



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)

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

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 th of January. It is supposed to arrive on the 1 st 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 where 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.