



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	Interdisciplinary Social Sciences
destination city & country	Lund, Sweden
how did you travel to your destination?	By plane
name university abroad	Lund University
start date	20 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process takes some time, since you have to figure out at which university you want to do your exchange and which courses will fit into your program, and you have to write a motivation letter and fill in a number of forms. Especially since the deadline is quite early in the academic year (at least when applying for the autumn semester), I would recommend to start looking at the application process early.

counselling & support at Utrecht University

The International Office at the FSW was very helpful in answering all my questions. They were also very quick in signing the required forms, which really helped to get everything done in time. I was also very happy with the general information meeting for all the upcoming exchange students, in which they informed us in a clear way which steps needed to be taken before the start of the exchange and what scholarships we could apply for.

academic preparation

Since I had already followed a lot of courses in English during my bachelor studies, I did not do any academic preparation.

language preparation

All of my courses were taught in English, so I did not do a language preparation for that. I did try to learn a bit of Swedish before my arrival in Lund via the DuoLingo App. However, most Swedes speak English very well, so learning Swedish is not necessary per se.

finances

Sweden is more expensive than the Netherlands, especially concerning alcohol and groceries. Rental prices are almost the same (sometimes even a bit cheaper) as/than in Utrecht. I would recommend saving some money before going on exchange, especially if you want to do some travelling during your semester abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed some courses from the gender studies department, which were quite interesting. It was nice to be able to get some more insight on the Swedish welfare state and look at some criticism on the Swedish reputation of being very gender equal. My courses gave me a broad spectrum of information, but did not fail to provide a critical look.

academic quality of education activities



Overall I think the quality of the courses was quite good. The amount of hours spent at university was almost the same as I was used to in my bachelor, so I did not have a lot of contact hours. This differs a bit per course and study area though. I was taking courses for exchange students, and I would say that the level was a bit easier than the level of my courses in Utrecht. This was in this case very nice, so I was able to have an active social life alongside my studies.

counselling & support at receiving university abroad

The staff of Lund University was very helpful. I got an email from my contact person, and whenever I had questions I was always able to get an answer from her. She responded very quickly.

transfer of credits

Credits were transferred normally. It is good to know in advance that the grades you attain during your exchange will be converted to a "pass" or "fail" on your transcript.

STUDENT LIFE

welcome & orientation programme

Before the courses started, we had a 2-week long orientation programme. This was a lot of fun and I would definitely recommend joining it! I found it very nice to have some time to explore the city and make my first friends during these weeks. You are also assigned to a mentor group, which is a great way to meet new people!

accommodation

It is quite hard to find accommodation in Lund, since it is a small town with a lot of (international) students. I would advice anyone to begin early with your search for a room. It is useful to sign up for LU Accommodation and AF Bostader, that both have a lottery for rooms. However, they don't have enough rooms for everyone, so it is also useful to look at rooms at the site BoPoolen (this is how I found my room).

leisure & culture

Lund has a vibrant student life, with over 10 'student nations'. These are student organisations that host events a couple of times a week, from club nights, to pubs, game nights and hikes on the weekends. If you become a member of one of them, you can join events from all the other nations as well. I would also recommend doing a novisch week at one of the nations and becoming active, if that is our thing, since it is a great opportunity to meet people and make new friends!

suggestions/tips

I would recommend people to become active of a nation, or maybe a sports team or a choir. This is a great opportunity to meet people and do fun activities. Also, ESN Lund organises some amazing trips that are definitely worth looking at, for example to Iceland and Lapland.

CONCLUSIONS

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

I would definitely recommend Lund for its amazing student life. There are a lot of students in the city and a lot of opportunities to make new friends. It is a cosy small city, which means that everyone is closeby. If I would have stayed longer, the city might have been too small for my preferences, but I think this was perfect for an exchange semester! Also the university in Lund is very helpful and well organised, which means there is one less thing to worry about.

do you have any additional advice or comments?

Even though it may seem scary to go to a foreign country on your own, I would definitely recommend going on an exchange! I have learned a lot about people from other countries and about myself. Everyone was very friendly and open, and also looking to make new friends, so you don't have to worry about that. Lund is a great destination with many opportunities to meet others, and is a destination worth travelling to!



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	Lund, Sweden
how did you travel to your destination?	By car
name university abroad	Lund University
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

I researched most of the universities in the countries I might wanted to go to. I however did not focus on the countries and cities themselves, but at what courses each university offered and which ones I thought had the most interesting ones. Furthermore I read the erasmus reports of the people who had already gone to study at the universities, which helped me a lot. If you inform yourself well enough, it is not too difficult to complete the application process.

counselling & support at Utrecht University

I did not ask for any counselling or support, but whenever I needed a paper signed I almost always got it back signed within an hour to a day.

academic preparation

I had not done any academic preparation. I did take a couple of English courses at the UU, but that was not because I wanted to go study abroad. It did help me practice writing, speaking, and listening to English in advance though.

language preparation

I did not practice any more English than I did before. What I did do was that I downloaded DuoLingo to start practicing a bit of Swedish. However Swedish looks a lot like Dutch and German, so it's quite easy to understand it without practicing beforehand.

finances

Luckily my parents enabled me to study abroad. Furthermore I had also worked a part-time job for years to save money and the Erasmus Grant helped me a lot as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had two SASA courses, which are courses for exchange students, and one regular course that was given in English. They were SASA16, SASA23, and PSYE21 (you can look them up online if you're interested). On the university website they constantly say it's very difficult to switch courses once you're there, but in my experience this is not the case. It's fairly easy if you just send an email. So don't be too worried about which courses you choose! (though of course you make it easier for yourself if you can stick with the courses you



picked out beforehand)
academic quality of education activities
The SASA courses were not of the highest quality. They were definitely fun and interesting, but for the one's I had, I didn't have to do too much. I had around 2-4 contact hours per week for those courses and for the regular course mainly 2 hours as well. This left me with a lot of free time, which is of course never a bad thing when you go on an exchange!
counselling & support at receiving university abroad
The contact people at Lund University are very open and nice. They also responded very quickly whenever you had a question and always let you know beforehand if there was a period of time where they weren't able to respond to emails.
transfer of credits
If everything goes according to plan, Lund University will send the transcript of records to me in February. Since the semester ended at the end of January, they (probably) don't take too much time with this.

STUDENT LIFE
welcome & orientation programme
They had a very extended welcome and orientation programme. It enabled everyone to get to know a lot of people and it definitely made sure you wouldn't feel alone in at least the first two weeks of your stay abroad. You're also divided into mentorgroups, between which you are allowed to switch, with whom you will probably interact quite a bit the first month of your stay.
accommodation
It can be tricky to get accommodation in or around Lund. The university only has a limited amount of spots for exchange students and if you're from within Europe, there is a big chance that you won't get one! Luckily there are other sites to help you, such as BoPoolen.se and afbostader.se. The latter one sometimes has a lottery which can help a lot. With the first one you just have to respond to as many rooms as possible and then you're bound to get a response from at least a couple of people.
leisure & culture
Lots of Fika! If you don't know yet what it is, you'll learn soon enough once you're here. The Swedish culture is quite similar to the Dutch one in my opinion, so you won't get too big of a culture shock. Just make sure to say tack or tack så myckat when people have helped you to keep a polite image.
suggestions/tips
Make sure to join a student nation (if you don't know what this is, don't worry, it will be explained properly when you're there) and/or a sports association. This will make it a lot easier to meet new people

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I definitely recommend both the university and the destination to other people. It is such a lovely country and city! It's also not too busy, it's very close to Denmark (literally within an hour by train)
do you have any additional advice or comments?
Got to as many coffeeshops as you can! They have a lot of lovely one's (though I suggest you definitely visit Old Town's and Ebba's, they are definitely worth the visit). Also make sure you obtain a bicycle for your stay. Although Lund is really small and you could walk to most places, it's a lot more convenient to have a bike. Lastly make sure to follow all the student nations and ESN Lund on Facebook. They organise lots of fun activities and they are all posted on Facebook.



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

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	19 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for an exchange study you had to give a top 3 of destinations with a motivational letter based on your destinations. You need to apply before the 1st of December. After this application you received your final destination at the end of January from the sending university. After this selection the application process goes further at the receiving University. Applying for your courses, housing etc.

counselling & support at Utrecht University

The International Office of the social sciences offers really good support and counseling during and after the application period. They give a presentation before the application to explain why people go study abroad

academic preparation

For Lund University you didn't need further academic preparation. Only for the Erasmus grand you had to take a language test to test your level of English in grammar, vocabulary, reading and listening.

language preparation

Only for the Erasmus grand there was a language test. See above.

finances

Sweden is quite expensive compared to the Netherlands, but it was less expensive than I expected. I saved a lot of money and received the Erasmus grand.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied at the faculty of social sciences. Lund University offers special courses only for exchange students. I registered for one course that wasn't in the city of Lund, but at the campus in Helsingborg, which is 30 min by train. The faculty of Strategic Communication is at the campus in Helsingborg.

academic quality of education activities

The courses that I followed were easier compared to the courses that I followed back home. For every course I had to write an essay or paper, or work on a group assignment. I didn't had any written exams as we have in Utrecht.

counselling & support at receiving university abroad

Lund university has a good international office, and from the faculty you also receive a coordinator who helps you with all the questions related to study.



transfer of credits

The type of credits is similar to the Netherlands. All my courses where 7,5 credits.

STUDENT LIFE

welcome & orientation programme

There is a special arrival day where all the new exchange student will be guided through the administration, housing, bedlinen etc. The universtiy offers different activities in the first two weeks to get to know the city, environment, university and the student life. Also the Nations organize some introduction parties to welcome the students.

accommodation

There are many options to found housing in Lund. You have LUaccomodation, but they offer first the rooms to students outside of the EU. Afbostader is a bigger student organisation that offers housing.

leisure & culture

The Swedish culture is quite similar to the Dutch culture. There are some other rules about alcohol and smoking. The university also has a acadamic quarter what means that every class starts 15 min later then on your schedule. One of the things that makes the student life in Lund special are the Nations. This are student associations were you can become a member of. They offer a lot of possibilities to make the most out of your exchange period. They throw parties, lunches, activities etc.

suggestions/tips

Start early with administration for housing, because from some of my friends experience it is hard to find a room. Join a nation to make the most out of your student life in Lund, and buy a bike. Lund is a small city and everyone bikes everywhere.

CONCLUSIONS

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

Yes definitely. Lund is a small, cosy and real student city. The student life in Lund is welcoming for exchange students and everything at the University is well organized. From the arrival day to a farewell reception.

do you have any additional advice or comments?

NO



UU Report form - Erasmus 2019-2020

faculty/college	Faculteit 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	Lund, Sweden
how did you travel to your destination?	by plane
name university abroad	Lund University
start date	20 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

I had to fill in a lot of paperwork and I got tons of emails from Lund University. After a while I got confused by all the emails, so one tip: keep all the emails ordered so that you won't miss anything important! But after all it was very clear what you had to do and the International Office and Lund University help you out with everything.

counselling & support at Utrecht University

The people who work at the International Office are very kind and help you with everything. I didn't get that much help, but the help I got was always useful and fast.

academic preparation

To prepare for Lund University I didn't do anything, since my English level was already good and the academic level is almost the same as in Utrecht University. Some courses were of a lower level than UU and one other was higher.

language preparation

To prepare for Lund University I didn't do anything, since my English level was already good. Everyone there speaks English very well, but the level of English is not that high that it is too hard to communicate with everyone in Sweden.

finances

I worked a lot and saved around 2000 euro's myself. I also saved some money from a loan and from my parents. Also, with the erasmus grant I had enough money to pay my rent and living.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the first two weeks I followed the course 'Swedish: Introductory Course for Exchange Students (SASA11)' which was designed for international students who want to learn a bit Swedish in the beginning of the semester. The course took 2 weeks and was really fun. I even got 3 ECTS points out of it, so don't forget to put this course in the list of courses you want to follow, because it is easy, fun and you get 3 ECTS points for "free"! Also, I took the course 'Genderstudies: Gender, Social Change and Modernity in Sweden/Scandinavia (SASA16)'. It was a nice course, only because I thought the literature was interesting. However, the quality of the course was very bad. The teachers were very unmotivated and bad and the seminars were all the same and very



boring. Thus, I would and would not recommend this course... only if you are motivated enough to read the literature yourself and don't bother getting no benefition out of the seminars and teachers... Furthermore, I followed the course 'Psychology: Consciousness, Altered States of Consciousness and Parapsychology (PSYE21)' which was one of the best courses I ever had. It was for half a year and we had one teacher, who was an intelligent, good but interesting teacher. His lectures were very interesting, but he put a lot of pressure on us. The course was challanging, but definalty worth following if you are interested in this area. At last, I followed another SASA course; SASA27, which was quite boring and the same structure as SASA16. I decided to quit SASA27, since I didn't needed the points.

academic quality of education activities

The quality of the SASA courses is very bad, so think about if they are worth following or not. In my opinion, if you want to have anough time to do fun activities and so on after class, go for some SASA courses, since you don't need to do that much for it and since it is very easy to get a good grade. The PSYE21 course is pretty tough, so you need to study a lot and be very motivated for it, otherwise you can fail... The quality of it is a bit higher than at Utrecht University.

counselling & support at receiving university abroad

My coordinator was very kind and helped my if I needed her. I didn't needed that much support or counseling so I can't tell anything more than that Lund University is wel organised and helpful.

transfer of credits

I just finished my last take home exam so I have to wait for my grades and thus for my transfer of credits. I think it's gonna take a while, since I got an email that it could take around the beginning of february.

STUDENT LIFE

welcome & orientation programme

This was really fun. I met a lot of people and most of my friends in those two weeks and everything was well organized. They arranged a lot of fun activities, like hikes, gamenights, a lot lot parties and much more. So don't miss this week, since you will meet most of the people over there and you will have the opportunity to enjoy the last summerdays.

accommodation

I was very lucky that I found an accomodation via bopoolen.nu, which is an housing organisation like kamernet.nl. I signed in too late for the Lund housing accomodation, which you really need to be on time with (the exact minute the website opens, somewhere in the beginning of june I think, you have to sign up that minute). So do not only sign in for the Lund housing accomodation, but also search on the website bopoolen.nu. This website is save (but still be cautious, check if the landlord really exists and otherwise ask for his/her swedish number). My landlady was the best. I lived above her home with 5 other students in the middle of the city and we were like a family. I think I was very lucky, since I've heard a lot of awful stories about weird landlords and scammers, so be careful with the landlords! Also, start searching for a room as soon as possible. It is very hard to find a room and I've heard from some students that it took them so long they even had to change from rooms a few times.

leisure & culture

I joined Lunds nation, but after all I wasn't active at the nation at all. But you can! I didn't join a choire, but I know it is a real thing there, so if you like to sing I think it is really fun to join. Also, it is normal to join a nation, but I think for exchange students it is a bit harder to get very active, since a lot of active students in the nations are Swedish and they talk a lot in Swedish around you, which makes it harder to be part of the group sometimes. I eventually travelled almost every weekend and this was so much fun. Sweden is an amazing country which has a lot of beautiful cities and nature, so go around as much as you can! I also went three times to Norway which was soooo nice. Go to Bergen and hike around. Oslo has also beautiful forests with hiking trails. I also went with ESN to Lapland (Levi, Finland) which was the most beautiful trip I ever did. Check ESN



when you are in Lund, because they offer a lot of nice trips. And if you want to see to Nordern Lights, go to lapland, it's amazing. Furtermore, you will hear the word FIKA a lot, since it is really a thing in Sweden. It is just having a cup of coffee and cake with friends, but they give a name for it.

suggestions/tips

Go traveling as much as you can, since now is the time. Also, make lots of friends but invest in a few truly good friends, since that is much more worth it. I made so many friends, but the one's that were really close to me will stay my friends for a longer time I believe. Also, see this exchange as an opportunity to start again, do things differently than at home, enjoy and give yourself enough time to chill and relax since you are a few months away from all the chaos and obligations at home.

CONCLUSIONS

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

Yes yes and yes. Lund University is very well organized and Sweden is very safe and an easy going country. The cities are great and the nature is amazing. Traveling in Scandinavia is easy and it is worth visiting every country over there. I had an amazing time over there, because of my accomodation, friends, some courses which I liked and all the freedom I had over there. So go, you are gonna love it.

do you have any additional advice or comments?

Keep your emails well organized, since you are getting a lot from Utrecht- and Lund University. Also, start directly searching for a room, both at bopoolen.nu and at LU accomodation. Furtermore, see this exchange as a chance to do what you always wanted to do, change your way of living or find a new hobby. And ofcourse, travel till your money is gone... ;). Before you know it you are home again...



UU Report form - Erasmus 2019-2020

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

destination city & country	Lund, Sweden
how did you travel to your destination?	By plane (to Copenhagen) and train (to Lund)
name university abroad	Lund Univeristy
start date	20 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

Although there were many steps to follow in order to apply for exchange, Utrecht University was helpful in providing information events, sending emails and responding to all of my questions.

counselling & support at Utrecht University

Especially before my departure I definitely received a lot of support. My emails were usually answered within the same day and if there was anything I needed I immediately got help!

academic preparation

University wise, apart from the grading system, Lund is quite similar to Utrecht. Therefore I didn't really need to prepare academically. All useful information about what the academic world in Lund is like was sent to me by Lund University itself.

language preparation

Through OLS I could learn some basic Swedish, which was a really fun way of preparing for my departure. It already brought me 'in the mood', eventhough it wasn't necessary for me to actually learn Swedish. I also took introductory Swedish language courses in Lund, so having some pre-knowledge definitely helped me with that.

finances

The Erasmus grant was really helpful and I didn't worry a lot about my finances during my time abroad. Sweden is known as an expensive country, but I think it's similar to Dutch living standards, depending on how you spend your money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I was really happy with the choices I made for my study programme. It really fit with my interests and I enjoyed studying in an international environment with people who share the same interests. Choosing courses was at the beginning quite challenging because there was a lot to choose from (there were even special courses designed for international students coming to Sweden), but luckily my exchange coordinator in Lund was there to advice me when I needed help. It was also clear to me what was important to take into account when choosing courses and what kind of requirements there were for exchange students coming to Lund.



academic quality of education activities
Lund University provides good education with - as far as I can judge - teachers who are excited to teach you about their field of interest. Also, teacher-student relationships are less formal in Lund, so teachers were more approachable in a way. There was always a nice atmosphere in class and during lectures, and I really felt like I was engaging in the group, rather than simply being one of many students.
counselling & support at receiving university abroad
Lund University sent a newsletter every month - similar to Utrecht University - with general information about what's going on in Lund University and Lund itself. This was a helpful way of integrating more in the student and city life. There was also a Facebook page designed for international students with a lot of tips and news about what's going on in Lund and places nearby.
transfer of credits
In Lund they use a different system when it comes to grading (based on letters, not on numbers), but the credits work the same way. I followed two courses in total, each 15 credits. The grades I received will eventually be turned into a pass or fail on my Dutch degree.

STUDENT LIFE	
welcome & orientation programme	Lund University provided many activities during the two (!) introduction weeks. There was a general Arrival Day on which mentors and staff members of Lund University guided and welcomed you in Lund. You could also join a mentor group if you wanted to, in order to get to know some people before your courses started. I am really happy I took part in all these activities, because it definitely helped me to go through the whole process of getting adjusted to the new environment. Besides, I already made many new friends during that period!
accommodation	Lund University provided accommodation for international students, but unfortunately only to a limited extent. As I was not selected in the general lottery of rooms, I ended up looking for accommodation myself. Luckily I found a private accommodation on time through one of the websites that offer rooms as well (BoPoolen). I had a great experience living there!
leisure & culture	Culture wise, Lund is similar to Utrecht. It's a great city to live in, especially since there are so many students. A lot of activities and facilities are there to support student life and because it's also quite small, you feel at ease before you know it. The Swedish mentality is a little bit more reserved than the Dutch way of interacting I would say, but luckily the younger generation makes up for this. Besides, the fact that many Swedish people have excellent English skills makes it easy to interact with them and ask for help if needed.
suggestions/tips	Try to engage with people coming from your host country as well besides hanging out with other internationals. It's a great way to learn more about the culture of the country you live in and about how the citizens themselves experience living there. It could also be fun to try to speak the language, people appreciate it if you try (there are several Language Cafes you can go to during the semester!).

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Absolutely! Go to Lund if you want to have a wonderful Scandinavian experience. It's so much fun to meet people from all over the world in an environment so cosy and beautiful. The lovely people I met kept me warm during the dark winter season (which was not as bad as I expected it to be by the way - you will survive).
do you have any additional advice or comments?	



Try to say yes to as many activities as possible and enjoy the freedom of being in a new environment where everyone is new to you - and the other way around. Before you know you have a social network full of great friends to have fun with. Also, try to see something of the region you're in: the southern part of Sweden has a rich history and there is a lot to discover!



UU Report form - Erasmus 2018-2019

faculty/college	Faculty of Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Science
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

This was a lot of paperwork/filling in forms, but overall pretty clear and doable.

counselling & support at Utrecht University

Very good. I could always email the International Office or visit them, and get fast and clear answers. They also send a few emails before, during and after your exchange (nieuwsbrief international office) with information and things to remember, very handy!

academic preparation

I did not need any academic preparation.

language preparation

All my courses were in English, and I did not need extra preparation for this. Also, in Sweden almost everyone speaks fluent English.

finances

Sweden is expensive. My housing, groceries, bike etc. were all more expensive than in the Netherlands. If you go by car; take your bike! It depends on your own choices how much you will spend. Most exchange students make a lot of trips (Norway is super cool, but even more expensive) and do a lot of fun activities, which all costs a lot. It is worth it though. I managed with the Erasmus grant, my public transport compensation, my student loan and some personal savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There are SAS courses (Special Area Studies) which are special courses for exchange students. All my courses were SAS. It's nice that you are with other exchange students, easy to get to know others and teachers are a bit more flexible. I, however, would have liked to have courses with Swedes and see how their regular programmes are. So I would recommend to pick at least one regular course. Really think about the courses you pick (also second and third choice), because it can be quite hard to get your first choices or to change courses.

academic quality of education activities

I think the quality of the SAS courses was lower than courses at Utrecht University. Especially the workload, it's not that much (two 100% courses at the same time was doable). The readings were a lot, but since I had only take home exams and presentations, it was no problem to (only) read the things you needed for them later. All



the courses had only one teacher doing everything (but there were no more than 30 people in a course), and I did not like that. Most of my teachers did not really have structured working groups, but let us do the work and discussions, without making clear in the end what was good/bad or important. In one of my courses the teacher did almost nothing and no one knew what we had to do, but I think that one was just a really bad exception. Important for the social science courses is that in Lund humanities and social science are together under the social science faculty, so two of my courses (about gender, migration) had more of a humanities (philosophical) approach than a 'science' approach. We had to read books and discussions instead of research articles (which I'm used in Utrecht). I personally did not like that. Overall, I would recommend following at least one regular course (not SAS), and choosing SAS courses of which you really like the subject and which is something slightly new to you (since they do not go very in depth). Also, consider the Swedish language courses. I regret not learning more Swedish and they sounded fun.

counselling & support at receiving university abroad

This was very good. The coordinator replies very fast on emails. They have a lot of counselling/support institutions and persons and make it clear when and where to go if you need it. Arrival day and the introduction weeks are also very helpful.

transfer of credits

This has not happened yet. I think it will go okay with the number of ECTS, but I am wondering how they will translate the A, B, C etc from Sweden to grades in Utrecht. I also do not know how the courses will appear on my diploma. Might be a good thing to ask before you go on exchange.

STUDENT LIFE

welcome & orientation programme

This is very good and well organised. On arrival day you get picked up from the airport, get all the information you need and then they bring you to your accommodation. After this there are two orientation weeks with cultural/sightseeing activities and an ikea trip organised by the international desk of the university, you get a mentor group and some activities organised by the university, and all student nations and other associations have speed dating, parties and a lot of other activities. In these weeks you can also follow the SUSU introductory Swedish course for 3 ECTS, which I highly recommend to learn some basic Swedish and make a lot of friends!

accommodation

This is very hard to find in Lund, especially in the fall term. Make sure to sign up as soon as it's possible (the minute after it opens) for LU Accommodation (university housing). A bit later (last year it was in July) AF Bostader (biggest housing association) has a lottery, so make sure to sign up for this too if you did not immediately get accommodation through LU Accommodation. I was placed on the waiting list for LU Accommodation, so signed up for the AF Bostader lottery and was very lucky with a good place on their list. Then I got even more lucky, since I got a room offer through LU Accommodation, so I gave up my lottery place. I lived in Eddan, which is a bit outside of the city center, but Lund is small so everything is bikeable. I really liked it there and made a lot of international friends.

leisure & culture

There is so much to do, and it really depends on yourself where you end up. Lund is a city with a lot of internationals, and the Swedes are very good in English, so you are (and feel) welcome everywhere. Fika (drinking coffee/tea with a piece of cake or something else that's sweet) is a big thing in Swedish culture, so you'll probably do this a lot. Also, going in nature and hiking is a nice way to fill your weekends, they have good trails and beautiful national parks. You can visit cities like Malmo, Copenhagen, Helsingborg, Gothenborg, Stockholm etc., or go to smaller cute towns nearby. ESN organises trips to Lapland, Russia, Norway (yes, go visit the fjords!), Estonia etc. which are very cool, but of course you can also do this by yourself or with friends. Almost everyone in Lund signs up with Studentlund to go to nation activities, lunches, dinners and parties. They



also offer sports, but if you're more serious you can join a local sports team or one of the gyms (Gerdahallen, the university gym, is very nice and well organized with good group lessons).

suggestions/tips

Think well about the courses you pick, be on time with signing up for accommodation, arrive on arrival day and participate in as much as you can in the orientation weeks, do the SUSA course, plan some nice trips, and of course enjoy everything!

CONCLUSIONS

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

Yes. Lund is a small city with a lot of internationals, so you will soon feel at home. There's a lot to do for students, and you can go everywhere by bike! If you want to escape Lund for a bit, there are a lot of nice cities you can visit, nature to explore, or trips to make. The university is well organised.

do you have any additional advice or comments?

Go get something at Lundafalafel!



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

It was quite some work to get all the necessary documents for the application, but it was very clear what you had to do and the international desk was also helpful if you had questions. It's important to take into account that you'll be busy with the application process with some hours, but in the end everything was highly doable.

counselling & support at Utrecht University

Personally I didn't talk to anyone at Utrecht University to get some advice or support so I don't have any experience to share. I only experienced that the International Desk was very organized and fast to answer my questions through e-mail, which was helpful.

academic preparation

To come to Lund University, you usually don't need any specific academic preparation. I did not experience the academic level to be higher than in Utrecht.

language preparation

It's practical if your level of English is high enough to easily read and speak a lot in English, but I was already used to this in the Social Sciences faculty in Utrecht so it was not a big thing.

finances

The Erasmus grant for Sweden is quite high, the same as for any Scandinavian country. For me this was enough to pay for my groceries, drinks, lunches, etc. Apart from that, I saved some money to travel around Sweden and Norway (around 2000 euros, which was enough for some nice trips).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I only took SAS-courses, which are designed for international students and taught in English. I enrolled in: Introduction to the Middle East (which was nice and interesting), Religion and Politics (a lot of variation in the course, but superficial), Anthropology of the Contemporary Swedish Society (very basic and not recommendable if you already have a bit of anthropological knowledge) and Intercultural Communication (some interesting assignments/presentations, but also a bit superficial).

academic quality of education activities

I experienced the quality of studies to be much lower than in Utrecht and also much lower than I expected from a high-ranked university as Lund. I felt bored and therefore unmotivated almost all my semester and I didn't have to put in a lot of effort or time in the courses to still pass with high grades. In the beginning I thought this



was nice because you have a lot of spare time to spend on fun activities and to get to know your new environment and the new people. However, after around 2.5 months I got so bored I didn't enjoy university anymore. So I'd advise to take courses you have no prior knowledge about (at all), to keep it a bit more interesting.

counselling & support at receiving university abroad

The university employees are all super friendly and helpful, also quick to answer on e-mails.

transfer of credits

I don't know yet how this is going to work out, I have not received my transcript of records yet.

STUDENT LIFE

welcome & orientation programme

I arrived at arrival day with thousands of other international students. This was the beginning of a 2-week orientation program, filled with Swedish language lessons, city tours, speedfriending, hikes, fairs and much more. It was a really intense but also a really nice and fun period. It made you feel at home and get to know other people quickly. I'd definitely recommend going to Lund already in this period and not just when your courses start, because then you've missed out on a lot already.

accommodation

I got a room from LU accommodation, so via the university. I lived in an international corridor in the West of Lund, the neighbourhood was called Linero and the building complex Eddan. We were the first to live in my building (C) and this was so convenient as all the furniture was new and clean, same as all the tenants so everybody was looking to get to know each other. I made a lot of friends in Eddan, it was like a community. It was located relatively far from the center, but easy reachable by bike (in around 15 minutes).

leisure & culture

I enjoyed a Swedish dance course organized by the LTH faculty. The dance was called "Bugg" and it was a fun way to meet Swedish people as my building and courses were only filled with internationals. I also joined a Swedish orchestra ("Alte Kamereren"), which was more like a big band with a lot of nice and open people and an interesting way to learn more about Swedish student life. If you can play a suitable instrument, I'd recommend bringing it to Lund and joining the orchestra. They are used to internationals only joining them for a semester. They practice every week, but the conductor speaks in Swedish (just as with the dance course), so it's also a good way to practice your language skills.

suggestions/tips

Go to Lomma beach when the weather is still (or getting) nice, eat the chocolate cake in Ebba's café during a "fika" and join one of the nations to have endless possibilities in activities during the semester.

CONCLUSIONS

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

I'd definitely recommend to go to Lund, it's such a cute town with a cosy and open atmosphere. It's filled with students and therefore there is a lot to do. However, I found the university courses (for internationals) disappointing.

do you have any additional advice or comments?

I could recommend to go to the Gerdahallen as the gym, they have so many fun courses with motivating teachers! And for a hike is Kullaberg very beautiful.



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: imkesonneveldt@gmail.com
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input checked="" type="checkbox"/> yes:
	other (social) media	<input type="checkbox"/> yes:
faculty/college	Faculty of 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	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process	I started looking at the various destinations 1.5 year in advance of my departure. This gave me the opportunity to carefully consider all the options and to make the best possible choice. I began working on the final application 3 weeks before the deadline.
counselling & support at Utrecht University	The information about the application process on the UU website was very clear. I almost never had to contact the internal office for clarification of the available information, but when I did, they always responded very quickly.
academic preparation	I did not do any extra academic preparation
language preparation	All my courses were in English, and since I was already quite used to studying in English (lectures/writing papers in English/etc.) I didn't think I had to do any extra preparation. I did not learn Swedish before I left, because I knew I would have a Swedish course during the orientation period and I was accepted to the Swedish courses for exchange students as well.
finances	I had been saving up for my exchange for at least a year. I went to Lund with around 2000 euro of savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	I followed one psychology course that lasted the whole semester (for 15 ects) and two Swedish courses (level 1 and level 2). The psychology course was really interesting, but I only had 1 lecture of two hours a week. In my free time I only had to do some reading (but not as much as in Utrecht). My grade was made up out of three take home exams, which were of a high level.
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academic quality of education activities
In general, the study load was not that high. Me and most of my friends felt like we did not have to study as hard as at our home university. However, my psychology course was actually of quite a high level, but as it was only 2 hours a week, I still did not have to spend too much time on it. The Swedish courses were really easy and not that well organized, which I thought was too bad.
counselling & support at receiving university abroad
The international office of Lund university was really helpful and they always responded within a day (or two).
transfer of credits
The grading system for my courses were A-F. I had several A's, which were transferred to a 8.5.

STUDENT LIFE
welcome & orientation programme
The university has a very well organized Arrival day. You are literally picked up from the airport, put on the train, picked up at Lund train station and taken to the location where you have to register. Registration happened very fast and afterwards there were shuttle busses to drive you to your student housing. Next to the arrival day there is a two week introduction period, in which a lot of activities are organized, which is a great way to meet people.
accommodation
Lund has many locations with student housing. As Lund is not a very large town, it does not really matter where you are located as everything is accessible by bike. I lived at Eddan, which was one of the further away accommodations, but it was still only 10 minutes to get to the centre of town. I was able to get this room through the university, but you have to make sure that you apply the same minute registration opens, as there are thousands of students looking for university accommodation.
leisure & culture
Lund is well known for its nations, which are similar to the Dutch student associations. Once you join one nation, you are allowed to visit all the other ones as well. As all nations have several activities every week, there is always a party for you to go to (or a lunch, dinner, beer pong night, pub quiz, live music, etc..). You never have to get bored. In addition, ESN organizes trips to amazing places, such as Lapland, the Norwegian Fjords and St. Petersburg.
suggestions/tips
Lund student life is centered around the nations, so make sure you join one!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend Lund University to others. As it is a really big university, you are likely to meet people from all over the world. Next to that the university is well respected around the world (it is listed among the 100 best universities in the world), but you still have enough time to enjoy the amazing student life.
do you have any additional advice or comments?
Make sure you save up enough money, because Swedish life is expensive, and you are definitely going to want to experience it to the fullest!



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociology
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The deadlines and steps for the application process are very clear and even though it took me some time to go through all the destination options and write a motivational letter, the process went very smoothly. The course guides of Lund University are quite clear and well structured, which helps when planning your studies.

counselling & support at Utrecht University

The support of UU was good. I haven't really used that much counseling, but when I had any questions or needed a form signed, this happened very quickly.

academic preparation

Since most of my courses in Utrecht are in English, no actual academic preparation was needed. I believe that this counts for most studies, even if your English level is not that high .

language preparation

An English test is one of the steps in the Erasmus preparation process, but this counts more as a comparison for yourself. Apart from learning some Swedish words from a Swedish friend, I haven't done any language preparation.

finances

The combination of the Erasmus grant, public transport compensation, my student loan, some contributions of my parents and personal savings were sufficient to live a comfortable life in Lund. Even though Sweden is expensive, I had enough money to travel, go out and have fika (coffee and amazing Swedish pastries) often. The prices at the students nations are quite similar to Utrecht.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

One of the main reasons for me to choose Lund was the broad range of interesting courses. Half of my courses had to be social sciences courses, but there was plenty of room to choose other interesting subjects. The SAS courses are only for exchange students and are easier than in Utrecht, but still interesting and of an adequate level. I followed 'Environmental Studies and Sustainability Science: Concepts, Challenges and Approaches' and 'Entrepreneurship: Social Innovation - a Strategy for Sustainability', which I can really recommend. I still had to do quite a lot of group work, presentations and papers. My sociology course 'Sociology: Development and Social Welfare Policies' was of a slightly higher level and also very interesting. In Lund they work with courses of one term, but also ones that are one semester long, so be aware of how you plan them.



academic quality of education activities
The academic quality is slightly lower if you follow SAS courses, but since most of them are an introduction to subjects this is okay. If you want to learn more about a very specific subject of your own studies, I can recommend normal courses.
counselling & support at receiving university abroad
The counselling and support was pretty good. It was clear where you could go with questions and the professors were always helpful and kind. They are usually quite informal and open for suggestions. Whenever I sent an e-mail to my coordinator, she responded within one day.
transfer of credits
My credits have not been transferred yet, but two of my courses will be level 1 and the other level 2. They usually work with 7,5/15 ECTS in Lund, which makes it easy to transfer. The grades you get differ from E-A or 1-5, which is very dependent on the course.

STUDENT LIFE	
welcome & orientation programme	The welcome in Lund was vert well arranged. There were international mentors assisting you and your baggage from the airport to the registration office and even to your apartment. The orientation programme had a duration of 2 weeks and consistent of many activities, lunch opportunities and parties. You can choose to join a mentor group before you go, which is a good way to meet new people. Another fun way to meet new people and slightly integrate into the Swedish culture, is by taking the 2 week SUSA Swedish language course. I met a lot of people through this and feel like I actually learned some Swedish.
accommodation	Finding accomodation in Lund is quite hard. There are two relatively easy ways of finding a room if you're lucky: 1. Apply for LU accomodation and make sure that once the deadline opens you register and choose your top 5 very quickly (you can find all the different accomodations on their website). I found my accomodation through this service, but had to wait till August to get it. I lived at Sofieberg: very good location, new and a bit more expensive. Other good locations are Delphi and Parenthesen. LU accomodation is a bit more expensive, but very reliable so make sure to accept their offer once you get it! 2. Apply for the AF Bostäder lotery in the summer. You get a place in the lotery and if you have a good place you are first to choose from rooms. You still have to be very active in looking for a room here, but the prices are better. The other options are looking at Facebook pages, Airbnb and other sites.
leisure & culture	Student life in Lund is the best! Students are the majority of the population in Lund and you will definitely notice that. There are many student nations, which are open to everyone, that own the clubs, organize game nights, dinner nights, brunches, lunches every day, sports activities and basically all you can wish for. If you sign up with StudentLund you get access to all of them. Next to parties and fun and the nations, there is always something going on in one of the many corridors. Furthermore, Swedish people are really polite and kind and speak English extremely well. Joining a sports team or volunteering at the nations are good ways to get to know more Swedish people. Regardless if you know any Swedish people or not, make sure to have fika (coffee and sweets) regularly. There are many nice little cafes in Lund where you can hang out with your friends when it starts to get dark early. Swedish nature is very beautiful, so make sure to get a look around. In the beginning ESN/the University organizes multiple hikes and other activities to do so. During the last summer days, Lomma beach is relatively close and so is the Dalby quarry. ESN also organizes trips to Lapland (this was amazing) and other cool destinations in Sweden or other countries. There are also some volunteering organizations in Lund, which are good places to spend your time when you



are done having fika.

suggestions/tips

1. Join ESN and StudentLund, you won't regret it!
2. Make the most out of the introduction weeks by joining a mentor group, following the SUSU course and going to several activities.
3. Rent a car with friends and drive around Skane, Söderassen and Kullaberg are super nice national parks and easy to get to by car.
4. Go out in Copenhagen or Malmö once in a while, it's super close by train and a good break from nation parties once in a while.
5. Go to the icehockey games now and then, there are many in Lund and Malmö, and it's a cool experience.
6. Check out Hoppipolla and Inkognito for some good fika.
7. The main library looks cool, but there are many better study spots.

CONCLUSIONS

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

I would definitely recommend it! Everything is well arranged and clear at Lund University. They have many interesting courses in a lot of different subjects. Even though, the level is still slightly lower than in Utrecht, the quality of the education is very good. The city is small, but has a very nice atmosphere and the student life is great. A broad range of nationalities can be found among the students and because of all the facilities for students it's super easy to meet them. There is something to do every day at the nations and they make it easier to have dinner with friends or have an easy lunch. It is a good hub to check out other parts of Sweden or go to Copenhagen once in a while. Overall, I can say I had an amazing time and I can definitely recommend it to everyone!

do you have any additional advice or comments?

Be prepared for the darkness in the winter and make sure you are on time with looking for accommodation.



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	Sociology: Development and Social Welfare Policies. Scandinavian model of Equality: Gender, Class, Ethnicity and the Social Welfare state. Swedish for exchange students, level 1 & 2
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	12 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	I knew I wanted to go to a country where I could do my courses in English. Also Scandinavia fascinated me, so I orientated on Norway, Denmark and Sweden. After some research I found out that Lund is a real studenttown and everything is well organized at this university, so I decided to apply for Lund.
counselling & support at Utrecht University	If I had a question, the exchange office at Utrecht University would be very willing to help me and replied very quickly.
academic preparation	I didn't do any academic preparation, I was actually very nervous to do all my courses in English because I had never done that before. The first time I had to write a paper in English took me twice as much time, but the second time it already went so much better.
language preparation	The Swedes are probably the best English speaking people in the world, and I knew I was going to learn Swedish while I was there, so I didn't do any language preparation.
finances	I saved about 2000 euro and I knew that I could always borrow some money from my parents if needed.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	I followed the course sociology, about development of countries and the role of the welfare state. This was very interesting, but only for 3 hours per week and the teacher did not make use of Powerpoint and just read his paper so the classes weren't that exciting. I had to write two papers for this and read a lot, but it was not that much work.
academic quality of education activities	The courses were different in their quality. For example, the sociology course I followed, lacked, in my opinion, quality because the teacher was not using any powerpoint or different work forms. We just had to listen to



<p>what he was saying for two hours long and after that a group would present some articles, but you could just read your presentation from your laptop. The course about the Scandinavian model of equality was totally different and more focussed on sharing experiences and opinions about equality in your own country. The teacher was very (maybe a bit too) relaxed, also about presenting. Overall, the articles were sometimes hard to read and you had to read a lot, but it was all doable and I got great results back.</p>
<p>counselling & support at receiving university abroad</p>
<p>They were very helpful and if I sent a email to the international office, they would reply within a day.</p>
<p>transfer of credits</p>
<p>This went also very smooth and quick after I got back from Sweden.</p>

STUDENT LIFE	
<p>welcome & orientation programme</p>	<p>The introduction programme is very well-organized and you get a mentor group when you come to Sweden. On the day of arrival, you were picked up at the train station and brought to a building where you got some information about Lund and if you did not have a place to stay that night, something was arranged. The first two weeks were great and a lot is organized so don't worry about this!</p>
<p>accommodation</p>	<p>It was hard to find an accommodation, I didn't have a place when I arrived. First I stayed in an Airbnb and a lot of landlords want to meet you in person so after a few visits I got a room. I would say, start early with looking for a place, because in the last few weeks before your departure the search for a place is becoming more and more stressful. So make sure that you can stay somewhere for the first week(s) (a lot of Airbnbs have the option to cancel for free) and look from there! After a few weeks, everyone I knew who was looking for something, got something so don't give up!</p>
<p>leisure & culture</p>	<p>I didn't have a lot of hours I had to go to the university so especially in the first weeks, enjoy the sun while it's still there! We explored the regio, and biked to the beach, went to surrounding cities and had fika! This is a Swedish tradition: you drink coffee with a nice piece of cake while you're catching up with a friend. We planned something to do for every weekend, like going to Stockholm or other great cities in Scandinavia. I also visited the beautiful fjords in Norway and went to Finnish Lapland, I can recommend both!</p>
<p>suggestions/tips</p>	<p>-</p>

CONCLUSIONS	
<p>would you recommend this university/destination abroad to others? please explain</p>	<p>Yes definitely! Lund is a great studenttown with studentnations (comparable with Dutch student associations) where there is something to do every day, like lunch, dinner or parties. It's a small city, but everything is bikeable and the university buildings are very pretty. Besides, the climate is not very different than in the Netherlands so don't let this hold you back. Furthermore, the nature is beautiful in Scandinavia and I would surely recommend to enjoy this as much as possible. I'm going back for sure!</p>
<p>do you have any additional advice or comments?</p>	<p>Don't worry about money or your study, you're away for half a year and you have to enjoy that experience as much as possible! So don't let anything hold you back from doing stuff and plan the most amazing trips!</p>



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	Sociology
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
Application process was fine, motivation letter took some time. Utrecht University let you know quite quickly whether you are accepted or not (I have heard stories from others where it lasted until at least April)
counselling & support at Utrecht University
Great! The general meeting was useful, and mail contact runs smoothly and quickly
academic preparation
With your background at the University of Utrecht, you will be fine.
language preparation
OLS Erasmus language test was fine, took a little bit more time than indicated
finances
Sweden was as expensive as I thought. Alcohol was even more expensive than I thought (8 euros in a cafe and 3,50 euros in the student nations). The rent of my corridor room was similar to my room in Utrecht, so that was not so bad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Everything is well organised in Sweden. Before the lectures started, there was a meeting for practical information. The way of teaching differs somewhat from the Dutch (there is no separation between lectures and seminars), but it gets used quickly and I felt free to ask everything. The study books were more difficult to obtain than in the Netherlands. There is only one book store.
academic quality of education activities
The quality was good, in my opinion. I followed one exchange course and this one was easier than the other courses (also for Swedish students). The teachers were able to inspire the group and had a lot of knowledge.
counselling & support at receiving university abroad
Great! I didn't know I signed up for an online course, and first I was a in doubt if I wanted to follow the course. It was easy to make an oppointment with the international coordinator and she convinced me that I would be fine and in the end, I was.
transfer of credits



I don't know yet

STUDENT LIFE

welcome & orientation programme

Much was organised and the welcome meetings were interesting because there was a lot of practical information about the city, Lund University and student life.

accommodation

My corridor room was great, a very large room with an own bathroom. The kitchen was shared with 14 other students both Swedish and exchange.

leisure & culture

Fine, Lund is not a big city. Slightly more shopping facilities was desirable but this also had advantages. You can easily go from one side to the other side of the city by bike. The many student nations organize many activities and parties.

suggestions/tips

It is hard to buy a bike in the beginning of the semester. It would be easier if you are able to take your bike with you (if you go by car) or that you immediately go looking for one. You will need a bike!

CONCLUSIONS

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

Yes! Sweden is a nice country to broaden your study and to get new insights. Swedes are very hospitable and helpful. Lund is a very popular destination for exchange students, so you make easily new contacts.

do you have any additional advice or comments?

Start looking for rooms early and keep an eye on the room lotteries. It can be really difficult to get a room.



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	Sociology
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	22 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I had to sign different forms, but although there were a lot of different forms, I had a good overview. At the moments I didn't understand what to do before what date, I could email both UU and LU international office and they responded really fast!

counselling & support at Utrecht University

I didn't need that much help from UU, but at the moments I needed help they were helpful and a good help (they respond fast on emails).

academic preparation

There was no need for academic preparation.

language preparation

I did not really prepare anything. For the Erasmus grant I had to do a language test, but the result was C1 so that was already sufficient. Furthermore, people in Sweden speak really good English, so that also helps.

finances

Sweden is quite expensive, so make sure to save some money before you go. Of course it depends on how much you want to do during your exchange, I wanted to travel much and do a lot of activities. But with personal savings, the Erasmus grant, the compensation of public transport, a loan and a little help of my parents, it all worked out well!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Lund University offers SAS courses (Special Area Studies). You can choose to follow these SAS courses, that are special courses for Exchange students. I followed two courses and in my experience the level was lower than the level at Utrecht University. I also followed two Swedish language courses (level 1 and level 2), that was actually really fun. I already picked my courses before I went to Lund. I would recommend to pick courses you like, because in Lund I wanted to make a small change in my courses but most of the courses were already full so it was not possible anymore!

academic quality of education activities

In my opinion, the level of the courses I followed was not that high. But I think it may differ if you are not studying within the Social Science Faculty. SAS courses are special courses for exchange students, so I think they



make them quite easy. They know exchange students want to do a lot of activities so I think they take that into account. I could not attend one of the oral exams I had to do because I was on a trip to Lapland, but that was no problem; I could do my exam on another day!

counselling & support at receiving university abroad

I didn't have any difficulties during my stay in Lund, but my coordinator was really nice and helpful. On Arrival Day, you meet your coordinator and you can always make an appointment if you want that. So I think if I had any difficulties or questions, they were willing to help.

transfer of credits

The transfer of credits is fine! The level of education was not that high compared to Utrecht University so the grades are higher. In my case, a B in Sweden becomes around an 8 in the Netherlands!

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme was really well organized. In Lund you have 2 weeks of orientation weeks with a lot of activities, parties and whatever you want. You have the opportunity to join a mentor group and to participate in a short Swedish language course called SUSA (I would recommend you to participate in these two activities because this is a good opportunity to meet new people). And you can even gain 3 credits for this short course! After the orientation weeks, my mentors still organized some activities for my mentor group, but nothing is obligatory.

accommodation

Although it was hard for some people to get housing, in the end every student got accommodation. There's a lottery in (I guess) April organized by Lund University but at first I got placed on the waiting list. Then in July there was a lottery from AF Bostäder (one of the biggest housing associations in Lund) and after this lottery, a lot of people from the waiting list from LU got housing anyway. So no worries if you got placed on the waiting list at first! There are several ways to get housing: the lotteries of AF Bostader and LU but also other websites as bopoolen, blocket and asking via friends/family/Facebook or whatever will help. Another way is to find housing via the Student Nations.

leisure & culture

People in Sweden are polite and helpful. They speak really good English and they know there are a lot of international students in Lund so they do not treat you like a stranger. In Sweden they are aware of alcohol consumption among students. You cannot buy alcohol with a normal percentage of alcohol in normal supermarkets, you have to buy it in the liquor store (Systembolaget). But despite this, you can have great parties in Lund! If you sign up with StudentLund, you can join one of the nations and get access to all the student parties (almost everyone does this, but it is not like student associations in the Netherlands because nothing is obligatory). But also many parties are given in the housing areas: corridor parties! Another important thing in the Swedish society is fika (they drink a lot of coffee with something sweet besides it). But besides partying, a lot of other nice activities are possible to do. For example hiking. Sweden has beautiful nature. But Copenhagen, Malmö, Gothenburg and Stockholm are also worth visiting! If you want to join a sports team, there are different possibilities to do this (I joined the fieldhockey team)! Also a nice way to make new friends.

suggestions/tips

I would recommend you to participate in all the activities in the orientation weeks and to join a nation after it! And it is also nice to join ESN Lund, because they organize different activities: hikes, parties, game nights, trips in Scandinavia but also study sessions. And don't think too much about money, because you are on exchange once!!

CONCLUSIONS



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

Yes I definitely would recommend Lund as a destination! A lot of students live in Lund, so that makes it a really nice place to live. Because there are so many students, are a lot of activities organized for students. But nothing is obligatory of course. And if you are planning to go to Scandinavia: I would also recommend you to make a trip to Lapland!! That was one of the best experiences. I really liked Lund, because it's a small city. You can do everything by bike so that makes it easy to see your friends often. But you also have the opportunity to travel a lot; I went to Copenhagen, Stockholm, Helsinki, Lapland etc.

do you have any additional advice or comments?

If you go to Lund and you don't have housing before you go, no worries it will all work out while you're there!



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	Interdisciplinair Social Sciences
destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

It is a lot of paperwork so better start on time! You will be fine as long as you manage to keep ahead and follow the procedure. The Erasmus time line will help you. But be aware that even if you receive emails etc you still have to know the schedule. It helped me to write it down in my agenda so I did not forget any application.

counselling & support at Utrecht University

You receive a lot of information from the Utrecht University and you can always contact the person from the international office for questions

academic preparation

I completed all my obligated courses on time so that I would not miss any points before studying abroad. I wanted to succeed in three years. You have to think do I want to study in another study area abroad or the same study area as I study in now? I did the last thing so I already had some knowledge and skills before studying abroad about my study area of course. Otherwise prepare yourself with some courses in the other study area you wanted to study

language preparation

I took a personal language class and that really helped me. For the rest, go for it, your language will improve during your time abroad. Other advice: talk in English as much as possible with experts or friends who were good in English, watch movies and tv in English. It sounds obvious but it will help you. But you will learn the most from talking in English

finances

I got the erasmusgrant and some money from my credit loan from DUO. I saved a lot of money, because Scandinavia is known as expensive. Of course it depends on what you would like to do with all the saved money. I wanted to travel around and see some parts of Scandinavia. Besides traveling around I saved money for the rent of the room in an apartment, danceclass every week, food and drinks. If you want to party a lot you have to save more money of course for party's. So a good advice is: what would you like to do when studying abroad? What are your purposes for studying abroad?

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three courses at the Lund University: Swedish introductory course for exchange students 1, Gender social change and modernity in Sweden/Scandinavia (sasa 16) and Sociology: international migration and



development. The first course, the Swedish introductory course, is really fun to do. You will learn some basic Swedish words, grammar and culture. It was in the first two introduction weeks and it contains six lessons from two hours. You will practice a lot during the lessons, so if you are a quick learning you have to do nothing if it takes more time than you only have to practice minimal because I found the test really easy. So if you do not miss any class and prepare a little bit you will be fine with this course and the good thing is: it will give you three points that easily. The second course about gender consists of lectures and workgroups. You have to read articles and some books and prepare with other students presentations about questions you will discuss during the workgroup. Moreover you have to write three small essays to practice for the end essays. These are two essays. I found it a nice and interesting course. Be aware that it is focused on Sweden. However some difference between countries will be discussed during the workgroups. This course was not on a hard level. But the same counts as for the introduction course: if you are a quick learner it will cost you less time than someone who needs more time. I think if you do not miss anything you will pass the course definitely. The teacher was not very strict. The last course about migration consists of two parts actually two courses which follow each other in order, so the first course from september till october and the second till christmas vacation. This course consist of lectures most of the time and only a few workgroups. For me that was less interesting because workgroups could be interesting and could help you to learn the books and articles you have to know. However, the workgroups were also less interesting most of the time discussing with two big groups. But the subject was really interesting. The last thing is that I first chose for Introduction Social Work SO002 but it was really a heavy workload, because of the combination of this course with the other course (in my opinion of course). This course is really short, however you have to read and do the same in normal courses plus fieldtrips. The course was really nice and I think also not really hard (I think you can compare it with the gender course), but due to the workload I choose to not follow this course anymore.

academic quality of education activities

It depends on with course you choose to do. The SASA is in general more easy than other course such as the migration course I followed. However, is it an introduction course or not?

counselling & support at receiving university abroad

The only support you get is of the workgroups. If you have questions you have to email or ask it to the teachers. The same for Utrecht.

transfer of credits

25.5 ECTS

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme starts from half August till the begin of September. I was really fun and I recommend everyone to do it. It is a good way to learn the city, meet new people and to order your new life. Every day things were organised, you can also do things with your mentorgroup or join another mentorgroup. It is a good way to explore what you want while studying abroad.

accommodation

Really bad! I have no other words for it. I registered at the Lund Accommodation on time but I really had to wait such a long time that I became nervous. They said all the time that they could not help me and that I had to look for other options. I had no accomodation a month before arrival day. The other options you have is via a student organisation, Lund Accommodation or search for yourself via boopoolen for example (what I did). I did that and I found a lot of fake houses there and only people who want your money, so that option is also horrible. In the end I found an accomodation via boopoolen but I will not recommend that one it was really small with a family who also did it only for the money. So I am and was not happy with the accomodation situation in Lund not at all! So my advice is: search on time on different websites, tell it to everyone that your are looking for housing, be aware of scammers and be happy what you get the first time. You can always go to



another place later if you had made more contacts with different people. Some people know the city better than you and it is better to move later than have nothing when you come there, because most of them had to stay in hostels etc.

leisure & culture

In leisure time I had my dance class called studio danca it is in the soud of Lund. I found the danceclasses expensive but I liked it and had a good time there. So if you like dance as me you could go to studio danca or dance new york close to a big shopping centre in Lund. This was a local danceclub so you had a lot of Swedish people there but also still internationals. I do not know much about other sport clubs but you can inform yourself during the introduction weeks during the fairs. I think the local sportclubs are more interesting to meet locals and in my opion also more proffesional.

You could also register for the student lund life these are student organisations and most of the time they organise parties, but you could also do other things as sports, baking, have lunch, dinner etc. The parties were not so interesting. If you want to party go to corridorparties.

I explored parts of Sweden, Norway, Finland, Estonia and even Russia. So traveling around is so lovely, I really recommond to do that. But also go to the nature parks in Sweden they are lovely and beautiful

suggestions/tips

Lund is a small city comparable with a village but having a bike is handy.

CONCLUSIONS

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

Yes or no, it depends on yourself what you would like to do abroad, where you would like to go etc. So make your own choice.

do you have any additional advice or comments?

If you have a relationship like me it could be really hard, yes really really hard. We had and still have a strong relationship. You have to otherwise maybe it will not survive so think about that. Take it with you. It is still a very cool adventours time. So I am glad I did it really, but I was also glad I was home. Because home is were my lovely boyfriend, cat and own house, family and friends are.