



UU Report form - Erasmus 2019-2020

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

destination city & country	Brighton, UK
how did you travel to your destination?	By plane/car
name university abroad	University of Sussex
start date	21 / 09 / 2019 (dd/mm/yyyy)
end date	12 / 12 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process speaks for itself and is very clear. You simply have to follow a few steps as described by the UU, and the IO from the university of Sussex contacts you directly after you have been selected.
counselling & support at Utrecht University	See other boxes on the Erasmus grant.
academic preparation	All of my academic preparation was sufficient. I only took Psychology courses in Sussex, and my background in Biomedical Sciences and Neuropsychology at the UU was enough preparation for all the courses I took.
language preparation	My English skills were sufficient (C1/C2)
finances	The finances can be quite tricky if you visit in the autumn semester like me. I was promised a Erasmus grant, but didn't get one since my visit was shorter than 3 months. I know that all the other international students, even from all the other Dutch universities, got one since we did study there for a full semester. You have to complete deadlines until the end of January, but for some reason for the UU this wasn't a big enough reason to give me and the other girl who studied at Utrecht University the grant.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Perspectives on Psychology, Self Regulation, Biological bases of Mental Disorder & Psychology of Forensics and Analysis
academic quality of education activities	Very good. I had an excellent timetable with only 3 days with obligations on campus. With the modules I chose, I only had lectures, and had to do a lot of writing myself. You can choose a lot of modules which do have small group sessions.
counselling & support at receiving university abroad	The University of Sussex is very helpful! I visited a counsellor the day I went to campus for the introduction



because I had some conflicting modules in my timetable. They will help you right away, and I got a list of alternative modules which did fit my schedule, and where suitable for my background. They will also grant you that if a module turns out to be easy or too challenging in the first 2 weeks of studying, they will switch you into a course more suitable for your academic experience.

transfer of credits

Happens automatically

STUDENT LIFE

welcome & orientation programme

If you arrive at Heathrow like me, I advise you to use the busses provided by the university. You are picked up with all the other internationals, and dropped off at the doorstep of your housing facility for 20 pounds. I met a lot of other people from around the world while waiting for this bus, and you make new friends instantly before even getting to Brighton!

accommodation

I lived in the (Langfords) Hotel in the city centre. I couldn't recommend it more purely based on the location (right on the seaside). The kitchen facilities are terrible, so I ate all of my meals either in a restaurant or through take out. You have to share the kitchen (located in the basement of the hotel) with all the other students living there (about 40), but there were a lot of people who did use the kitchen every day. The campus is quite far from the city (an hour by bus), so I really did enjoy living off-campus. Do keep in mind that the assessment period for internationals visiting in the Autumn Semester is in January. Your housing in the hotels is for a fixed period of time, and will end the weekend after the final classes.

leisure & culture

Brighton is a beautiful city, with amazing bars, parks, theatres and cinemas. I loved living in the city centre near the beach with all the other internationals. The locals are super friendly and interested in where you are from and what your plans are, and if you're in a bar someone will always come up to you to have a chat.

suggestions/tips

There are a lot of pubs and bars with live music (Paris House has live music 7 days a week). Nice to have a beer/dinner!

CONCLUSIONS

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

Absolutely. If I could move there I would. You can get to the beautiful countryside by bus and hike the Seven Sisters, you can take the train to London and get there within an hour, and Brighton in itself is an amazing city with lovely people and facilities.

do you have any additional advice or comments?

Check whether you can get an Erasmus grant before you leave (I don't know if it's even applicable because of the Brexit). Mine was declined a few weeks before I left, and this was very unexpected since the "3 month rule" did not seem to be a problem since the term is longer than 3 months, but you have to complete the last deadlines from home.



UU Report form - Erasmus 2018-2019

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: j.janssen6@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes:	
faculty/college	sociale wetenschappen	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychologie	

destination city & country	Brighton, UK
name university abroad	University of Sussex
start date	31 / 1 / 2019 (dd/mm/yyyy)
end date	14 / 6 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process
It is important to write down all the application deadlines and make sure you complete all steps in time. I think the most important part of the application process is your motivation letter. Take enough time to write this!
counselling & support at Utrecht University
Although during the whole exchange you have to do a lot independently, the international office replies very fast to questions in emails, in my experience. Besides the university helps you be aware of some common struggles.
academic preparation
I felt like my courses at the university so far were enough preparation. Luckily this was true, I did challenge myself by choosing a neuroscience course at Sussex, this was harder than the psychology courses, but my background in Neuropsychology was enough for me to pass this course.
language preparation
I felt like I had to take a English course at Babel, not because my English was not good enough. But I felt like i was not confident enough in my English speaking and writing. This course really helped me get more confidence. But after completing my exchange i realise this wasn't really necessary because you quickly gain confidence while being abroad.
finances
I tried to save as much money as possible before going to the UK, it is important to realise that housing is more expensive but you can spend as much as you want/have. I do think It is really nice to have enough so you can explore the country you are in and not worry too much.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The organisation and content of the study programme in Sussex was very similar to that in Utrecht. Therefore, I



did not have many issues with the programme. The professors were really passionate about the subject and really helpful with any questions I had about assignments and the exams.

academic quality of education activities

The academic quality of the lectures and workshops were similar to those in Utrecht. The exams and assignments were easier and more straightforward. But I donnot think that that makes the quality worse. It is important to study independently because I did not have a lot of lecture hours, 1 or 2 per week every module.

counselling & support at receiving university abroad

The study abroad office of Sussex is increadible!! It is run by older students who are very kind and will help you with everything. Besides, the first week is all about getting to know Sussex and especially about learning where the counselling and support houses are based.

transfer of credits

The universities system was quitte hard to understand because there grades didn't transfer to Utrechts grading system. I only knew what grade to get to pass because it only transferred as a pass or no-pass. Sussex also has different systems for writing assignments and exams which is confusing.

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme of Sussex was amazing. The first week there were multiple activities every day. The acitivities were focussed on getting to know the univeristy and the facilities but also other exchange students. One really nice initiative was the buddy-system. By signing up you got a buddy from the UK that already studied at Sussex for a couple years. My buddy showed me around brighton and also helped me with any questions I had.

accommodation

I was really lucky with the campus accommodation, because my building was brand new when I moved in. It was a really nice and big house that I lived in with ten other exchange students. It was more expensive than a studenthome in Utrecht so I did have to save money to pay for it.

leisure & culture

Brighton is an amazing city to live in for six months. There is so much to see and do in Brighton you will not get bored. Besides Brighton is an hour from london, but also many small coastal cities. Brighton itself is known for the lanes, these have many little shops and coffee and cake places to explore.

suggestions/tips

The University of Sussex organizes many trips from musicals to country side walks. I went on many of these trips and they were totally worth the money. Another tip, is to make sure to not lock yourself up in your room but enjoy your time abroad with the other exchange students.

CONCLUSIONS

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

YES, I had the most amazing time abroad at the univeristy of Sussex. Brighton is a really accepting city and you will definetely feel at home in Brighton. I cannot really think about negative points about going to study abroad at Sussex! the only negative point is going back home!

do you have any additional advice or comments?

Don't be afraid to go out of your comfort zone! Say yes to everything!



UU Report form - Erasmus 2018-2019

faculty/college	Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogische Wetenschappen

destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	30 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 05 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application was very clear and the International Office provided very detailed information about how to apply. The department of Pedagogische Wetenschappen was also very helpful with the motivation letter.

counselling & support at Utrecht University

The International Office is very helpful! They have helped me a lot with all my questions before and during my time abroad.

academic preparation

I did not prepare extra for this exchange in an academic way. When looking back, this was not necessary as well.

language preparation

Because the main language was English and I already felt quite competent in English, I did not prepare in any way for this.

finances

I saved money from my job and I used that to travel. I used the money from my students' loan for the substances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The programme has many different options, although I found out when I was already in Brighton that there are more options available that are not mentioned on the website beforehand. It can be useful to e-mail the school you are in to ask if there are any other courses available, outside of the list that is published on the website.

academic quality of education activities

The level of academics is not as high as at Utrecht University. The content of the courses is slightly less difficult, but the most different is the way the grading works and the way your mark is established. The exams, papers and coursework are in general less difficult than at UU.

counselling & support at receiving university abroad

The International Student Support was very helpful. They can refer you to whatever service you need, if they cannot provide it themselves.

transfer of credits



I have not you received a transfer of my credits.

STUDENT LIFE

welcome & orientation programme

The International Student Support organised a very fun week for the international students. It was a great way to get to know the campus, its facilities and the city and to get to know the other international students.

accommodation

The accomodation was very lovely! I was originally placed in a flat at campus, but I asked for a placement in the city centre and that was possible as well. So, I lived in the city and that was a very very lovely experience. The city is so vibrant and it is so fun to explore the city. I think you would not get to experience Brighton in the same way if you were living on campus. On the other hand, I did not live with other international students and me and my flatmates did not really bond. So, in terms of flatmates, it can be more fun to live on campus. One thing to keep in mind is, apart from furniture, there is nothing available at the accomodations, so no pots and pans, utensils, duvets, pillows or anything. You can buy those things really easily from the university or you can bring it from home, but it can be handy to keep in mind.

leisure & culture

Brighton is the most fun city every! So many independent shops and cafes! There is always something going on for everybody. Almost every day of the week it is fun to go out to bars and clubs, but there are also many lovely parcs and ofcourse the beach if you are more into chilled activities.

suggestions/tips

North Laine is by far my favourite part of the city! The most fun thing to do in Brighton is to just wander around (especially in North Laine) and enjoy the colourful shops and all the lovely coffee bars. And you should definitely try Fatto a Mano for the best pizza ever.

CONCLUSIONS

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

Yes, definitely! Brighton is such a lovely and fun city and the University of Sussex is well structured and is very helpful.

do you have any additional advice or comments?

Enjoy!



UU Report form - Erasmus 2017-2018

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

destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	15 / 09 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process took some time, for example you have to choose the modules you want to take abroad and fill in some forms. However, I didn't mind doing these things, because I was looking forward to studying abroad!

counselling & support at Utrecht University

The international office in Utrecht helped me a lot. You can always e-mail your questions or visit them during the office hours. There was also an information event, where I met another girl who went to Brighton.

academic preparation

I chose courses that matched my study in Utrecht, so I didn't pay any attention to academic preparation. I followed one course that didn't fit in with my study, but this was a first year course, so it wasn't necessary to prepare anything.

language preparation

I didn't pay any attention to prepare for the language, since I went to England.

finances

Studying in England is quite expensive, so I started saving money in time. Still I spent a lot more money than I expected, so take this in mind!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Sussex keeps you well informed about which courses you can follow and which ones you can't. Also when I was abroad and decided to drop a course, this was arranged well. Eventually, I followed two first year courses and one third year course. I didn't have to buy books, because all the readings were PDF which I could download from Study Direct (something like BlackBoard).

academic quality of education activities

The study in Brighton was different than I'm used to, I had fewer teaching hours and I found out essays are more common than exams (for the exchange students). I think it's a good system, because you can plan by yourself when you have to study and that makes it easy to combine with your student life and exploring the city. The quality of the lessons was fine.

counselling & support at receiving university abroad



Also at the University of Sussex they have a helpful international office, where you can go to ask all your questions.

transfer of credits

The transfer of credits comes later, so I can't tell anything about this yet.

STUDENT LIFE

welcome & orientation programme

Since I started the study in September, there was a freshers week for all first-year students. Many activities were organized which was fun! You can also meet a lot of new people. There were also several welcome talks with information about the university and life in Brighton, but these were not that useful.

accommodation

I had signed up for a room arranged by the university. I was placed in a hotel in Brighton, with all other international students. I had to share my room with another international student (with our own bathroom), but this was really fun :) There were approximately 70 students in the hotel, so there was always someone around to talk to or to do some activities with. However, the room was a bit expensive compared to what you get, but finding a room by yourself is difficult, so I think this was a good solution. The kitchen was not so good, it was quite small for the number of people living in the hotel and most of the time it was a bit dirty, but many students are used to this in student houses so we didn't care ;) The location was very nice, close to the beach and the city. The university, on the other hand, is further away. It took approximately 40-45 minutes to campus by bus.

leisure & culture

Brighton is a really nice city! There are many restaurants, cozy coffeeshops (of course they don't mean a coffeeshop like in the Netherlands, but just a café), clubs and of course you have the pier and the sea. The people are very open and often in for a chat. And, I almost forgot, a nice shopping mall!

suggestions/tips

London is close to Brighton, so you can also explore this city! Lewes is a small village close to Brighton, nice to see. Besides, you can go to the Seven Sisters. The Seven Sisters are seven adjacent chalk cliffs on the coast, it's very beautiful.

CONCLUSIONS

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

I will definitely recommend the University of Sussex in Brighton.

do you have any additional advice or comments?

You can always contact me for any questions :)



UU Report form - Erasmus 2017-2018

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

destination city & country	Brighton, UK
name university abroad	University of Sussex
start date	16 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It was a lot of work, but nothing too bad. The university made it very clear what documents you needed to fill in and when the deadlines were.

counselling & support at Utrecht University

I always got an answer to my questions and they replied very fast via email.

academic preparation

University of Sussex is pretty much the same level of education as Utrecht University, so I didn't need any preparation

language preparation

No need for a language preparation, you will be surprised how easy it goes to talk English all the time

finances

I saved up a lot of money, which turned out to be a very good idea. I have spend at least €3.000 during my time abroad, excluding flights and accomodation. Be prepared that you are going to spend a lot more than you expect because of all the trips and nights out. Just make sure you have enough savings, you should not have to be worrying about the money you are spending because it is definitely going to be the time of your life.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took two courses in Sociology (one 7,5 ECTS and one 15 ECTS) and one in Social Geography (7,5 ECTS). Because I am a fourth year student I could choose whatever level I wanted, and my modules varied, but I enjoyed the third year module of 15 ECTS the most. Keep in mind that third year modules are very popular and usually have limited place for exchange students, so don't get your hopes up too much. I got an email in may to which modules I was assigned, but I was still able to make some changes in them. Also, during the first two weeks I realized that I didn't like one of the modules, luckily it was very easy to switch to another one. So in general, don't worry too much about the modules you are picking, there is always a solution if you don't end up liking them.

academic quality of education activities

I thought the level of education is quite comparable to Utrecht, besides the fact that it is much more relaxed at Sussex. They don't expect a lot of you and they don't really take track of your attendance. A lot of it is just your own responsibility. Deadlines are usually all at the end, or somewhere close to your reading week (which is a



week off actually!). I enjoyed the fact that I had so much free time, especially as being an exchange student. I feel like the third year module was actually the only module that asked the same amount of focus and time as all my modules in Utrecht.

counselling & support at receiving university abroad

I didn't need counselling or support, so I can't really comment on this.

transfer of credits

Not yet received.

STUDENT LIFE

welcome & orientation programme

The freshers week was okay, the parties were quite expensive in comparison to what you get and I also felt a bit of overwhelmed with all the activities. Especially because you don't have a group of people to go out with, you just have to find your own company. I guess the buddy scheme is a good way of doing this, but I personally never got to meet my buddy. Luckily I stayed in the student hotel so I met a lot of people in my accommodation. In general, it is incredible easy to meet new people even without going to a lot of activities, I didn't expect that at all.

accommodation

I stayed in one of the two hotels in Hove (Imperial Hotel). It was the best choice I had ever made. Don't be scared by the fact that you have to share your room, trust me I like my privacy but I didn't mind any second of it. Everyone has such different routines, which means you're not spending a lot of time together in the room. Next to that, the dining room in the hotel is pretty nice and comfortable. The location of the hotel was just perfect for experiencing Brighton and its nightlife, and it's just right next to the sea. There is a direct bus to uni, which takes about 45 minutes, but since I didn't have a lot of lectures I didn't mind the travel time.

leisure & culture

Brighton is an amazing student city. It is always full of life, there are pubs everywhere and you'll never get bored with wandering around the adorable city centre or walking by the seaside. The vibe in Brighton is just so lovely, it feels like everyone is just having a good time. Not to forget, they have awesome vintage stores. And with London being so nearby.. Do I need to say more? Oh, and if you get the chance, go to the Lewes Bonfire on November 5th!

suggestions/tips

Don't be afraid of going on abroad, it's really the best thing I've ever done. I'm not a very chit chatty person but I have never talked to so many people as I have here, and I made some friends for life. I do recommend anyone to get the student hotel accommodation, since I have talked to some exchange students who stayed in AirBnb's and they wished they had chosen for the hotel option.

CONCLUSIONS

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

Definitely, 100%! You are going to have an amazing time in Brighton, for sure. You should not expect too much of the academic level of the university, but that's not the main reason to go on exchange right?

do you have any additional advice or comments?

Don't think twice whether you should or should not go abroad, really, just do it. It will be the time of your life. I enjoyed every second of it and I would do it again if I had the option. You get to learn so much about different cultures, but also about your own culture. You make friends all over the world and maybe the coolest thing of it all is that you get to know yourself much better. Very cliché, but true!



UU Report form - Erasmus 2016-2017

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology and Development Sociology
destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	25 / 01 / 2017 (dd/mm/yyyy)
end date	09 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

In the beginning the application process seems incredibly overwhelming - for me at least. However I have learned that it is so easy to avoid this, if you just do everything right away, as soon as a notification email pops into you inbox. And if that's not possible, I made lists of everything I needed to do and suddenly everything did not seem as overwhelming anymore!

counselling & support at Utrecht University

I had loads of questions and uncertainties, but I felt supported by Utrecht's International Office. I found them very helpful.

academic preparation

I did not feel the need to prepare myself academically. I only made sure I followed a course in English the term before I went to Brighton so I could get used to thinking academically in English.

language preparation

I felt like my English was well enough to engage in society - like I said, I only followed a course in English to warm up my English academically.

finances

I knew that England might be quite expensive, so I saved quite a lot. Eventually, I made sure I had E750 per month to spend (excl. living costs) and I found that that was enough to maintain myself.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Before I started, I was enrolled in different courses (or modules as they are called here) then what I ended up doing. I was asked to make up a top 6 of courses that I wanted to do and got enrolled in my three least favorite options. However, I found out it was really easy to switch courses! You only have to go up to the school's coordinator, ask if you can switch and 99% of the time he would do it right away.

academic quality of education activities

I think the academic quality is the same as at Utrecht University. However, I did experience the courses I did to be easier than comparable courses I did at home. They expect less of you, and the workload is also not as much. Additionally, the contact hours were way less than at home. Here I only had 8 hours of class per week for 4 courses.

counselling & support at receiving university abroad



Apart from the housing office, everyone was very helpful and was happy to point me in the right direction.

transfer of credits

Havent received it yet, so can't say anything about it.

STUDENT LIFE

welcome & orientation programme

I highly recommend doing the welcome and orientation programme! Eventhough they mostly host talks about life on campus and Brighton, and have not so many social activities to get to know each other, it still gives you a pretty good idea who is in the exchange with you. Just go to all the talks, you will meet people!

Accommodation

I was in an University managed accommodation. They offered me a room in a hotel, with a roommate and 75 other international students! Sounds pretty good right? In reality, the hotel is not a nice place and is even for a student far below acceptable living standards. While the room and bathroom are very basic and old but alright, the kitchen is a real problem. Most of the facilities were broken most of the time and it should be cleaned daily by the hotel but they failed to live up their promises - we were lucky if it was "cleaned" once every two weeks and that is just not what you want when you share one kitchen with 75 others! Same goes for the room. We were promised weekly housekeeping for our rooms but they did the ultimate minimum cleaning. However, the social aspects of living with so many people were great and the location is amazing!

leisure & culture

Brighton is a really fun place to live! Right by the sea, you always have the possibility to get some fresh air. It has the same feel as Utrecht - not too big and everything is pretty centered. There are many places to go out, go shopping and there is a great variety of restaurants and cafes to choose from.

suggestions/tips

Explore south England! If you book in advance, train tickets can be as cheap as 10 pounds for a return ticket to London for example.

CONCLUSIONS

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

I highly recommend it! British life is easy to adapt to but I found the little differences between the Dutch and the Brits very funny. Brighton offers everything a student could wish for, if you like to party everynight or if you like to explore the surroundings and nature.

do you have any additional advice or comments?

Find your own accommodation haha, might be a bigger effort, but will be worth it!



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Brighton, England ,
name university abroad	University of Sussex
start date	10 / 09 / 2016 (dd/mm/yyyy)
end date	05 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I had to write a motivation letter and fill in the required documents provided from Utrecht University, apply via osiris. Once I got accepted by Sussex I had to fill in several documents provided by them and chose modules and get these approved by my home University. It was quite a lot of paper work but surely doable.

counselling & support at Utrecht University

There were several information events, I got the contacts from a girl who used to study at the same abroad university, the international office always helped me quickly with any questions.

academic preparation

Since I studied something different in Brighton than I did in Utrecht I had to make sure my subjects were accepted by Utrecht University. Further preparation was not necessary.

language preparation

I did the language test required by the Erasmus programme once I arrived in Brighton, further preparation was not necessary.

finances

I started saving half a year before I left to Brighton, I saved around 2000 Euro which I had plus the regular monthly amount I got from my parents. This was enough to have a good time but surely not enough if you also do trips and travel with other erasmus students during the stay. Especially food is really expensive compared to the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose three first year anthropology modules and one second year literature module. All literature was provided as pdfs, sometimes I had to buy books for my literature classes but that was only twice and not expensive. I switched my modules in the beginning quite a lot, tried some and then changed my mind about them. It was no problem to change the modules within the first 3 weeks of the programme. I had lectures and seminars 4 days a week. The rest of the time had to be used to study independently and especially read a lot.

academic quality of education activities

The academic quality varied in my opinion. For some modules you really had to read a lot and always be prepared otherwise you wouldn't understand any content anymore. For other modules it was just a lot of repetitive talking especially in the seminars which felt quite useless to me. I was supposed to have a



presentation once which the tutor just forgot about then, sometimes lectures did not take place and noone informed you about it.
counselling & support at receiving university abroad
The support of Sussex University was really good. Everybody was welcoming and helped you with any questions, a lot of informational and fun activities were organised especially during the first weeks, I felt very supported by them.
transfer of credits
There were no issues with the transfer of credits.

STUDENT LIFE
welcome & orientation programme
Lots of events organised, lot of tours in the city and on campus, trips to other cities, speeches were given by head of international office, head of your department and so on. Got lots of welcoming packages with useful information about the university. Some fairs were organised for sports societies and other leisure or study related societies.
accommodation
I lived in a hotel with 80 other international students. We had shared room although I got a single room because my roommate switched to another room. The hotel staff was friendly, the rent was highly overpriced for a shared room which was also really tiny (it was 125 pound per week), for a single room it was fine but for a shared surely not. The location was also nice, it was right by the beach and 20 minutes walking to the city center. The 80 students shared a large common room in the hotel and a too small kitchen, we had 2 washing machines but one was always broken so you had to know when to wash. Although we complained a lot about the cleaning and the kitchen and prize, I wouldn't have liked to live anywhere else but in this hotel since I met so many lovely people from all over the world there, we had a lot of fun.
leisure & culture
Brighton is the best place to be in the world if you like music and art and fashion and are in general a open-minded person. There is so much to do every day and the city really feels alive and much bigger than it actually is. Also for queer people and politically active people it is the perfect place. Everybody was engaged in something and of course, everybody had their own band. Lots of nice bars to discover and the pier of course is lovely.
suggestions/tips

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend Sussex University and Brighton. Brighton is as explained earlier such an exciting and young city to live in righth now and although I sometimes had my issues with the unorganised manners of the university (well I am german) the lectures and subject in general were really interesting and if you do the reading you can learn a lot.
do you have any additional advice or comments?
If you have the chance to, stay for a whole year and not a term in Brighton. This is what I really regret. There is so much more to do in the city and Sussex Students might would have been opener to really get to know you when you stay longer than just 3 month.



UU Report form - Erasmus 2015-2016

faculty/college	Social Sciences, Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	14 / 09 / 2015 (dd/mm/yyyy)
end date	19 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

For my application, I first applied for Utrecht University. Brighton was my first place, so I got lucky to get in. For Sussex I had to fill in a (big) application form, but you can easily get help with that from the International Office in Utrecht. The University of Sussex already has the available courses online before the application time. I thought this was a huge benefit, since I really followed the courses I applied for. So you have to choose your courses when you are applying for Sussex.

counselling & support at Utrecht University

The international Office is very supportive. You can always ask a question through email, or visit them at the university during office hours (this is a few hours per week, look at the website for details).

academic preparation

I studied Psychology courses at the University of Sussex. In Utrecht, I also study Psychology. That's why I didn't need some extra academic preparation. In England, I chose some courses at Bachelor Year 3 level and this was a good level which suited my education from the Netherlands.

language preparation

For England you need a English level of B2. If you graduated high school at VWO level, you automatically have this required level of English, and International Office Utrecht will provide you with the evidence. Then you don't need to follow some extra English lessons. But, studying in England can improve your English a lot, which is really great.

finances

England isn't the cheapest country. I think Brighton is a little cheaper than London, but it is advisable to save some money before you leave. Your application for housing is arranged by the university. And next to the fact that I would recommend living in the city to get the full exchange and abroad-experience, a student room in Brighton (or Hove) is less expensive than living on campus. I paid approximately 2100 euros for a room of 15m2 in a beautiful house in the city centre. But there are smaller (and cheaper) rooms available.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I followed are 'Psychology of the Family: Attachment and Beyond', 'Altruism and Helping Behaviour' and 'Health Psychology'. This are also the courses I applied for in the beginning. I also signed up for 'Perspectives on Psychology', but dropped this course after a few weeks.



academic quality of education activities
For each course I had lectures for approximately 2 to 4 hours a week. This could be lectures in which the teacher is giving a presentation or it could be a group discussing. For my grades I had to give a presentation, make an exam and write three essays. I'm very positive about the academic quality. The teachers were researchers who knew a lot about their area of expertise. They also had office hours during the week, in which you could go visit with any question or get feedback on your essay plan.
counselling & support at receiving university abroad
The University of Sussex has an International Office which is very supportive. I sometimes experience problems with my health (migraines). And although I had to find my own way to the Student Support, once I was there, they were very supportive and I got some extra arrangements.
transfer of credits
My grades from my period in Brighton are released a few days ago (in February), so this will take some time. But I passed the courses and that's why I expect that I can transfer all the credits to Utrecht. But in England they have a different system of grades (for an overview, just search on Google), so I'm not sure about what my grades will be in Utrecht.

STUDENT LIFE	
welcome & orientation programme	The University of Sussex has a welcome & orientation week for all new students. It's called Freshers Week and can be compared to the 'UIT-week' from Utrecht. This week is mostly for first-year students, but exchange students are also welcome. I would definitely recommend joining this week! You will get to know lots of new students. There are multiple daily activities and a lot of parties in all the clubs in Brighton. And for instance, there's also an evening in which the pier with the funfair/funpark is specially reserved for new students. After this orientation week, the Buddy Scheme organises trips for exchange students, to Stonehenge, the Harry Potter Studios or the theater in London.
accommodation	My accommodation was a house in Hove. Hove is a part of Brighton. At first when I was assigned to this house, I thought Hove was a different city. But Hove is just a part of Brighton and from this accommodation (York Avenue), it was a 10-15 min walk into the city center. So we always walked to get there. The supermarket is at a 2 min walk down the street. On this 2 min distance, there also is a busstation with the bus directly to the university. But when traffic is busy, this busride can take 40 minutes. You can also get/ bring a bike. Cycling to university from the city is around 30 minutes. It is also possible to get a room at the campus of the university. My accommodation consisted of two student houses next to each other (with inside doors). Total, there were living 15 students. Half of them were exchange students, the other half were first year students. It's a clean accommodation with 2 big kitchens, a living rooms and around 8 bathrooms.
leisure & culture	Brighton is an amazing city. It is very cultural and in the summer it is touristic. There is a beach with a pier, and there are lots of activities going on. There are many pubs, bars, restaurants and clubs. You can drink a beer and chat with friends in the typical English pub. Almost every pub has their own 'Open mic' evening, with live music. That's also why there are lots of artists in Brighton, hoping to be discovered. Or you can go clubbing in one of the several clubs at the seafront. It's a big scene, whereas almost everyday you will find promoters for these clubs. Brighton is also called the 'gay capital' of England and you have an area with some gay bars. It is beautiful that in Brighton everybody can be who they want to be. People mind their own business, but they are also very polite. I experienced people as more helpful and friendly than in the Netherlands. It's easy getting to know new people. It's also really nice to go shopping in the Lanes, small streets with little original shops.
suggestions/tips	



The University of Sussex has lots of student societies. There are all kinds of sports clubs, but there are also multiple dance societies, there is the board game society, the comedy society and many more. I would recommend to become a member from one of them. It's not so expensive and it's a great way in not only getting to know other exchange students, but also English people.

CONCLUSIONS

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

Yes I would definitely recommend Brighton for its lively culture and the University of Sussex for the high level of education.

do you have any additional advice or comments?

Just do it. I thought it was scary at first too, to leave everything in the Netherlands behind. But this experience brought me so much. I had the luck to have a positive experience by meeting lovely people, and I learned a lot more about Psychology, as well as about myself. You just have to go and the great experiences will follow.