



## UU Report form - Erasmus 2019-2020

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	Aberystwyth, Wales
how did you travel to your destination?	Plane and coach (meet-'n-greet service)
name university abroad	Aberystwyth University
start date	23 / 09 / 2019 (dd/mm/yyyy)
end date	21 / 01 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

It was pretty easy, you just followed the instructions. However, when I was 'chosen' to go to Aberystwyth we were supposed to receive an email from Aberystwyth University about the application to their university, but this did not come. So, I emailed international office about it and they solved it.

#### counselling & support at Utrecht University

The international office was very helpful with problems that I had deciding on my destination as well as the application process itself.

#### academic preparation

I did not do anything for academic preparation apart from looking at what modules the different Universities had. You need a certain amount of ECTS and I looked if there were enough modules that I would like to take so that I would have enough credits.

#### language preparation

I did not do anything special since they speak English here.

#### finances

I saved a lot of money before I went, so that I could just enjoy my time here and not miss out on stuff because of money problems. I also applied for the Erasmus+-grant and switched my Student OV to a monthly compensation. I also got a new debit- and creditcard that I could use in foreign countries without paying an extra fee for changing valuta.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The modules that I took were Psychology of Humour, Forensic Psychology and Drugs & Behaviour. Those modules were each 10 ECTS so I only had to take 3 modules. It was easy to register for modules, but you can only do it once you have arrived here.

#### academic quality of education activities

The academic quality is about the same as in Utrecht. The assignments are very different though. You write a lot of essays for course work and the exams are also different. I only had one exam and it was an essay exam. This is very different from anything that I had done in Utrecht, where I have only had multiple choice or open



answer exams.
counselling & support at receiving university abroad
The support here is great. You have a student mentor as well as a tutor that is a teacher that you can ask questions. And the person from the psychology department that helped the international students was also very helpful.
transfer of credits
This has not happened yet, so I don't know.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme was really nice. There was a 'Fresher's week' where you were introduced to the university, departments and the campus. However, the week is very focused on first year students so some of the stuff was kind of not applicable or useful for me. There was also a society fair, this was great and I would definitely recommend going there. All societies have a stand so you can talk to the members and see what they do.
accommodation
The accommodation that I was in was really great. I lived in Pentre Jane Morgan (PJM), which is a sort of village of houses of 5 or 6 people close to campus. I came here with a friend and you were able to say that you would like to be in the same accommodation as others when you apply for accommodation. My friend and I were on the ground floor and shared a bathroom and there were 3 guys upstairs also sharing a bathroom. Our house was a mixed house, but you can give preferences if you do not want to live with the opposite gender. The rooms were a bit cold sometimes so bring things to keep you warm, e.g. blanket, warm clothing. PJM is up the hill where campus is, so that is great, but the town is down hill so you had to go down for groceries. Accommodation here is quite expensive, but I think it was worth it.
leisure & culture
They have a lot of societies here, which I think is the best. You only need three people for a society so there are a lot of diverse societies. I joined the Kpop society and I met the friends that I hung out with the most because of the society. It is just nice to meet all kinds of people with the same interests and you do a lot of fun activities as well. The nature here is very beautiful and you can take hikes to see even more. There is a sort of nature park very close to the University which is also very nice. When you have an accommodation from the University you also get membership to the gym and you can follow all classes for free, which was great. There is also a room on campus that you can use by reserving the room (for free) which has a beamer that you can link with your laptop via HDMI as well as beanbags. It is a lovely room that has multiple uses.
suggestions/tips
I would not recommend seafront accommodation, because it is down hill so you have to walk up the hill for about 30 minutes if you want to go to campus. And when I was here, there were a few storms where it could be a bit dangerous for people in seafront, so they had to keep their windows closed and enter via the backdoor for a few days. I really recommend joining a society because it is the easiest way to meet new people with the same interests as you and to make new friends. There is a restaurant (lunch place) called tatws that has great food and fusion king is also a great place to eat and is very cheap. There are two ways to go up the hill, the 'normal one' that goes from campus to town and the other one goes more to the side of Aberystwyth. DO NOT walk that way, it is called/nicknamed cardiac hill by people because it is so steep, you can go there to watch how steep it is, but I do not recommend actually going up (or down) that hill.



Just enjoy your time when you are there. It really is nice there and I didn't want to leave.

## CONCLUSIONS

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

I would recommend this university because it was a great experience. Everything was nicely organised except for a few things where I had to mail them because I was afraid that they forgot me (which was sometimes the case so watch out for that). I met a lot of really nice people here and had a great time. However, because of the Brexit the procedure might be different as well as that you won't get an Erasmus+ grant if you want to go there.

do you have any additional advice or comments?

When you think that some communication takes too long, do not hesitate to email them. You might think that you are being impatient, but they can help you get a better overview and if they actually forgot than you have reminded them that you are still there.



## UU Report form - Erasmus 2019-2020

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	Aberystwyth, Wales
how did you travel to your destination?	Plane and Bus (pick-up service)
name university abroad	Aberystwyth University
start date	28 / 09 / 2019 (dd/mm/yyyy)
end date	12 / 01 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process was quite easy. The instructions are clear and if you have any questions, the international office will easily answer them for you. I was immediately accepted to my first choice, so I don't know about what happens when that is not the case.

#### counselling & support at Utrecht University

The international office in Utrecht is super helpful and always responded to my emails quickly and with clear answers. Because of the Brexit situation I had some doubts about where to go, but they informed me about what would be the consequences of my different choices and made it easier for me to choose where to go.

#### academic preparation

I did not have any academic preparation as far as I am aware.

#### language preparation

I did not need any language preparation, for they speak English in Wales.

#### finances

I saved money myself for the study abroad, applied for the Erasmus grant, changed my student OV to a monthly compensation and borrowed a monthly study loan from Duo to fund my exchange. I also got a credit card, which I can very much recommend you do as well if you have not got one yet.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I followed three modules during my stay here: Psychology of Humour, Forensic Psychology and Beginning of Modern Welsh 1. It was very easy to register and it was clear where to go when you needed help. I had no issues with this.

#### academic quality of education activities

The academic quality of the modules was similar to that in Utrecht. The method of grading is different here and there is more essay writing involved and no multiple choice exams. For Psychology of Humour I had to do an assignment and write an essay and for Forensic Psychology I had to write an essay and to an essay based exam, in which you write two short essays on the spot.



counselling & support at receiving university abroad
The counselling and support here was great. I had a tutor, who was a teacher, and a student mentor, so I always had someone I could go to when I had issues. Also, the psychology department here was very helpful and the international officer a wonderful lady, whom you could ask even the little things you might not ask the international officers in Utrecht.
transfer of credits
This has not yet happened.

**STUDENT LIFE**

welcome & orientation programme
We had a whole week of welcome activities when we came here. Some of them were mostly for first years, but also specifically for Erasmus students. There was a fair where you could see all the societies they have here and there were tours around the campus. In the end I really felt like I knew where to go and what to do for the rest of the semester.
accommodation
The accommodation here is fairly expensive, but there is a lot of support. For example, when something was broken, you could let the accomodation officers know and they would send someone to fix it within the week. What I did feel was a bit strange was that there were a lot of inspections, of the communal rooms, but also room inspections. I personally thought that was a bit much. I lived in Pentre Jane Morgan (PJM), which is at the top of the hill, like most other accommodations. The only accommodation which is down the hill, in town, is the seafront accommodation. I would discourage you to apply for this one, for you would have to walk up the hill for 30 mins daily to go to lessons. The application process for accommodation was clearly explained and not very difficult. It is important to note that you need a credit card to be able to pay for accommodations that doesn't have a to low limit. I had to ask my father if I could use his, because mine has a too low monthly limit. Also, it can get quite cold in your room, so be sure to bring warm sweaters and such. Especially in PJM, because it is quite old and not very well isolated.
leisure & culture
There are a lot of societies here and they work very different from the ones in Utrecht. The societies here are much smaller and much more specefic. For example, I joined the Kpop society and the Dog society, but there a lots of them and there will be something for everyone! I really liked that about staying here and made some really good friend through these societies. There are a few places where you cant go out in town and there is also a really cute cinema. On campus theres is also an arts centre with a theartre and such. Also, you have free acces to the sports centre if you live in student accomodations, so you can go to the gym, the swimming pool, or take lessons such as yoga and zumba.
suggestions/tips
The ceredigion coastal path is really beautifull to have a hike. I walked to borth, which is about 10 kilometres, with a friend and then went back with the train. The sunsets here seem to be beautifull every night, so I very much recommed watching it once at the seaside. Tatws has great loaded fries and potatoes and fusion king very good asian food. I can also very much recommend going up consitution hill to enjoy the view and have a slice of cake at the top. The climb is not very difficult and you can always take the little train on the way back. One warning though: there are no local busses on Sunday, I would very much advice you agians travelling with public transport on Sundays.

**CONCLUSIONS**

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



Yes, Aberystwyth is a very lovely town. It is not very big, but has all the essentials and the university is very welcoming to Erasmus students. The societies here are great and if you put a little effort in, you can be sure to make lot's of new friends. The people here, and in Wales generally, are very kind and are always willing to help you with whatever. The weather is not the greatest, but not much worse than in the Netherlands. The modules are about the same level as in Utrecht, so you should be fine in passing those. The teachers here are much closer to the students than in Utrecht, possible because the university is smaller, and you can literally email them with anything. Overall, I really loved my stay here and would recommend it to anyone who doesn't need a big city to keep themselves entertained.

do you have any additional advice or comments?

Feel free to ask the international office for my email to ask me any questions you might have about anything relating to doing an exchange to Aberystwyth! I am very willing to give you more tips and answer you questions!



## UU Report form - Erasmus 2018-2019

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> devriesineke@live.nl
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	Aberystwyth, United Kingdom
name university abroad	University of Aberystwyth
start date	23 / 9 / 2018 (dd/mm/yyyy)
end date	22 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

It was very easy to find out which documents I had to handle in and on which date. Aberystwyth University sent me the documents back very quickly.

#### counselling & support at Utrecht University

The support at Utrecht University was really good. I had to contact Utrecht University many times but almost always got an answer back within the same day.

#### academic preparation

I looked up the modules which I wanted to do. It's easier to do this beforehand but it is no problem to decide what you want to do if you are in Aber. Everybody is very helpful and they want to explain you everything about the modules.

#### language preparation

I didn't do any language preparation. Beforehand I was very afraid if my English was good enough. But as soon as you are here you get used to it very soon and you even become to think in English.

#### finances

I used my savings and I used the Erasmus money I've gotten.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I took the modules Drugs and Behaviour, Psychology of Humour and Forensic Psychology. This process went very easy for me because I already knew that I wanted to do these modules. You can sign up for the modules on a specific day for your department. The modules were all very interesting, there was a lot of interaction in the lectures. And I like that the teachers really know because of the small classes. I wasn't used to this in Utrecht because I always have lectures with around 300 other people. In Aber you feel that the teachers really know you.

#### academic quality of education activities

In comparison to Utrecht I found it quite easy. I noticed that they go through the content of the module very slowly compared to Utrecht. Sometimes it was a bit boring for me because I already knew a lot because of the modules I took in the Netherlands, but on the other hand it helps you to understand it really well.



counselling & support at receiving university abroad

The counselling and support at Aberystwyth University was really good. I got a lot of emails if I was glad with my decision about the modules and you can always stop by their offices if you have any problems.

transfer of credits

I don't know. I'm still waiting for the transfer.

## STUDENT LIFE

welcome & orientation programme

There was a big welcome week. One day there were a lot of societies who represented themselves. The other day there were activities for internationals to get to know each other, I would really recommend this event because there I met most of my friends here. However a lot of activities are for Fresher's so you don't have to go to these activities.

accommodation

I lived at PJM. The houses are old, also the shower, only the kitchen was very modern. Thereby, I really missed a living room, you can only sit at the table kitchen. However, if you have nice roommates it's totally fine and to be honest I was only in my room for sleeping. I was at the houses of my friends a lot.

leisure & culture

There are a lot of sports societies and other societies you can join. I joined the Erasmus Society and the Hiking Society. I would definitely recommend these societies because I met most of my friends there. There are also free buses which you can take in the weekends.

suggestions/tips

I would definitely recommend the hiking society if you like to do something and if you like the nature. The people in the society are really nice and the hikes were so beautiful. I'm very glad that I joined this society, I think that the socials and hikes of the hiking society were the best times I had in my Erasmus.

## CONCLUSIONS

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

Yes I would recommend everybody to study in Aberystwyth. The level of education is a bit lower, but I found this actually very relaxing. I had time to go on a lot of trips and make a lot of new friends. It is very interesting to meet so many people with different nationalities. If you love a small city and the nature I would definitely recommend it.

do you have any additional advice or comments?

I would recommend to go to Edinburgh, Cardiff and Devil's Bridge. Next to this, go to all the international activities in the 'Fresher's week', that's where I met most of my friends.



## UU Report form - Erasmus 2017-2018

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

destination city & country	Aberystwyth, Wales
name university abroad	Aberystwyth University
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	23 / 01 / 2017 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Even though there was an overview of the requiring documents, I found it quite hard to find out what documents I needed to hand in at what time. It would be very useful to have an overview or some sort of agenda that shows when to hand in which documents.

#### counselling & support at Utrecht University

I liked the support from the university better. When I contacted the International Office, which I did many times, I always got a reply within a few days. The people were very friendly and helpful and this diminished my stresslevel.

#### academic preparation

I didn't really have much academic preparation. I looked at courses that interested me, but this was before I applied for this exchange programme. I didn't have to sign up for courses until I was there. This was a bit of a problem, because they put me in the wrong department, but eventually it was all okay. So there was not so much as academic preparation.

#### language preparation

Because I went to an English speaking country, I only had to do the English test, not a genuine preparation.

#### finances

Because I stayed in Europe, I got some support from the Erasmus Program and I also saved a lot of money myself.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

As I already mentioned, I didn't have to sign in for courses in advance. Once I got there, every department got a day to sign in for courses. They put me in the wrong department. Because of this, I couldn't be signed in to psychology courses. It took me a few hours to figure this out, because everyone blamed someone else.

Eventually, they got the so called 'permission' to put me in the right department, which made it possible to sign me in for the right courses. This whole situation made me very angry and sad, because I didn't know what to do after a few hours and I really tried to find the right person, but they were all just like 'No, I can't do that for you, you should go to ...'. And everytime I got there, they said the exact same thing.

#### academic quality of education activities



Compared to dutch Universities, it was all quite okay to do. A lot of writing, which I am used to, a presentation, which was scary because it was in English, but the content was not that hard and one exam which was quite easy to do. I think the quality was okay. It's more that the level of dutch universities is quite high, in my opinion.

**counselling & support at receiving university abroad**

The university offered a lot of counseling and support. Think of writing lessons and we all had a personal tutor; a teacher and a student. So in case of any academical problems, there was always someone to go to in case of any problems.

**transfer of credits**

I'm still waiting for the results of my exam, which was on the 12<sup>th</sup> of January. It is supposed to arrive on the 1<sup>st</sup> of March, but I don't know when the transfer will take place. Personally I think it takes to much time, because I'm supposed to be in the last semester of my Bachelor's Degree, but it would be nice to know if I got these points. Otherwise, I have to do another course.

**STUDENT LIFE**

**welcome & orientation programme**

There was a whole week with activities. we were invited for this, but we soon realised that this was for first year students. So, it was not interesting at all for us. Besides this, there was no such thing as a programme for international students. There were a few activities like a pizza night, but not a programme to get to know new students.

**accommodation**

I had a see view and it was all very nice. Nothing to complain about when it comes to the accomodation. The only thing that really bothered me was that the fire alarm was activated so many times. And it was just once for an actual fire.

**leisure & culture**

I really enjoyed the city, whit beautiful views and hills. It was said that all the other cities were so far away. But when we traveled around, I really enjoyed all the nature and culture.

**suggestions/tips**

I would have liked an introduction week for international students. I think a tour on campus was useful, just as the Erasmus activities. But it would have been nice to have some sort of introduction week for us, so we could get to know new Erasmus students. Now it was a bit later and everyone stayed around the people they already new.

**CONCLUSIONS**

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

Yes for sure. I really enjoyed my time here. It was actually nice that the level of education was a bit lower, so there was a lot of time to do nice things. I stink studying abroad is about so much more than just the university and this gave me a real oppportunity to live a life I normally don't have. It it so lovely to meet so many nice people and share an experience that no one will ever have in the exact same way. I would do it all again. Sometimes it's hard, but it's all worth it.

**do you have any additional advice or comments?**



**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	Erasmus

destination city & country	Aberystwyth, UK
name university abroad	Aberystwyth University
start date	02 / 10 / 2017 (dd/mm/yyyy)
end date	19 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process was clear and there was enough time to prepare all the documents. For me, it was also really good to fill out all the documents, because it gave me a better view of what was expected of me and what the universities need from you.

counselling & support at Utrecht University

The counseling and support was good. When you had any questions regarding filling documents, you got a quick response to your e-mails or you could just pop by the office.

academic preparation

I did not do a lot of academic preparation. I just made sure that I passed the modules that I had in my first semester in my second year, because in that period in my third year I was abroad so I could not do the modules again.

language preparation

I did not do language preparation. I did the language test that was required and that was it.

finances

I made the required financial plan and before I left in September, I made sure that my finances were in order.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The content was good. There were some things that I already learned in the Netherlands so there was a bit of an overlap sometimes. The organisation was good, but sometimes it was not completely clear where you had to be or what you had to do.

academic quality of education activities

The quality of education was good. The teachers were good and clear.

counselling & support at receiving university abroad

The counseling and support were really good. I received all the support and counseling I needed and when I had questions, I would get a quick reply. Even if they could not help me with my problem. They would refer me to someone else.

transfer of credits



I will not get my credits from the university abroad before the deadline, so I will not be able to answer this question.

## STUDENT LIFE

welcome & orientation programme

I felt very welcome at the university, everyone made sure you felt welcome. There was a big orientation programme where you could get familiar with all the activities that you could do, which I liked very much.

accommodation

Accommodation was good and clean when I arrived. When something needed to be fixed, help came very quickly. The room I stayed in was very cold though, since I was living at Seafront.

leisure & culture

There were a lot clubs you could join, which made for a lot things you could do in your leisure time. Also, there were a lot of pubs were you could have a drink. I liked the culture, I was a bit different than my own and liked that. I liked to see the difference between the cultures.

suggestions/tips

I do not have any tips or suggestions.

## CONCLUSIONS

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

Yes, I would recommend this university/destination abroad others, because this place offers a good combination of study, culture and leisure activities. There is a lot to do and the university offers good modules with interesting information.

do you have any additional advice or comments?

I do not have any additional advice or comments.



## UU Report form - Erasmus 2017-2018

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

destination city & country	Aberystwyth, United Kingdom
name university abroad	Aberystwyth University
start date	02 / 10 / 2017 (dd/mm/yyyy)
end date	19 / 01 / 2018 (dd/mm/yyyy)

### PREPARATION

exchange application process	The application process was quite a lot of work, but it was clear what had to be done, so this was not a big problem.
counselling & support at Utrecht University	Deadlines were clear and forms were given in time. What to expect and what to experience were also explained beforehand.
academic preparation	I followed none of the courses I chose before I left. The academic preparation started in the introduction week in Aberystwyth. This was not a lot of preparation.
language preparation	No preparation was needed. The language at the University was English and the language test was sufficient.
finances	I saved some money over the years. Together with the erasmus grant and a little loan I had more than enough to do all the things I wanted. Including travelling around other parts of the UK.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)	Registering for the courses is easy, as long as you register withing one department. I wanted to register for courses in two different departments, but this was very difficult. The content of the courses is okay. It was not hard and some of it felt repetitive from earlier years. It depended on the course how interesting it was. The difficulty is not a problem, almost everyone passes the courses. Communication within the university was bad however. I had multiple experiences which were very annoying.
academic quality of education activities	Aberystwyth University is the best in quite a few areas of education in the UK. Teachers are good. The lectures and seminars differ in quality, some are interesting and useful, others are useless and boring.
counselling & support at receiving university abroad	Counselling for exchange students are good. There is a personal tutor and mentor. There are many offices that can help in different situations.
transfer of credits	



At the date of the deadline of this report, the marks are not available yet. The marking of the exams takes quite a long time. Nothing can be said about the transfer of credits yet.

## STUDENT LIFE

### welcome & orientation programme

The first week of the programme was an introduction week. In this week the registration for the courses was done, but there were also fairs to sign up for societies and markets to buy stuff for accommodations. This week was fun with many activities and was good to get an overview of the city and university.

### accommodation

The accommodation was good. Especially because of the location which was a few meters from the sea. The only problem was that it could get cold in some rooms during the coldest weeks. The facilities and rooms were normal. Another positive point is the fact that all the rooms in my flat were occupied by erasmus students. This made it very easy to visit each other and eat together.

### leisure & culture

Aberystwyth is a typical student city. It has over 50 pubs, and it is almost always very busy in the town. Some of these pubs have live music and they are not expensive. There is not much culture in Aberystwyth, but there is a lot of nature surrounding the city. There are many opportunities to make beautiful walks or other activities such as surfing or teamsports.

### suggestions/tips

I would recommend the accommodation at seafront since it is near the sea and almost in town. Another suggestion is to join one or multiple societies. This way you get to know other people and get to do things you would otherwise never do.

## CONCLUSIONS

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

I would recommend to go to Aberystwyth because of the student experience. You get to meet many people from different countries. The reason to go to Aberystwyth is for partying, meeting many other people and to see a lot of the nature in Wales. The quality of education is normal, which makes it a good place to go to for a study abroad.

### do you have any additional advice or comments?

no.