noticed the community leaders tend to be less controlling. In the undergrad dorms, it's not uncommon to have a community leader knock on your door to check everyone's ID just because some are drinking a beer quietly.

It's good to keep in mind that all undergrad residence halls (which is everything except Babcock and the apartments at Woodside and Forest Park) close during breaks. This includes the Thanksgiving and Spring break. Although Babcock doesn't close during the Winter break, I also had to move out because I was not returning for the Spring semester. This meant that we had exams until Friday and I had to move out of my dorm before Saturday 6 PM.

Leisure/culture:

On campus:

On campus, there are numerous clubs you can join – from the entrepreneurship club to board games, to climbing, snowboarding, shooting (yes, guns) and much more. I found my options for sporting clubs a bit limiting since familiar sports like basketball only have professional teams at UNH. However, there are intramurals for soccer and basketball – in which students can make their own team and compete (casually) against other teams. And I ended up joining the ultimate Frisbee



team which accepts students who never played this sport before. For individual sports: there is a gym, outside and inside pool and the nearby woods provide great running/mountain biking trails!

As an undergrad student you can go for free to all UNH sport events (definitely go to at least one American football game and a (ice) hockey game), and there is a free cinema on campus. If you are 21, there are three bars (two of which have a dancing area in their basement) in 5 minutes from the campus which attracts a lot of the older students and is definitely fun to visit on Thursdays and Saturdays.

Around campus:

There is a recreation center which offers hikes and other outdoor activities such as stand up paddle boarding for around 15-20 dollars. It is a great way to see more of the beautiful nature in New Hampshire. The international office also organizes activities every once in awhile, such as a trip to Salem during Halloween season and a one-day ski trip in the winter. You can also arrange to go skiing/snowboarding yourself (if you or a friend has a car) - day-passes were offered for around 80 dollars.

Busses/trains:

All busses around the campus are free for students – they can for example take you to the nearby shopping mall (there are also some restaurants and a cinema) and towns like Dover and Portsmouth.

The train station on campus can take you to Boston in 1.5 hours (for  $\pm$ \$19)! Boston is definitely a great destination that you can visit multiple times. Portland (in the state of Maine) is also reachable by train.

There are a lot of touring busses (for example from Greyhound) that can take you from Boston to New York ( $\pm$ 4.5 hours), Washington ( $\pm$ 9 hours), or for example the Niagara Falls ( $\pm$ 12 hours).

Suggestions/tips:

- The Thanksgiving break in the Fall semester is the perfect moment for a longer trip. I had six consecutive days free of classes, and I took this opportunity to visit New York.
- The best experiences I had during my exchange was with the American friends I made – especially spending Christmas with one of my American friends and her family. Americans are often very happy to invite you and it is a great way to see more places in the States as well as learn more about American culture.
- Join a club! It's the easiest way to get to know more people and especially more American students.

### Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Yes I would definitely recommend UNH!! I really enjoyed the courses I attended, and the campus definitely gives you a true American university experience. People are really friendly, helpful, and openminded - both fellow students as well as professors and anyone you'll encounter at the administration offices. I love that I could easily visit big cities such as Boston, New York, and Washington. It gives a great contrast from the rather quiet but beautiful area of New Hampshire.





Do you have any additional advice or comments?:

If you have a driver's license in Holland, you are allowed to drive in the States for the first 30 days after arrival, as well as during the visa grace period (as I understood from the UNH International Office, the latter is not a written rule but more a grey area). There is no point getting a driver's license in the States during your exchange since the license will only last for the time of your student J1 visa.

### **Contact details Student Services / International Office**

Visitors' address: Bestuursgebouw, Heidelberglaan 6, Utrecht

+31-(0)30-253 7000

[exchange@qdesk.uu.nl](mailto:exchange@qdesk.uu.nl) (information) / [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl) (report)

[www.uu.nl/students/exchange](http://www.uu.nl/students/exchange)



## UU Study Abroad Report Form

Faculty/college:	Faculty of Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Durham, New Hampshire, United States
Name host institution and/or company/organisation	University of New Hampshire
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)	August 22, 2015
Return date (dd/mm/yyyy)	December 22, 2015

### Preparation

Exchange/placement application process:

I knew that I wanted to study abroad in the United States, so I then looked at the list of partner universities. I selected a few and then I chose the university I wanted to go to based on the courses they offered. There was a lot of paperwork involved, but in the end it was definitely worth it.

Counselling/support at home university:

I enjoyed the pre departure meeting as I thought it was very useful to obtain some basic information regarding the exchange procedures and we got some general information about how studying in America is different from studying here in the Netherlands. Apart from that I didn't really need any counselling or help preparing my exchange.

Academic preparation:

I chose to do some of the courses that are only taught in blok 1 & 2 here at UU in my second year, as opposed to the third year which was actually according to schedule. I had to follow 3 courses at once in blok 2 of the year before my exchange, but only because I really wanted to follow that third course (and the other two were mandatory).

Language preparation:

I was already fluent in English before going abroad.

Finances:

I had some money saved up and worked all summer to finance my stay abroad. It is obviously quite costly, especially with the high rates for the dorm and dinner plan. I also wanted to travel when I was in the US. I did not work during my stay in the US and did not receive a scholarship (even though I did look into it, but there appear to be very few options).

### Study/placement abroad period

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



I wanted to study in America because I wanted to learn more about forensic psychology and I felt that research in the US is just more developed in that area. Therefore, I selected the courses which were most closely linked to that area of study. I was placed in all but one of my preferred courses, and I enjoyed them very much.

Academic quality of education/placement activities:

It is definitely easier to get higher grades, if you put in the work that is. I got straight A's, but sometimes I feel like I wouldn't have gotten the same grades here at UU with the same amount of studying/writing/etc.

Counselling/support at host institution/organisation:

We met with international coordinators a couple of times, which was nice and useful. There was an introduction week prior to the start of the semester, which was a lot of fun and a great way to meet other international students.

Transfer of credits:

Transferring credits was fairly easy, I submitted my official transcript to the exam board of psychology and they converted the American grades to Dutch ones.

### **Student life**

Welcome/orientation programme:

Like I mentioned before, there was an introduction week prior to the start of the semester in which we were divided into groups and we spent 4 days exploring campus and the town, and we even went to the beach and a nearby city. It was a lot of fun and I met loads of people, mostly other international students, but also a few Americans.

Accommodation:

UNH provided accommodation, which I felt was overpriced and definitely not as comfortable as my room here in Utrecht. I shared a bathroom (with stalls like public restrooms) with roughly 20 other guys and my mattress I think was made of bricks but other than that it was within walking distance of basically any other location on campus.

Leisure/culture:

While the town was fairly small, a lot of events were organized on campus so there was never a dull moment. I had already turned 21 before going, so I also got to go out which is completely different from here (in Durham at least): all bars close at around midnight, so you have to go at 9pm. That was kind of strange, since here we're used to going out not until *after* midnight.

Suggestions/tips:

If you can, sign up for any organization or (intramural) sports team or something of the sort, so you have something to do. Student life can be a little slow, especially during the weekends, so it's nice to have people to do stuff with, and a nice way of meeting people is by joining organizations. Also keep an eye out for events on campus, since most of them are free or only charge a couple bucks. Traveling around can be a little tricky, since there is little public transport (the only buses run to a nearby town called Portsmouth and a mall, and there's not much to see there). Luckily Durham is connected via train to Boston, which is a great city and it's only about \$40 round trip and a really nice day trip destination!

### **Conclusions**



Would you recommend this host organisation/destination to others? Please explain:

I would, especially if you find courses that you think are interesting. That should be your first and foremost concern I think. If you like the outdoors, New Hampshire is an amazing environment. I myself am more of a city person, but cities are virtually non-existent in NH, so if that's more important to you I suggest you pick a different destination. Apart from that UNH is a great institution and the people at the International Office are absolutely amazing. I felt very welcomed and even though there were 100+ international students, they all knew who I was and treated me in a very friendly, personal way.

Do you have any additional advice or comments?:

Every day is a great day to be a Wildcat, huh ;-)



## UU Study Abroad Report Form

Faculty/college:	Medicine
Level:	V bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other <input type="checkbox"/>
Name degree programme:	Medicine

Destination city & country	Durham, New Hampshire, USA
Name host institution and/or company/organisation	University of New Hampshire
Purpose of exchange	V study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other <input type="checkbox"/>
Departure date (dd/mm/yyyy)	24/01/2016
Return date (dd/mm/yyyy)	19/05/2016

### Preparation

Exchange/placement application process:

The application process was clearly explained on the website. I put a lot of extra time in my motivation letter, because I knew that if more students than places applied that would be the deciding factor. If you start your application in time and follow the steps it is pretty easy to do. Also, Ingrid will answer any questions you may have.

Counselling/support at home university:

The academic counselling was very supportive. Ingrid's replies to my emails were very helpful and she helped me getting my visa.

Academic preparation:

I took the course Intercultural Communication (only offered to UU students I think, gives you 3 extra credits) to prepare myself for my time abroad. This was fun and useful, I gained some insights in how to deal with cultural differences.

Language preparation:

Dutch students who want to go to UNH don't have to submit proof of language proficiency.

Finances:

I made a financial plan, used part of my savings and also borrowed some extra money from DUO. Going to the US is expensive though, be prepared to spend a lot. Going to UNH is one of the more expensive schools, since housing and board (meal plan) are expensive. Also, you can't get out of the health insurance plan anymore, since they changed their policy and now require all J-1 visa students to have the SHBP insurance plan. For one semester this adds up to a little more than 5.000 euros. When you're at UNH you don't have to spend a lot, almost everything is free. The gym is free, so is the swimming pool and going to the cinema (all on campus). Definitely make sure you have some extra money saved to travel! You don't want to miss out on going to awesome places



nearby (NYC, Boston, Washington DC) or even places further away (flying in the US is expensive though, more than flying within Europe unfortunately). Keep in mind this is a once in a lifetime experience though and that you will never forget it!

**Study/placement abroad period**

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

I got my own academic advisor and we exchanged emails about for which courses I wanted to sign up. Make sure you have a list of like 8 courses, because you might not be able to get into your top 4. Fortunately I was very lucky and could take most of my preferred classes. Some courses have prerequisites, but if you email the professor and explain why you want to take the class you might be able to enter the class anyways. The first week is add/drop period, so if you don't like one of your classes you can email the academic advisor and change the class, which is what I did for one of my classes. This was very easy.

Academic quality of education/placement activities:

The academic quality of the classes is pretty good. It's a different way of teaching than in the Netherlands though. The classes are more focussed on assignments and some smaller exams (everything counts for like 10-20%). Also, there is some homework. Luckily I had plenty of free time during the week to do the homework (not the weekends, since you're usually busy doing fun things then). I took 1 beginners class (400 level), 1 intermediate (600) and 2 advances classes (700) and the workload was fine. It's pretty easy to get good grades for the exams and assignments if you study for the tests. I got A's for all 4 classes!

Counselling/support at host institution/organisation:

The office of International Students and Scholars (OISS) was very helpful. They organized lots of events and trips and made us feel welcome. I did have some troubles with my visa, since it took a very long time for my DS-2019 to arrive in the Netherlands and contact with Elizabeth Webber was a little difficult (I would send her 10 emails and she wouldn't reply). Also, housing arrangements were made very last minute. I think this was because I went in the Spring. But in the end everything worked out.

Transfer of credits:

I don't need the credits for my study and since I've done this program as an extracurricular thing I haven't gone to the Geneeskunde Examencommissie to transfer my credits.

**Student life**

Welcome/orientation programme:

In the Spring there is not so much an orientation programme, at least not like there is in the Fall (from what I've heard that's very fun and intense, especially if you want to try to join a sorority or fraternity). We did have one introductory day with all the exchange students together and a few ladies from OISS explained us about the university and rules (very boring). They also took us to Walmart, which was fun and very convenient, because we had to buy sheets and stuff for in our room.

Accommodation:

I had to fill out a form and made a preferred list of dorms. I wanted to live in Fairchild, but I guess since I'm 21 and an international student they just decided to place me in Babcock. From all the



study abroad reports I had read I wasn't really too enthusiastic about this, but I guess the number 1 lesson from studying abroad is to be flexible and open-minded. So that's what I tried and in the end it wasn't that bad. I wasn't in my room a lot (just for sleeping mostly) and the campus offers a lot of cosier 'lounge' areas (in the Mub for example) and that was good because the room itself wasn't very cosy. It was nice to have a single room though (although I do think it's an American experience to have a roommate, it can also cause problems...) It was nice to live in a dorm where you were allowed to drink alcohol in the common rooms (although there are many rules about it, but please just see this as 'typically American'). As this is the only dorm where this is allowed my non-Babcock international friends often came here to hang out. Also, since it is a 21 plus dorm you can easily make friends to go to the bars with. Accommodation is expensive though, but I just didn't think about that too much.

Leisure/culture:

Durham is a very small town, honestly there isn't much to do. There is a supermarket off campus, 3 bars and some very small restaurants/coffee places. The thing is: if you go to Durham, don't expect a place as lively as Utrecht, because it's not. It's just very different. This was a little hard for me in the beginning, since it really felt like I was in the middle of nowhere. You kind of need a car to go places (except to go to the mall, which is nice. To go there you can just take the free Wildcat Transit). But I now know that being in a small town is also very American. It's all about the campus life. There are so many things to do on campus, so I would definitely recommend you to get involved. There are tons of committees and organizations and although it doesn't take up too much time to join them (maybe half an hour every week, sometimes even less) it's nice to meet Americans through them. Me and one of the other international students decided to join Project Sunshine, which was nice, because they took us to hospitals in Boston to craft with the children (it's a volunteering thing). Moreover, definitely try to go on as many Outing Club trips as possible! Those were very cool and cheap! They organize one-day or weekend trips to the White Mountains (think: hiking, skiing) and the people are very nice. Also, the Mub has free movies every week. And you can go to the gym for free. It's possible to join an intramural team, which is what I did and I played a couple of floor hockey games.

The other evenings/nights I mostly hung out with the other internationals. There weren't many of them, but we formed a small family. Almost every evening we had dinner in HoCo of Philbrook and after we would watch a movie in someone's dorm or go to the Games room and play pool or pingpong. I think my abroad experience was very different than the typical 'abroad experience' in the sense that I wasn't part of a large international student community. If you want to be part of that go to a university that is a lot bigger (like University of Florida) and has a larger international community. But UNH was pretty small (still 13,000 students) and I think because of that it was easier to meet American students. Everything is just organized on a smaller scale and it felt much more personal. Meeting American students mostly goes through the committees though; in class they can be very tough to connect with (could be since I took mostly senior classes and everybody already had their group of friends).

Suggestions/tips:



Since UNH is at the East coast and so close to a lot of big cities (like Boston, New York, even Washington DC is relatively close): go travel. Go to the White Mountains, try to rent a car (or find someone who has a car) and go to Canada, take a Greyhound to NYC, or go to DC for a weekend (it's like a 10 hour night bus ride) (just skip one day of classes so that you can have 3 days in DC). Also, go to Boston a couple of times; it's a really lovely city and so close by! And if you have the time (and money of course) try to take some time before or after your semester to go traveling through the US. Your visa permits you to stay in the US for a month after it expires, so take that time to fly out to the West coast, see LA, San Francisco, or go to the national parks (which is what I did and I would definitely recommend this!). And if you're worried about finding a travel buddy (like I was), you'll probably meet somebody to travel with at UNH (most likely another international student). And if not, just go to the bigger cities anyway, I've been to NYC and Philadelphia alone and it was totally fine! There are so many things to do and if you stay in a hostel you'll meet plenty of people. Also, if you're here during the Spring try to plan a nice trip for Spring Break! I went to Puerto Rico with 6 other international students and we had a great time.

### **Conclusions**

Would you recommend this host organisation/destination to others? Please explain:

If you don't mind staying in a very small town like Durham and want to experience a small American campus life: go to UNH. It is the perfect location if you want to travel a lot (east coast, Canada) and the campus itself is very pretty. The dining hall is good and it's relatively easy to also meet Americans. The international community is small though, so if you really want to go to a party university you might be better going to a bigger university in the south. The classes are of high quality though, I really learned a lot (although in a different way than in the Netherlands). All in all, I think studying abroad is an amazing experience, you don't know what it's like until you've done it and if you want to expand your horizon: just do it!

Do you have any additional advice or comments?:

New Hampshire has a motto that goes 'Live free or die', which also means no sales tax! Buy everything you've always wanted to buy in NH (like a new iPhone), because it'll save you a lot of money.





## UU Study Abroad Report Form

Faculty/college:	Humanities
Level:	<input type="checkbox"/> bachelor
Name degree programme:	Language and Culturestudies (Major: American Studies)

Destination city & country	Durham, NH, United States
Name host institution and/or company/organisation	University of New Hampshire
Purpose of exchange	<input type="checkbox"/> study/courses
Departure date (dd/mm/yyyy)	02/08/2014
Return date (dd/mm/yyyy)	16/01/2015

**You are requested to write on the following topics.**

Text boxes will expand automatically while typing.

### Preparation

Exchange/placement application process:

The application process is not that hard, it just takes time to get all the information in place. To apply for UNH you need to write a motivation letter and make a study plan for your semester. This study plan is based on the information that is available at the time, so be aware that it can change and it isn't definite! (This is what happened to me). You also need to make a financial plan to show that you will have sufficient funding. I wasn't able to get any scholarships for my exchange, because most scholarships are available for master's students.

Counselling/support at home university:

Ingrid Dijkstra from the International Office was very helpful and always available for any question I had. She organized a pre-departure meeting with all students going to the US, to answer our questions and give information about the visa application process. This was very helpful!

Academic preparation:

Since I major in American studies and took classes in the same field I did not need any academic preparation, this might be different if you decide to take classes in a different field than your own.

Language preparation:

As a student of Utrecht University, there is no need to take any English proficiency tests.

Finances:

The thing you have to look out for financially is that it is virtually impossible to get a waiver for health insurance. For me, this meant that I had to pay \$1100 for a semester worth of health insurance provided by UNH, while I also had my Dutch coverage. I was determined to get a waiver, so I tried everything to make sure I did not have to pay. Once I got to UNH, it turned out that this



was impossible.

**Study/placement abroad period**

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

My advice based on my experiences with the study programme: be prepared to make some changes! You have to be aware that while you are making your schedule, it is still (almost) a year before you will be at UNH. This means that there could be changes in what they offer every semester. I experienced this first hand, so eventually, the plan I submitted for my application at UU had to be changed fundamentally (I eventually only took 1 class that was on my first plan). This did not mean that the courses I took weren't interesting, I am still very happy with the courses I took at UNH!

Academic quality of education/placement activities:

Once you are officially accepted to UNH, you will be in contact with someone from administration at UNH who will enroll you in the classes you want. This means that you don't have to worry about anything yourself!

The quality of education is very good. Most classes have lectures and seminars, and the size of the seminars is small, which enhances involvement. At the start of the semester I had to get used to the 'semester system', because at UU we are used to the 'quarter system'. This means that at UNH you take 4 courses at the same time instead of the two we are used to at UU. It just means you have to find a new 'schedule' for studying, because the weekly reading load etc. will be bigger.

Counselling/support at host institution/organisation:

This was great! There are basically two 'support systems' for international students at UNH. And if there are any other problems, UNH also has a counselling center at Health Services. Firstly, there is Catherine D'Auteuil, she manages the exchange programs of UNH. She is the kindest woman and she will help you with *any* problems/questions you will have. She was very helpful to me when I was deciding whether or not to drop a class, even willing to talk to the teacher for me, etc. Secondly, there is OISS (Office for International Students and Scholars). They will help you with administrative issues concerning visas etc., but they also organize a lot of activities for international students. Besides small daily trips to things in the area, they have a weekly meeting for international students which is a nice way to see your friends from orientation if you haven't seen them for a while. With this meeting, OISS wants the students to talk about how they are experiencing their time at UNH and just have a good time! Every staff member at OISS is great! They are always willing to answer your questions and help you. They even invite international students into their homes for Thanksgiving!

Transfer of credits:

The transfer of credits is easy, but you have to do some work. Before you leave UNH, you have to make sure that your transcripts will be sent to Utrecht. You can do this online, so that is easy. Then, once you are back, make sure to accompany your UNH transcripts with as much information as you have, such as a syllabus or even an essay you wrote for the class. This way, the Board of Examiners will have enough information to give you the right amount of credits for your classes. All my classes were transferred to 7,5 ECTS.

**Student life**



Welcome/orientation programme:

The orientation programme was organized by OISS, the Office for International Students and Scholars. It was great to meet new international students and find some friends before the semester started. The programme took place a week before the other students arrived, so this meant that the campus was almost totally empty. A lot of things on campus weren't open yet, so when we had free time there wasn't much to do on campus. However, this didn't mean that the programme wasn't great! The first day of the programme we went to Walmart to buy anything we might need for our rooms (like bedsheets etc.)

Accommodation:

I lived in Fairchild Hall, which is officially the international dorm on campus. This, however, did not mean that there were only internationals. On my floor, there were mainly American students. I loved this dorm because of that. Living in the dorms is a great way to meet a lot of people, and I'm really happy I did so. Some of my best friends at UNH were made in Fairchild!! On every floor there is an RA (Resident's Assistant), a older-year student that is 'responsible' for the floor. They are also people you can go to with questions or complaints (if your neighbors are making too much noise or if you are having problems with your roommate, for example) The RA's I had were all very lovely and so much fun! In the dorms, there are socials every week. This is an evening a week where students meet in the lounge and do something fun, so it's a nice way to meet people from the dorm you haven't met yet, (or just a nice way to procrastinate from studying) :)

Leisure/culture:

Most of the leisure activities in Durham are organized on campus, since Durham itself is pretty small. The MUB is the 'student union building' (I really don't know how else to call it), and this is the place where most of these activities happen. There are two small movie theaters, where they play movies that just went out of the cinema but didn't come out on DVD yet. Things like a cappella concerts, comedian shows, theater shows, etc. are also held in this building and they are mostly for free (or just a few dollars). During my time at UNH I joined the Ultimate Frisbee Team (the sisters of Oriza!), which was great! I didn't know the sport at all before I joined one of their practices, but one of the friends I made at my dorm joined the team and convinced me to join too. This was amazing, because I met so many amazing girls their, and it was also nice that I was the only 'international' girl. The gym and the pool on campus were both free, so that was great as well!

Suggestions/tips:

Go to as many sports games on campus as you can, the school spirit is amazing!! In October, it's Homecoming Weekend, when there's a big football game that everyone goes to see, and the whole weekend is crazy! There's tailgating, a parade, live music, free food (like at so many events at UNH), and a great atmosphere! Especially the football and hockey games are great!

Also, take the campus buses to small towns around Durham, such as Portsmouth and Newmarket. These towns are really really nice (and also a little bigger than Durham, if you want to get out of the small town...) ) Boston is a 1,5 train ride away (the train leaves right from campus), or you can take a bus (tickets are cheaper). New York is about 6 hours away.

I'd suggest you to join as many clubs as you like, because it's great way to meet local people and be involved on campus!



### Conclusions

Would you recommend this host organisation/destination to others? Please explain:

I'd definitely recommend UNH!! It's a beautiful campus (especially in fall), and I really felt that I experienced American College life while I was there! It's not like you are 'isolated' in an international group of friends while you are at UNH, it's really easy to connect with American students, which is what I loved!

Do you have any additional advice or comments?:

### Contact details Student Services / International Office

Visitors' address: Bestuursgebouw, Heidelberglaan 6, Utrecht

+31-(0)30-253 7000

[exchange@qdesk.uu.nl](mailto:exchange@qdesk.uu.nl) (information) / [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl) (report)

[www.uu.nl/students/exchange](http://www.uu.nl/students/exchange)



## UU Study Abroad Report Form

faculty/college	Utrecht University
level	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
name degree programme	American Studies
destination city & country	Durham, New Hampshire, United States of America
name host institution and/or company/organization	University of New Hampshire
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)	05 / 08 / 2013
return date (dd/mm/yyyy)	16 / 12 / 2013

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

<b>preparation</b>
exchange/placement application process
In November 2012 I decided that I wanted to go to the United States. The application progress was not that hard, the only real thing I had to do was to collect a lot of official documents. My first choice was to go to the University of New Hampshire, so I was very glad when it turned out that I was picked to go to Durham.
counselling/support at home university
My advisor, Jaap Verheul and Ingrid Dijkstra of the International Office were very helpful during my application process. Thanks to them, it was very clear for me what I had to do in order to get accepted at an American University. Moreover, I was very satisfied with the exchange meeting organized by Ingrid Dijkstra, where all exchange students had the opportunity to ask questions.
academic preparation
I did not do specific academic preparation before I went to the United States.
language preparation
Since my destination was the United States and my master's program is in English, I did not follow any language courses or anything like that.
finances
I could go abroad thanks to my savings.
<b>study/placement abroad period</b>
study programme/work plan (concerning content and organisational issues)
The website of the University of New Hampshire and my placement in courses was a bit vague. Nevertheless, I followed three History courses, taught by great professors.
academic quality of education/placement activities
Very good. I had a good relationship with all my professors, we still have email contact.
counselling/support at host institution/organisation
I did not need any counselling at UNH, although I knew that if I had needed some counselling, I had a few people I could go to. This was made clear by UNH in my first week, so I never had the feeling that I had to do everything on my own.
transfer of credits
I still have to do that...



<b>student life</b>
welcome/orientation programme
The orientation programme was not that brilliant. It was a bit messy organized, the activities were not that great. All the people of the orientation programme were very friendly, but in my opinion the orientation programme was not the best time to meet new people. I met a few though, which stayed my friends till the end of the semester (and still are).
accommodation
I lived in a single room in Babcock Hall. It was fine for one semester, although I would not want to live in there longer than that. The rooms were small and expensive and the bathrooms were pretty dirty. Nevertheless, I had a good time there. Many international students lived in this dorm, so I lived close to some friends of mine.
leisure/culture
The campus was small but great. It was so peaceful, the perfect place to relax and study. I miss the quietness and the lack of stress that I had over there. Moreover, Durham was not far from Boston, which is a great city.
suggestions/tips
If you are the one who goes to Durham, know that you are blessed. It is a great campus, with a very strong community. I would recommend everyone to join an organization or a club. I became a member of the Sketched Out Comedy Team, where I met Americans who became friends. I would not have missed it for the world.
<b>conclusions</b>
would you recommend this host organisation/destination to others? please explain
Definitely. Although it is not the cheapest destination, it is such a warm environment. People are friendly and do their best to get to know you. It was an honour to be a student at UNH.
do you have any additional advice or comments?
Wherever you may go, join a club or organization at the campus. You will get in touch with so many new people, it is the best way to make friends.

Contact details:

**Student Services / International Office**

- Postal address: P.O. Box 80125, NL-3508 TC Utrecht
- Visitors' address: Bestuursgebouw, Heidelberglaan 8, Utrecht
- T: +31-(0)30-253 7000
- F: +31-(0)30-253 2627
- E: [exchange@gdesk.uu.nl](mailto:exchange@gdesk.uu.nl) (information)
- [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl) (report)
- I: [www.uu.nl/students/exchange](http://www.uu.nl/students/exchange)



**UU Study Abroad Report Form**

Every UU student going abroad is expected to submit a report, as stated in the conditions of the UU Study Abroad Contract. Please send it as an e-mail attachment to [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl). Please state your destination country (e.g. *Costa Rica*) as subject. The deadline to return this report is **July 1, 2013**, even if you are still abroad at that time!

Your report will be made available to UU students preparing an exchange, placement or research period abroad. We will take out your name and student number. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

**Thank you in advance!**

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

faculty/college	Sociale Wetenschappen
level	<input type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
name degree programme	Psychology
destination city & country	Durham NH, United States
name host institution and/or company/organization	University of New Hampshire
purpose of exchange	<input type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
departure date (dd/mm/yyyy)	01 / 08 / 2012
return date (dd/mm/yyyy)	01 / 02 / 2013

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

<b>preparation</b>
exchange/placement application process
It was a lot of work and a bit overwhelming at times. But I tried to do things step by step and in the end it was so worth it! Just make sure you have a good idea about the mandatory courses you need to take and sort them out before you leave. Also Ingrid (from UU international office) was always really good in responding to questions about the application, visa etc. so don't be shy asking her for help!
counselling/support at home university
I did miss some support from the department of Psychology. I didn't have a contact person which made it hard to find the right people to contact whenever I had questions or needed something. The people from the international office from my host university made up for that though by helping me whenever they could.
academic preparation
I took the course English proficiency before I left. I also took extra courses in case my courses at UNH wouldn't be enough credits (which in the end they were).
language preparation
I took a course in English proficiency to practice writing essays and giving presentations in English, which was helpful.
finances
Going to the states is expensive. But ones I paid for the dorms and dining hall I didn't spend much at all. A lot of things on campus are free (they host several events every week) or really cheap (like the cinema). Also going out in Durham is really cheap especially with drinks being 1 dollar on Thursdays and Saturdays between 8-10 pm (going out starts early and finishes around 1-2 pm).



<b>study/placement abroad period</b>
study programme/work plan (concerning content and organisational issues)
I took 4 courses out of the Forensic Science minor (Intro criminology, intro justice studies, homicide and Technology, Crime & Society) and I really enjoyed my classes. The professors are really excited and passionate and make more of a 'show' out of the classes. The international office advised me to introduce myself to the professors after the first class and let them know I was an international student. I can really recommend doing this because all the professors were really nice and open for questions etc.
academic quality of education/placement activities
The academics are a bit different from what I'm used to in Holland. At UNH they focus more on facts and less on analysing the material you're supposed to study. So if you read the books and go to classes your fine. I did have to work harder than back home because I had to make weekly study guides for most of my classes which takes time. But if you do them correctly you have a good recap of the material and it's a good way to earn an A. Overall I spend more time on my courses at UNH than I do back home, but the material is not difficult.
counselling/support at host institution/organisation
I absolutely loved the staff of the International Office and Catherine who was my contact person. Every Thursday the international office organizes lunch for the international students and it's a nice way to talk about your experiences, meet new people and do fun stuff. They also organize a lot of trips (like hiking, skiing) and usually do something special around the holidays. People are extremely willing to help out or advise you whenever you need it. When I was looking into buying a car with a friend of mine, John (from international office) was really helpful and found us a car, which he helped sell afterwards. They really go above and beyond their job description which is something I haven't experienced back at UU.
transfer of credits
Real easy. UNH send my official transcript to my house back home and I brought it to the International Office at UU. I got 8 credits per course (32 in total).
<b>student life</b>
welcome/orientation programme
Before classes started there was an orientation week organized by the international office. It's mostly so you can get to know the campus and the other international students. It was helpful to have a tour around campus but I the orientation is mainly focused on the Asian students that come to UNH and experience a huge culture shock (this was not the case for the European students).
accommodation
I stayed at Babcock hall. Which is a residents hall for students that are 21 years or older. It's the only hall where you're allowed to drink inside and I liked being in a residents hall with students close to my age. The hall itself and the rooms are not the prettiest (honestly it's an ugly building) but it was really nice to have my own room and after buying some stuff at wallmart (they take you during orientation week) it was a lot better. Also they organize socials every week so you can get to know the rest of the students and I liked that there were living a lot of American students too.
leisure/culture
There's a lot events organized by UNH and most of them are for free. When I was there I went to an hypnoses show, a ghost hunter, Chinese moonfestival etc. There is so much to do every week. Also the gym and swimmingpool are free for students, which is very nice. Durham itself is really small with only 3 bars and a few restaurants, but Portsmouth is pretty close and there are free busses that go there and back. Also city's like Boston and New York are not too far. Boston is one hour by train and NY six hours.
suggestions/tips





Definitely go to see a football and hockey game. It's a whole event because Americans love to watch sports and make a big deal out of it. If you're there fall semester you'll be able to experience homecoming weekend which is amazing. Definitely make sure you don't have plans during that weekend, and go experience things like Tailgating, watching the parade and going to the hockey games. Also get involved! There are many clubs you can get involved with and it's a good way to meet people. I was there during election time so I joined Students4Obama and did volunteer work for them. Because I did this I not only met a lot of other students I also got the chance to meet Barack and Michelle Obama and see Bill Clinton speak. Which was an experience of a lifetime, it pays off to get involved!!

#### conclusions

would you recommend this host organisation/destination to others? please explain

Yes I would recommend UNH to anyone who would like to experience life on a real American campus. I loved my time at UNH and I learned so much, met wonderful people and got to do so many awesome things.

do you have any additional advice or comments?

When you go to UNH, take some time at the end of the semester to travel. I can definitely recommend not to plan anything with anyone ahead of time. While I was at UNH I made lots of friends and with one of them I bought a car at the end of the semester and we travelled across country for a month. I can really recommend this because it is a great chance to see America (and not just the tourist parts like NY and LA). If you don't want to buy a car you could rent one or take the bus (greyhound goes pretty much everywhere).

Contact details:

#### Student Services / International Office

- Postal address: P.O. Box 80125, NL-3508 TC Utrecht
- Visitors' address: Bestuursgebouw, Heidelberglaan 8, Utrecht
- T: +31-(0)30-253 7000
- F: +31-(0)30-253 2627
- E: [exchange@qdesk.uu.nl](mailto:exchange@qdesk.uu.nl) (information)
- [verslagen.internationaloffice@uu.nl](mailto:verslagen.internationaloffice@uu.nl) (report)
- I: [www.uu.nl/students/exchange](http://www.uu.nl/students/exchange)