



## ERASMUS+ STUDIES

### UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> assassenae@gmail.com
faculty/college	Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Chemistry

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	11 / 01 / 2016 (dd/mm/yyyy)
end date	15 / 06 / 2016 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Lund University is quick with responding, and the administration there is very willing to help. Keep track of the various deadlines as well, as the semester in Lund is shifted forward compared to the semester in Utrecht. Furthermore it is important to keep track of the various deadlines, which was harder than I expected. Note that the process starts early, I started with the idea halfway through my first year of bachelors. It takes a lot of planning to get to participate in all the courses in Utrecht and in the target country.

#### counselling & support at Utrecht University

I used the faculty exchange, and although they were helpful and obviously cared, they were sometimes slow in responding, especially in e-mail. In addition to the limited opening hours, it meant that being bit late makes it very difficult to get everything working properly. Admittedly, I have not sought a lot of help.

#### academic preparation

Lund university obviously has a lot of experience with exchange students, and they offer a good website with all information needed in one place. It holds a lot of information regarding the academic atmosphere, the course caatalogue and such. I took courses only, all I did was to bring with me the lecture notes from previous courses in the respective field.

#### language preparation

I was already fluent in English, so not really. Everyone in Sweden speaks English.

#### finances

Sweden is a very expensive country, much more than the Netherlands already is. Especially food was a huge draw on my finances, which were slightly limited anyway. In terms of other items, such as clothes or accomodation, prices are not much different, maybe slightly higher. The only significantly cheaper stuff is electronics. On average, I think I spend around 800 euros a month. I was, however, well prepared in terms of clothing and such, so I had no need to look into the specifics regarding these items.



<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I mainly took courses at masters level in my course, however as time progressed I found out that a course on more international oriented matters, such as some cultural course for example, would have been more fitting. Had I wished to change it, I could have done so, however my lazy nature prevented that. It is not very difficult, as many people do it. The procedures are available and just need to be followed.
academic quality of education activities	The scale is small in Lund, the courses in chemistry I participated in averaging 9 people. This indicates that the amount of personal contact with the teacher is much higher than in the Netherlands, where classes are mostly anonymous. The differences in teaching are apparent, the quality is very high. The organisation, both of the course and the study in general, are of sufficient professionalism.
counselling & support at receiving university abroad	As stated before, they are quick and eager with help. E-mails are normally adequately handled within hours, even upon e-mailing the wrong person first as they simply forward the mail. Upon personal contact they are friendly, and show appropriate know-how of the matters at hand. Nearly everything can be arranged quickly if needed.
transfer of credits	As my latest exam was on the 15 <sup>th</sup> of June and the deadline for this report is the 1 <sup>st</sup> of July, I have not yet had the possibility to look into the transfer of credits. Hopefully not too difficult.

<b>STUDENT LIFE</b>	
welcome & orientation programme	Super! They offer a broad orientation programme with sufficient time to find your way around. They offer introduction programmes and the various Student Nations offer a variety of activities. The mentor programme is a great way of getting to know new friends, and get to know to good places in town. I would highly recommend the starter course in Swedish language and culture in the first three weeks, not so much for its content as to get to know more people. All in all, the introduction weeks are part of the best weeks of the exchange in Lund, all you have to do is attend social activities and get drunk at parties.
accommodation	Easy to arrange for the spring semester, I got three accomodation offers. One from the faculty, which I accepted, and due to misunderstanding with the housing accomodation they send me two. All accomodations I have seen in Lund are what you would expect of housing for international students, placing them together in older flats. Adequate, not too expensive, nothing special. Don't expect any high-tech, most of the furniture is a mishmash of items, mostly from the cheapest source available.
leisure & culture	Sweden is a great country in regard to leisure and culture. It just takes some time to get to find your way around the student organisation system, which is a remnant of old times. Investing a bit of time to get to know it will eventually result in discounts in special Student Nation-runned bars and clubs, and is highly advisable. The city itself is beautiful and is a typical student city with all sorts of activities. It is very close to Copenhagen, 20-30 minutes by train, and Malmö. Around the city itself nature is abundant, including small islands, long coastlines, forrests and larger national parks.
suggestions/tips	Studying is important as well I guess... On a more serious note, if your finances can support it, go do some travelling along the Baltic coastline. No visa is required for St. Petersburg if you travel there by an arranged ferry



trip, and you will find a lot of eager companions for some sight-seeing. Lapland is beautiful in winter, and nature is abundantly present in all of Sweden. Stockholm is great for culture, and Europe is small. The airport of Copenhagen is around the corner, and travelling by plane is often the cheapest suggestion. Many internationals from especially the Americas go visit other metropolises in Europe, such as Madrid and Paris, as it is easy and fast.

## CONCLUSIONS

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

Most definitely, it is a great destination for exchange. The university has a lot of experience with international students, and that pays off. Everyone speaks English, which makes communication a lot easier. Everything is well arranged, information can fairly easily be obtained. Sweden is a very good country to live in, on all aspects that are important for student life. See above for further details.

do you have any additional advice or comments?

Admittedly, I saw the exchange as a social investment in myself, not exactly my best perk, and not so much of an investment in my study. If you regard an exchange only as an investment in study I would not recommend going at all, the Netherlands is very solid for that. I learned a great deal, about other cultures as well as myself, and I think that is the main purpose of an exchange. Last thing, do not expect a lot of contact with locals if you do not actively seek it. You end up in a weird sort of subculture, that of international students. It is a mingle of all sort of people from different backgrounds, a very fun experience. If I can I go on an exchange again in my masters.



## UU Report form - Erasmus 2013-2014

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> gerdakamsma@hotmail.com
faculty/college	Nanomaterials: chemistry and physics
level	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD
name degree programme	Nanomaterials: chemistry and physics
destination city & country	Lund, Sweden
name host institution and/or company/organization	Lund University
purpose Erasmus grant	<input type="checkbox"/> courses <input checked="" type="checkbox"/> research <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	01 / 12 / 2013
return date (dd/mm/yyyy)	30 / 05 / 2014

### preparation

#### exchange/placement application process

Before I left to Sweden I signed the wrong forms so it took me longer than expected to apply. After everything was handed in the right way, the money was there soon. It is a lot of forms to fill in and it is not always clear what to sign.

#### counselling/support at home university

For me a lot was clear due to a conversation with Samia Ouhajji. She had been to the same group and could tell me a lot about Lund and the department. Also Albert Philipse had a lot of information.

#### academic preparation

In Utrecht I already started with this research program, so I already prepared some experiments and had read a lot before going to Lund.

#### language preparation

I didn't do any language preparation, in Sweden everyone speaks English, so no language preparation is necessary if you know English.

#### finances

In Sweden, everything is expensive, even more expensive than I expected. For example for food, usually in the Netherlands I spend 5 euro's per day, in Sweden this was almost the double for the same products even at one



of the cheapest supermarkets. Alcohol, meat and extra's like candy and crisps are way more expensive than in the netherlands. The scholarship is more then welcome, and it does not cover all the extra costs, so I had to take some of my saving money.

**study/placement abroad period**

study programme/work plan (concerning content and organisational issues)

In Lund I did a research programe which is part of my masterthesis. The subject is adsorption versus bulk aggregation of silica particles on a silica surface in water. This was done at the physical chemstry department in Lund. The lab there is very organised and the people are very open to explain you anything.

academic quality of education/placement activities

The quality of the research group is very high, the PhD students are very motivated and ready to explain and the professors have a lot of knowledge and their doors are always open.

counselling/support at host institution/organisation

I had a lot of support from my supervisor Lennart Piculell, and also the secretary is very well organised. Everyone is ready to answer your questions and if you have a problem it is solved before you know it.

transfer of credits

Still has to happen

**student life**

welcome/orientation programme

I had a nice welcome in the lab and did not participate in any other welcome programme.

accommodation

Ihad a very nice accomodation, an international student corridor arranged by the department. It was fully furnished and 400 euro's per month. It is clean and spacious and very nice that there are a lot of chemistry students in these corridor's.

leisure/culture

I participated in a Swedish student orchestra, where I learned some Swedish but also some traditions. For example Swedes eat warm food for lunch and preferably also for breakfast. Also I went to Valborgdag, a celebration with big bonfires. Furthermore I went to visit Malmö a few times (15 minutes by train) and Copenhagen (45 minutes by train). The island Ven is also nice to go.

suggestions/tips

If you want more the typical Swedish nature (forestry, hilly) you can travel more north, there are several nice places.



conclusions
would you recommend this host organisation/destination to others? please explain
Yes, the environment was great, a lot of students and very international oriented. Everyone speaks English, and it is very well organised. I had a lot of fun!
do you have any additional advice or comments?
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