



UU Report form - Erasmus 2017-2018

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| faculty/college | FSW |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Psychology |

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|----------------------------|--------------------------------------|
| destination city & country | Milan, Italy |
| name university abroad | Universita Cattolica del Sacro Cuore |
| start date | 4 / 09 / 2017 (dd/mm/yyyy) |
| end date | 22 / 01 / 2018 (dd/mm/yyyy) |

PREPARATION

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| exchange application process | They were really helpful and responded really fast. |
| counselling & support at Utrecht University | All the information was really clear and they were always willing to help us. |
| academic preparation | This was a little bit difficult for me because it was not really clear which courses I could take. |
| language preparation | I did an italian course in Holland with a private teacher to know the basics. |
| finances | I saved some money before i went to Milan. |

STUDY ABROAD PERIOD

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| study programme (content and organisational issues) | The courses were very diverse and the courses from the international curriculum were not that challenging. |
| academic quality of education activities | Not that challenging |
| counselling & support at receiving university abroad | They were really helpfull |
| transfer of credits | I don't know yet, because I didn't receive them. |

STUDENT LIFE

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| welcome & orientation programme | The orientation programme was fun because you could get to know a lot of people. We also had the opportunity to go to parties every day because they were organized by ESN. This was really fun |
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| accommodation |
| My accommodation was fine, I lived in a calm neighborhood and felt really safe here. |
| leisure & culture |
| The culture is really nice, it is a beautiful city with a lot to do and see. |
| suggestions/tips |
| I suggest you to go to the activities organised by esn because they are really fun and you can meet a lot of people |

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| CONCLUSIONS |
| would you recommend this university/destination abroad to others? please explain |
| Yes i would recommend this destination, because Milan is a great city. I felt in love with the city and the food ofcourse.. I have met so many great people and the vibe in the city is really nice. The courses are not that challenging on learning but for me i have developed other skills, like presenting and improving my english. |
| do you have any additional advice or comments? |
| I advice you to start early with searching for a room. Besides that i recommend to save money because Milan is not cheap. And I think you have to search for an accomodation which is not to far from the city centre or university because you are here most of the time. If you have other questions you may always email me! |



UU Report form - Erasmus 2016-2017

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|----------------------------|---|
| faculty/college | Social Sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Pedagogical Sciences |
| destination city & country | Milan, Italy |
| name university abroad | Universita Cattolica del Sacro Cuore |
| start date | 1 / 9 / 2016 (dd/mm/yyyy) |
| end date | 31 / 1 / 2017 (dd/mm/yyyy) |

PREPARATION

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| exchange application process |
| I found the application process to be a bit extensive at first, but in the end everything was perfectly doable and not too much work at all. My only advice is to start in time. |
| counselling & support at Utrecht University |
| The questions I had were answered quite quickly by email. Everyone at the International Office was very helpful. |
| academic preparation |
| I did not do anything to prepare myself and, looking back, it did not seem necessary either. |
| language preparation |
| I took Italian classes because my courses would be partly in Italian and I did not have any knowledge of the language beforehand. I took about 20 1-hour lessons before departure plus an intensive course of two weeks once I got there (offered by the university itself). In hindsight, I wish I would have taken a bit more classes, because my language level was A2 and that, in my opinion, was a little too low to be able to understand every lecture fully. In the end this did not cause any trouble though. |
| finances |
| I did save about a 1000€ euros beforehand, which I did not spend at all because I had my student loan from DUO and that appeared to be enough. Moreover, you have to take into account that housing is quite expensive here, so prepare for approximately 500 euros a month. Furthermore, living expenses are about the same as in the Netherlands, however of course you do a lot more fun stuff, so save some money for that. |

STUDY ABROAD PERIOD

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| study programme (content and organisational issues) |
| I had quite fun courses, e.g. theatre, literature but also genetics. At first these were quite hard to assemble properly, but the university explains everything perfectly during the Orientation Days, so after that it was no problem anymore. |
| academic quality of education activities |
| I thought the academic quality was less than in the Netherlands. Courses are easier and require less preparation in my opinion. |
| counselling & support at receiving university abroad |
| Although the Italians are known for taking a bit more time with everything, they helped me quite quickly |



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| whenever I asked something. |
| transfer of credits |
| This has not yet happened, but I do not foresee any problems (hopefully). |

| STUDENT LIFE |
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| welcome & orientation programme |
| Arranged very well, although the main campus is a bit confusing and we got lost several times. Apart from that, we got a lot of information about study plans, etc. |
| accommodation |
| Finding a room is quite hard, so I opted for a double room to keep it affordable, which turned out to be perfectly fine. Try to avoid getting a room near Centrale, for this is not a nice neighbourhood to be in (at night). |
| leisure & culture |
| Regarding cultural differences: the Milanese are known to be a bit rude, but I did not find this to be completely true. As long as you try to speak a bit of Italian, they are always willing to help. Furthermore, the parties and clubs in Milan are awesome + go for aperitivo in Navigli! |
| suggestions/tips |
| Time goes by faster than you think, so make the most out of it and enjoy! |

| CONCLUSIONS |
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| would you recommend this university/destination abroad to others? please explain |
| Yes! I have had a really good time, although the university's organizational stuff could have been better/faster. Apart from that, Milan is a beautiful city and there are so many nice things to see and do that I would definitely recommend going here! |
| do you have any additional advice or comments? |
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UU Report form - Erasmus 2015-2016

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

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| destination city & country | Milan, Italy |
| name university abroad | Università Cattolica del Sacro Cuore |
| start date | 01 / 02 / 2016 (dd/mm/yyyy) |
| end date | 30 / 06 / 2016 (dd/mm/yyyy) |

PREPARATION

exchange application process

Everything was very clear, just make sure to be on time with everything and pay attention to your motivation letter, write it carefully! It's an important step in the selection process!

counselling & support at Utrecht University

Very helpful, whenever you have a question they always manage to help you out.

academic preparation

It was hard to choose courses, especially since I had not received information about that on beforehand by the receiving institution. In the end it worked out fine but that sure takes some time.

language preparation

Since I was going to take courses in Italian I took two courses in Utrecht which are part of the Italian bachelor program in Utrecht. I am happy I decided to do so but I did not reach the level they said I would, so there was some contradicting information about that.

finances

I don't really know what I can say about that, I think everyone needs to take care of that themselves.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I enjoyed the study program abroad, in my opinion it was very different from what I was used to in Utrecht. In terms of content easier.

academic quality of education activities

As I said above I think the program in Milan is easier, but it offers a different point of view so in my opinion very useful.

counselling & support at receiving university abroad

The staff at Cattolica is very, very nice. They make you feel very welcome and they will help you with everything. They are great people so whenever I had a question I never hesitated to contact them.

transfer of credits

Everything went well and I received my transcript of records quickly.



| STUDENT LIFE | |
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| welcome & orientation programme | |
| | The welcome program is great, you get to meet new people very easily and the staff gives you very important information. They also organize some activities and a university tour, to show you around at the campus. |
| accommodation | |
| | Finding accommodation is your own responsibility. When you're looking for a room make sure to visit the room before you confirm anything. Also don't pay any money until you're sure about the room, so you don't get ripped off. |
| leisure & culture | |
| | Milan is a big city so of course there is a lot to do. There are many nice areas to go out and also it offers a great variety of museums and other cultural activities. |
| suggestions/tips | |
| | Go to ESN and join their activities: they're Italian people who organize events, activities and trips for international students. A great way to meet both Italian people and international people! |

| CONCLUSIONS | |
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| would you recommend this university/destination abroad to others? please explain | |
| | Absolutely! I had the best time and if I could I would do it again! |
| do you have any additional advice or comments? | |
| | Just do it! |



UU Report form - Erasmus 2015-2016

| | |
|----------------------------|--|
| faculty/college | Social sciences |
| level | <input type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | UCSC International/Erasmus |
| destination city & country | Milan, Italy |
| name university abroad | Università Cattolica del Sacro Cuore |
| start date | 01 / 09 / 2015 (dd/mm/yyyy) |
| end date | 31 / 01 / 2016 (dd/mm/yyyy) |

PREPARATION

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| exchange application process |
| I applied by calling the university and asking if they any places left |
| counselling & support at Utrecht University |
| I got questions answered by the International Office |
| academic preparation |
| None |
| language preparation |
| Tried to learn a little Italian (though this was not necessary) |
| Finances |
| Saved up around 1000 euro and had my full loan on |

STUDY ABROAD PERIOD

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| study programme (content and organisational issues) |
| I had courses about movies and one psychology master's course, the choices for english psychology courses was limited |
| academic quality of education activities |
| The academic quality was much lower than at the UU, but this may partially be because I am good at courses that involve movies myself and I mostly followed courses about movies |
| counselling & support at receiving university abroad |
| They were very kind and helped me with any questions |
| transfer of credits |
| I got my credits, but the grades I got were transformed to lower grades in Utrecht. For instance: I got one 10/10 but this was transformed to an 8.5 |



| STUDENT LIFE |
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| welcome & orientation programme |
| Nice, a good way to meet people, I would not skip it |
| accommodation |
| Very difficult and expensive (the housing they provide from the university is way overpriced and not that nice) |
| leisure & culture |
| Nice, Milan can be great culture-wise though it is a real city. Nearby there is a lot of great scenery too though |
| suggestions/tips |
| Travel around while it is still warm, try to find a house way before and try not to make use of the UCSC housing service if you want to save money |

| CONCLUSIONS |
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| would you recommend this university/destination abroad to others? please explain |
| Yes, it was a great city and very fun I still visit it now |
| do you have any additional advice or comments? |
| Make sure that you like the courses and make sure you have enough money or find an affordable house |