



**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	Educational Sciences

destination city & country	Uppsala, Sweden
how did you travel to your destination?	By aeroplane.
name university abroad	Uppsala University
start date	22 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	It can take some time to fill out all the documents and to get the necessary signatures from different parties. As long as you start with this on time and give yourself a clear overview of what needs to be done, it should be fine.
counselling & support at Utrecht University	The support from the International Office at Utrecht University is great, the employees are always quick to respond and will answer all your questions.
academic preparation	No specific academic preparation was necessary.
language preparation	No language preparation was necessary either. The courses I took were specifically for exchange students and all given in English. And of course, the Swedish speak English very well.
finances	Especially at the beginning of your exchange, you will probably spend more money than expected, because you will need to buy some basic necessities like bedding, kitchen supplies, and a bike or other things you can't take from home. You will most likely also want to travel around a lot during your exchange. Sweden is also a quite expensive country to live in, as for example food and public transport are more expensive than in the Netherlands. So make sure that, even with the grant, you have enough space to stretch your normal budget a little. And don't forget to apply for the public transport compensation (OV-vergoeding) at DUO if you have a studentenreisproduct.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	I followed the courses: Education and Teaching - an International Process (15 erts), Education and Reform Strategies in Sweden (7.5 erts), and Introduction to Comparative Education (7.5 erts) at the Department of Education during the fall semester. All these courses are only given to exchange students, and they all end before the christmas break. I thought this was nice, because it meant I could go home for christmas without having to travel back to follow just two weeks more in January. If you follow courses at a different department however, it could be that your courses end in January, so keep this in mind. I also followed the course Basic
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Swedish (7.5 ects), which was interesting and also quite fun to follow.
academic quality of education activities
The academic quality of the courses is a little bit lower than that at Utrecht University, and some of the material might be repetitive. But I would say that I still might have learned more in these courses because of the international environment. It is also interesting to see the differences in education between Sweden and the Netherlands by experiencing it yourself.
counselling & support at receiving university abroad
The information given by the university was always clear, and it is always possible to ask questions.
transfer of credits
My credits still have to be transferred.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme is very well organized by Uppsala University. If you arrive by plane, there will be a free shuttle service to the university. Once at the university, you will get information and you will arrange some things like the password for your StudentPortalen account and you will receive the key to your room if you got a room in one of the housing facilities. You will also be brought to your housing facility from the university. There are three arrival days, and the first week is the 'welcome week' for international students, with a lot of activities organized by the student nations and opportunities to meet other international students. There is also a facebook group for the international students.
accommodation
I was informed that this year (I think for the first time) there would not be enough accomodation places for the amount of international students that were coming. So per department, they would randomly select a certain amount of students. I don't know if this is true, however, because when I was there, I knew of a lot of empty rooms and most people I knew had gotten a room. When applying for a room, you give your top 3 choices. For the application, there is a period of 2 weeks, but I applied directly the first day the application link opened, at midnight. This might have helped, as I ended up getting a room at my first choice of Flogsta. I would definitely recommend Flogsta. This is the largest accomodation and it is were most events happen. The location is nice and it is not very far from the center by bike. The corridors are shared between 12 people, which seems like a lot, but this is actually not a problem at all. You have your own bathroom, everybody usually uses the kitchen at different times and with so many people the corridor is just a homier environment.
leisure & culture
Most of the things to do in Uppsala for students will be at the student nations. These are organizations run by students for students, that have their own buildings throughout the city, with pubs, restaurants, and libraries. They organize events and activities and are also just a place to hang out with friends. You can join one of the nations and join their sports, music, and other cultural activities like the gasques. It doesn't really matter which one you join, as long as you are a member of one nation, you will have access to the other ones aswell. It is also possible to work at the nations, but you won't get paid much and you will have to register at the tax agency, which can take some time. I did this, but more as an activity than as a way to earn money. Uppsala is a really beautiful town, but after a week or two, you will probably have seen most of it. But the location of the city makes it ideal to travel from. You could travel within Sweden to visit different places, but definitely go abroad as well. Students will for example travel to Bergen, Oslo, Helsinki, Tallinn, Copenhagen, St. Petersburg, and Lapland.
suggestions/tips
- If you want more time for leisure and travelling, maybe only take 22.5 credits worth of courses (make sure, of



course, that you will take enough courses to make up for it at Utrecht University).

- Make sure to make friends immediately and arrive on the first arrival day. You will most likely feel quite lonely when you arrive, so if you just have somebody to go to IKEA with or to have dinner with on the first day, that will really help. I did this with someone I met directly after my arrival at the airport, while waiting for the bus, and she ended up becoming one of my best friends. Keep in mind that all the international students there are in the same boat, and they will probably will like somebody to talk to as well.
- Even though Sweden will be more expensive to live in, there are some smart ways to save money. At the beginning of each semester, for example, there will be a free market at Flogsta where you can get things that other students left behind. There is also a second-hand bike market at Flogsta held at the beginning of the semester, and you can also get things second-hand on facebook marketplace, for example. Also make sure to sell/get rid of stuff that you're not taking back home in time before you leave the country.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
I would, I think Uppsala University is very welcoming to international students and the city itself is perfect for students.	
do you have any additional advice or comments?	
Time flies, so enjoy your time while you're there:)	



**UU Report form - Erasmus 2019-2020**

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

destination city & country	Sweden , Uppsala
how did you travel to your destination?	plane
name university abroad	Uppsala University
start date	23 / 08 / 2019(dd/mm/yyyy)
end date	15 / 01 / 2020(dd/mm/yyyy)

**PREPARATION**

exchange application process	The application proces was not difficult at all. the options were clear and the specific terms ad conditions for the universities were clear.Sometimes it was confusing whether or not the information was to come from the receiving university or the sending university.
counselling &support at Utrecht University	there were a couple of days when University Utrecht decided to organise informative gatherings where certain things were explained by teachers and by other students who had participated in the past. futhermore if things were unclear, they were always very helpful via E-mail.
academic preparation	a strange thing with my exchange was that I had to follow certain courses outside of my own faculty (psychology), nobody else abroad seemed to be in the same preperation. However I found the courses I followed very interesting luckily. it was just a bit strange I was very restricted in choosing my courses abroad.
language preparation	preparing for the language was not difficult at all. the course language in Sweden was English. I already had a certificate of C2 level in English. It was strange that this certificate was not accepted as proof of proficiency. the obligatory test however was not a very long one. overall it was not a long process
finances	the application for the Erasmus grant is really quite a long process and a lot of going backwards and forwards between two universities requesting signatures and other documents. at some time I found it all quie confusing and eventually I did not receive the grant until a month into the exchange, but yet again it all turend out fine.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	the programme was well organised. As mentioned before the courses i ended up following would not have been my first choice, but I ended up really enjoying the courses and I felt like they were very educational, the only small issue was my timetable which was not balanced. I followed most of my courses towards he end of the semester which gave me load of free time at the beginning
academic quality of education activities	



It was very different to back home, the classes were very small which made the lessons quite personal and interactive which in turn made you more familiar with the course literature. I must admit that I felt like the level of education was quite easy.
counselling & support at receiving university abroad
to be honest I was not in need of any support while being abroad, everything was clearly explained during the welcome meeting and any further information was given through E-mail. if any questions had to be asked one could always send an E-mail.
transfer of credits
To me it was quite unclear how the credit process worked right up until the end when I requested some information from the home university. I was not sure whether or not I needed the receiving university to turn my pass or fail into numerical grades or not. this turned out not to be the case. but it was quite confusing to start off with

<b>STUDENT LIFE</b>	
welcome & orientation programme	the welcome programme was good. we got the opportunity to meet people and socialize during the first week. this was all very well organized and actually did help in the process of getting settled down in a new city, so I would definitely recommend doing this
accommodation	The accommodation was similar to a hotel format, it had a gym and kitchen facilities for everybody to use. the only thing was that everybody paid the same for the rooms. however some rooms were a lot nicer than other rooms, sadly I had one of the rooms which wasn't very nice. still the room was absolutely fine.
leisure & culture	The city was very beautiful and clean. it was also quite small which was nice because this meant almost everything was walking distance. the castle and church were spots which I visited many times. The nations were the place to be for leisure. be it having a drink or going out for a quiz.
suggestions/tips	tips would be to find a close group of friends and rent a car and do roadtrips. I did this a couple of times and there were loads of different national parks to visit and cabins to rent and just have a good time. Definitely join some nations as well to really experience the student life of Uppsala. Stockholm is also fairly nearby so definitely make a couple of trips to stockholm.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	I would definitely recommend it. When people asked what I enjoyed most I find it difficult to answer. I didn't specifically experience one or two amazing moments. You get there and start making social contacts and eventually start getting into a routine abroad in what felt like an extremely safe environment. If that is what you are looking for, I feel like Uppsala is the place for you.
do you have any additional advice or comments?	additional advice would be to just step outside of your comfort zone, it sounds very cliché, but that is how you'll get the most out of your experience. I feel like it's easy to socialise with people who are from the same country you come from. but more of a challenge to find connections with people from all over the world and definitely more rewarding to.



**UU Report form - Erasmus 2018-2019**

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	Pedagogical Sciences
destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	29 / 08 / 2018 (dd/mm/yyyy)
end date	15 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The information sessions were clear and the overview on the university's website as well. Therefore, it was clear when and what to hand in. Also, the International Office was supportive in case of questions. The application online was convenient and the information provided was clear. The application at the university abroad was well organized and information was provided in time.
counselling & support at Utrecht University	The staff from the international office at Utrecht and from 'STIP' were very helpful with replying to questions, filling in documents and providing the necessary resources. The preparation meetings were partly helpful and the stories of the former exchange students was very motivating.
academic preparation	Academically my preparations were mostly choosing courses abroad and properly finishing the courses I was enrolled in at University Utrecht. It was necessary to properly plan the courses in order to fulfill the academic requirements and for the courses to fit into my bachelors. I didn't experience any problems and the information provided was sufficient.
language preparation	For language preparation I didn't have any specific preparations. Mostly I had already taken some english courses at the University of Utrecht and also had some experiences travelling abroad and speaking English. Therefore I didn't worry about my language abilities and did not take any preparatory measures.
finances	In order to apply for the exchange we had to fill in a document with the overview of finances. This was very helpful to me in the sense that it made me realise and organize the necessary finances for going abroad.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The study programme at Uppsala University I took was at the department of Education. Mostly I had class with international students and a mix of both Swedish and International teachers. I had a very good experience at during the courses. I had chosen this university because of the courses they provided and I got enrolled in all the ones I wanted to participate in. The content was therefore interesting and relevant, also the courses were organized well. The application for the courses happened online before arrival and at the arrival information session we checked with the international office worker to see if it was correct.
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academic quality of education activities
The educational activities at the department were sufficient and diverse. We had the opportunity to do several weeks of field studies, had engaging lectures and use of different teaching methods. The class was around 25 students and therefore there was enough individual attention and a good classroom atmosphere.
counselling & support at receiving university abroad
The international office worker was available in case of questions about the exchange and courses. Other staff at university was very helpful and friendly in case of any needs. The teachers were also very approachable and had good communication skills.
transfer of credits
At Uppsala University the grade system is Fail, Pass or Pass with Distinction. However, for international students they also give the grades in the A-F system, this makes it easier to transfer the grades. The information was provided if necessary and handled properly.

**STUDENT LIFE**

welcome & orientation programme
Uppsala University had organized arrival days with organized transport and organized information stands. The week that followed was full of orientation activities organized by the university and the student nations. This was very welcoming experience and there were many opportunities to meet other international students.
accommodation
The accommodation was provided by the university and was arranged by filling in an online format, this was very well organized. However, they do not provide housing for everyone as they have limited spaces. They do their very best to meet everyone's needs and take care of their international students. The accommodation was properly taken care of and was provided with inventory.
leisure & culture
In Uppsala they have student nations that provide a lot of activities, food and opportunities to meet other people. Being a member of one nation allows you to enjoy the activities at all the nations, such as the fika (Coffee with delicious pastries), pubs, parties, diners, sport events, choirs etc. This system works very well, is a lot of fun and very respectful to all members.
suggestions/tips
It is very fun to join a nation and take part in activities, also you get some discounts with the nation card. If you are studying at the department of education, they have free sports 2/3 times a week with the education department. It is easy to go and take the ferry with some new friends, to Tallinn, Helsinki, take the train to cities in Sweden, etc. Some museums in Uppsala are free if you are studying at Uppsala University. There are a lot of cultural activities such as Culture Night, Lucia, Valborg, etc. These are very nice to participate in.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
YES! Uppsala is a very nice and friendly student city with a lot of international students. However it is still a cozy and authentic city with a lot of Swedish culture. The university is very well organized and the courses are worth attending. Moreover, the Swedish culture is very friendly and they have some awesome traditions and holidays. Moreover, the nation system is awesome and there is a lot to do for student life.
do you have any additional advice or comments?
Have fun, explore and experience :)



**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	Psychology

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	24 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	There were a lot of forms to complete and often I was afraid that I would accidently forget to submit a document. I helps to write everything you have to do down.
counselling & support at Utrecht University	If I was afraid that I forgot to submit a document or if I had any questions I went to the international office and they could help me with all my questions, which was really helpful. Only the timeslots when they were open was sometimes a problem, so you have to check the website and plan your visit.
academic preparation	I did not have to do an acadamic preparation. If you would like to learn Swedish, it is nice to practice on duolingo.
language preparation	I did not have to learn a new language, my English was good enough.
finances	I tried to save as much money as possible as did not have a job, but with the extra money I received from Erasmus it was money was not a problem for me.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	I followed courses from Educational sciences, but I studied Psychology in Utrecht. I did not have a problem with background knowledge, so that was nice. I especially liked the course Education and Teaching - an international process, because I feel that I really learned a lot of new things that gave me a new perspective on education. We did an internship of three weeks at a Swedish school which was all organised by the university.
academic quality of education activities	I found the academic quality good, because the lectures and seminars were really clear. That is one of the reasons I think why I also thought that the courses were pretty simple. We only had to write papers, so I did not have to study as often as at Utrecht University.
counselling & support at receiving university abroad	When I had a question I could easily contact a teacher by mail or email the contact person of Uppsala University, so that was good



transfer of credits

This was really easy, you can see the amount of ECTS the course is at the course information online. In Sweden they do not work with grades from 1 to 10, but with letters. Utrecht transferred an A into an eight and a B into a seven.

**STUDENT LIFE**

welcome & orientation programme

The welcome and orientation programme was really great! The welcome was in a big hall with a lot of university students, which was pretty cool. The orientation programme was nice to meet new people fast, but it was really open, so you did not have any obligation to be somewhere. My advice is to go to as much as activities as possible, but be careful to be on time. The activities are organised by the 'nations' (student associations) and they are really popular, there is often only one or two activities at a time for only 50/80 people, so they do not have a lot of capacity. Be prepared to be early and to stand in line. It was worth it though!!!

accommodation

I lived in Flogsta and I was really happy with this accommodation, I wish Utrecht had something like this! Flogsta near the city centre and you live in one of the eight flats. You live in a corridor with 11 other students with whom you share a kitchen with, but you have your own bathroom! I did not really have an active corridor, but everyone was really nice. Almost all of my friends lived in Flogsta, so it was really nice to live near my friends and meet up for a movie night or something.

leisure & culture

It is really nice to join a nation (or two), I joined Snerikes, because a lot of international students I knew were joining that nation and it had a clubnight. It does not really matter what nation you join, so do not think too much about it, if you join one nation you can go to all the activities of the other nations. You only get a discount at activities or clubnight at the nation you join.

suggestions/tips

Enjoy the nature of Sweden! Everywhere you look there is nature, which was not something I am used to anymore. Flogsta is near a forest and I went jogging there a lot when the weather was nice (and I definitely was not someone to go jogging). It is also really nice to rent a car with friends and go on a roadtrip!

**CONCLUSIONS**

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

Yes, definitely! Sweden is a really nice country, the university is great (you also have a lot of free time to enjoy your exchange), you can easily get accommodation by student housing and Uppsala is a student city where you can enjoy the student life and meet a lot of nice people!

do you have any additional advice or comments?

If you're feeling nervous about going on an exchange or have second thoughts, go read a lot of information about the city and what to expect. You can also contact someone who already went on an exchange to tell you more about the city you are going to. This really helped me feel confident and sure. Going on an exchange is a one in a lifetime opportunity, so take your chance! It will be a great learning experience where you can develop yourself outside your comfort zone.



**UU Report form - Erasmus 2018-2019**

faculty/college	Sociale wetenschappen, Universiteit Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Onderwijswetenschap

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	29 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application was easy with a motivational letter and CV. I got accepted at my first choice. We got all information through email so it was clear what to do.
counselling & support at Utrecht University	I knew students who'd been to Uppsala the year before me who I could ask questions and there was a meeting with the faculty beforehand with all the students who were going abroad. For other questions I could easily contact STIP or the International Office and they helped me pretty quick.
academic preparation	I didn't really have to do any academic preparation. My knowledge from studying in Utrecht was enough. It was good to have some experience with writing papers as that was the way of examination in my courses in Uppsala.
language preparation	I didn't have to speak Swedish but i voluntarily learned the basics with Duolingo beforehand, which I really recommend because it's nice arriving in a new country and already know a lot of words.
finances	I had saved a little bit of money and during my time there I lent a little bit more money. Even though Sweden is pretty expensive this was doable combined with the erasmus grant.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The university didn't offer a lot of different courses in the educational sciences sector. So the courses I followed had some of the same content. However it was all interesting and I learned a lot about the Swedish educational system. And through one of my courses I had the opportunity to visit a Swedish basic school for 3 weeks so I really learned about the educational system and the culture and I got to meet Swedish people.
academic quality of education activities	I think the academic quality was a little bit lower in Uppsala than in Utrecht. Although I feel like I had to read way more literature there than I was used to. Besides that, except for the Swedish language course, I didn't have any exams. I only had to write papers, which was fine by me because I trained that a lot in Utrecht.
counselling & support at receiving university abroad	Uppsala University was very nice and helpful to international students. I knew who my person to contact was



and I met her and we had a introductory talk to get to know each other. I could also contact her or the teachers if I had any questions and they always responded quick and tried to help me.
transfer of credits
I haven't completed this process yet but I assume I will receive all of the credits I earned there. But the grading system is just pass or fail there (sometimes pass with distinction) so it's hard to translate the grades fairly.

**STUDENT LIFE**

welcome & orientation programme
There were 3 welcome days, if you arrived on one of these days they picked you up at the airport (for free) and bring you to the university to collect your keys etc. and then they brought you to your home so that was very nice. Besides that there was an orientation programme in the first week with a lot of activities so you could meet other international students. However there were way more students than capacity in the activities so sometimes the activity was already full.
accommodation
The accomodation was very nice, I lived in a corridor with 11 other students. Some of them were Swedish and some of them were from other countries. I had my own bathroom and we shared the kitchen. The room was very big and all the furniture I needed was included so that was very nice. It was approximately a 3km bike ride to the university/city centre and Uppsala is a very good city for cycling. There were 10 buildings all with 7 floors and 24 rooms on each floor all filled with students, so there were always parties going on etc. So if you like that, Flogsta is a very good place to live.
leisure & culture
Uppsala has 13 students nations that are open for everybody. You can join one or more of them and each one organizes parties and activities which you can join for free (when you're a member). I you join one nation you can join activities and parties at all of the other nations as well. And each nations has it's own building, most of them with a pub and/or restaurant where you can eat and drink for a small amount of money. You can also work there if you'd like so you can meet new people. Noticable is the party culture in Uppsala, clubbing starts at 18 o'clock and ends around 1 pm so you start way earlier than you're probably used to. Besides that, apparently the Swedes love lines, because you always have to stand in an enormous queue for almost everything if you're not super early.
suggestions/tips
Try to find housing in Flogsta. Almost all of the internationals live there so when you make new friends there's a big chance they're all living there and there's always a lot going on there. And there's a nice forest nearby if you like some nature.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
I would really recommend Uppsala for an exchange semester. It's a really small city so you can easily bike everywhere and although Sweden is a very expensive country, the student nations make it affordable to still go out for dinner and clubbing. So there is a really good student life and the university is well organized and the teachers are super friendly and helpful towards internationals.
do you have any additional advice or comments?
If you go to Uppsala, make sure you arrive at one of the recommended arrival days and join one of the nations that fit you! If you study educational sciences maybe try to find courses in another department because the courses in the educational department are all very similar.



**UU Report form - Erasmus 2017-2018**

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	Educational Sciences

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	29 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process
The exchange application process is a lot of work, you need to fill in a lot of forms and organize a lot of things. It might all overwhelm you in the beginning but when you are starting the application process it will all become clear. Moreover, you can always ask the International Office if they want to help you.
counselling & support at Utrecht University
The support from Utrecht University was good. You could always ask for help if needed during the preparation process.
academic preparation
I did not prepare myself in an academical way
language preparation
I also did not really prepare myself for the language, because I knew I was going to follow the Basic Swedish Course
finances
I made a financial plan before I went to Sweden. In this way you can make an estimation of what you'll be spending during your time abroad. Of course, you don't really know what to expect regarding what you will spending money on while you're away. But a financial plan can help you organizing your finances before you leave.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)
The study programme was quite interesting! I followed the courses Education and Teaching an International Process, Introduction to Comparative Education , Swedish Special Needs Education from a Comparative Perspective and Basic Swedish 1. The courses were all interesting and offered some new topics which you don't discuss in Utrecht. Moreover, the fieldstudy during the Education and Teaching course was really interesting, because you do not only learn a lot about the Swedish school system, you also discover a lot about the Swedish culture and habits. The organisation of all the courses was great!
academic quality of education activities
The academic quality of the courses was good. Sometimes the level was a bit low, you could see that the students from Utrecht had a lot more knowledge than students. So the courses were quite easy and the workload is way lower than at Utrecht University, but you discuss a lot of different topics which keeps it



interesting.
counselling & support at receiving university abroad
The support at Uppsala University is great. I had a great contact with the teachers and the International Office, and you could ask them anything you wanted.
transfer of credits
My credits are not yet transferred.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome at the airport was great! They welcomed us at the arrival, and showed us to the bus which took us directly to the university. There we could registrate and organize all the important stuff such as a university log-in and we could collect our house keys. We also got a lot of information about the university and student life. At the university there were small shuttlebusses which dropped us off at our front door. The orientation week was organized by the university and the student nations. This was a great way to get to know other people and to get to know the city and student culture in Uppsala.
accommodation
I lived in Rackarbergsgatan, which was super close to the city centre, a supermarket, the university and the gym. And Flogsta, where most students live was only a seven-minute bike ride away.
leisure & culture
The student culture in Uppsala is all about the student nations. Here you can have a 'fika', have lunch, breakfast or dinner, but they also organize the best parties and activities!
suggestions/tips
Become a member of a nation, go to a gasque, have as many fika's as possible and travel as much as you can around Sweden. Stockholm is very close, but there are so many beautiful places in Sweden, enjoy them while you can!

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes absolutely, I had the time of my life in Uppsala, I've met so many amazing people, seen so many beautiful things. This was definitely the best semester during my student life!
do you have any additional advice or comments?
No



**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	Educational Sciences

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	17 / 08 / 2017 (dd/mm/yyyy)
end date	09 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process	If you keep an eye on the important dates of the application process you will be fine. I put a lot of effort in the motivation letter and included personal motivation as well as academic motivation. I also read a lot of these student-reports to choose the perfect destination for me.
counselling & support at Utrecht University	The international office helped me with a lot of things, they had answers to all my questions mostly related to the paperwork you had to complete before you could go studying abroad.
academic preparation	I didn't do any academic preparations.
language preparation	I didn't do any language preparations; my level of English was already sufficient.
finances	Before I left to Sweden I made a financial overview of the amount of money coming in per month and the amount of money that will be spent per month. I made a balance and I raised my loan to compensate the shortcoming amount of money per month. I also included a big part of my savings; In my opinion, going on exchange is a good way of using your savings. It was totally worth spending my savings on an amazing experience.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	In Uppsala, I followed courses that were all related to educational sciences, often in an international perspective. When I arrived at the university, there was still a possibility to change the courses I had chosen earlier.
academic quality of education activities	The courses were all well organised, but the academic level of the courses in Sweden were below the level of the courses in Utrecht.
counselling & support at receiving university abroad	There was one person you could ask all your questions. I received a lot of e-mails with important information from her, she knew everything you needed to know and helped/supported you when needed.



transfer of credits
Two weeks after I returned home in the Netherlands I received my transcript of records. The credits are not transferred yet by the university of Utrecht.

<b>STUDENT LIFE</b>
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welcome & orientation programme
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The university of Uppsala recommended to arrive at three specific days during summer; on these days they pick you up at the airport, bring you to the university where you get a lot of information packages and the essentials you need for your stay in Uppsala, and they bring you to your residence for free. So I strongly recommend to arrive at one of these days! During the introduction week all the student nations introduced themselves and there were a lot of fun activities you could participate in.

accommodation
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I lived in Flogsta. This is an area with a lot of studentflats where you live in a corridor with 12 students. We all had our own bathroom which was great. Flogsta is a good place to live, it is a bit further away from the city centre as other accommodations, but there are so many students living in Flogsta that you never have to cycle home alone :).

leisure & culture
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The Uppsala studentlife exists of the 13 nations. These nations are a bit like student associations in the Netherland but way less obligations/hierarchy, you will feel welcome from the beginning. You can join the nation you like most and once you are member of one nation you can participate in the activities (from breakfast till clubbing) of all the other nations. The nations are very popular and make your studentlife in Uppsala unforgettable. Uppsala is also only an hour by train away from Stockholm so I went there quite often with my friends, it is the most beautiful city I have seen so far!

suggestions/tips
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Join some facebook selling groups when you arrive, a lot of students are selling their stuff quite cheap; especially bikes, which you should really get one during your first days. It will probably be your main transport for the rest of the semester. Uppsala is a student-bike-city just like Utrecht.

<b>CONCLUSIONS</b>
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would you recommend this university/destination abroad to others? please explain
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Yes I would definitely recommend to go on exchange to Uppsala: Sweden is a beautiful country, you can make a lot of awesome trips with your friends, the university is all well organized and they are happy to receive you, and most important; Uppsala felt like home immediately.

do you have any additional advice or comments?
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Go to Lapland during the winter!



**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	educational sciences
destination city & country	Uppsala, Sweden
name university abroad	Uppsala university
start date	17 / 08 / 2017 (dd/mm/yyyy)
end date	09 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process

I signed up for two places, Uppsala was my first choice and Oslo was the second choice. You had to hand in a bunch of documents (I don't remember everything that clear anymore). I thought the deadline was on the first of December. I think around Februari you get to know if you got accepted, then there is a meeting from the university to tell you everything you need to arrange for your exchange (application documents for the guest university, housing etc.). It takes some effort, but I thought everything was pretty clear and you can always contact the international office.

counselling & support at Utrecht University

I thought the support from the international office at Utrecht University was great. They answered really soon and I actually don't have any comments about it.

academic preparation

I think Dutch students might be a bit in an advantage. I noticed the academic level wasn't as high as at Utrecht University. I didn't really do any academic preparation, only learning some Swedish at Duolingo.

language preparation

I already learned some Swedish at Duolingo, but the Swedes are really good at English, so you actually don't really need to be able to speak Swedish. But it is nice to be able to understand a bit of it and to be able to order some fika in Swedish.

finances

I filled in the form that was mandatory to fill in at your application. I think it is important to take into account that you have a lot of free time. So I spend more money on travelling and clubbing than I expected. I would just recommend you to make sure your financial plan has some extra room for travelling and going to the nations. Also, the form makes you fill in a certain amount of money for public transport, honestly you don't really need it in Uppsala. A lot of people bike, so I bought a second hand bike which was perfect transport for a Dutcie ;) If you need to buy a bike in Uppsala, look at facebook groups as flogsta häleri and Uppsala buy and sell. And really do make the trip to Lapland, it is a bit expensive but I totally loved it. You need to be pretty fast with booking at scanbalt, because it was full really fast.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

Education and teaching from an international perspective (15 ECTS)  
 Swedish special needs education (7,5 ECTS)  
 Introduction to comparative education (7,5 ECTS)  
 Basic Swedish (7,5 ECTS)



academic quality of education activities
Quality is a bit lower, just make sure you attend the lessons. We are already used to an academic approach and our English is in comparison to some others very good. So it is not too hard to study here. I think the school organized the field study (being in a primary school for three weeks) very well.
counselling & support at receiving university abroad
I didn't really ask for support, but I am sure they would have given it to me if I had asked for it. It is important to know that the courses I took are a bit more 'free' than what I was used to. The standerds seem a bit more vague.
transfer of credits
Don't know this yet. But I passed all my courses so I am assuming that I will receive the 37,5 ECTS. I also don't know how they transfer grades, maybe they could give some clarity about that from the start.

**STUDENT LIFE**

welcome & orientation programme
It was really well organized. When we arrived at the airport they were waiting for us at Arlanda to take us to Uppsala with the bus. They brought us to one of the campuses. There you got the keys to your room, you could buy a pillow and a quilt and had to make an account on the 'blackboard of Uppsala university'. They assisted you with everything, and when you had done everything you needed to do there. They would take you to your student housing in small vans. They only do this at certain arrival dates, but if you arrive on these dates everything is perfectly well organized. Also in the first week the nations and the international committee have all kinds of activities, so there is plenty to do and a lot of opportunity to meet other people. I would really recommend everyone to go to these introductory activities.
accommodation
I lived in flogsta, it is really nice to have you own bathroom. But sharing a kitchen with twelve in total isn't always ideal. Still it is nice that there usually is someone at home.
leisure & culture
The nations organize a lot of activities including some sports. So if you go to Uppsala, make sure you join a nation. Nations are not like the studentassociations as in the Netherlands. There are no manditory drinking nights or anything. You just go when you like to. Usually you get some discounts at the nation you are a member of, but you can also join activities from other nations.
suggestions/tips
If you are having doubts about where to go on exchange, just go for the place you have the most feeling with. But do not forget to look at what they offer academically. My suggestions for Uppsala: buy a bike for transport, join a nation, go to a gasque (fancy dinner), have fika (coffee or tea with the greatest pies) and try to see a bit more from Sweden (Sandhamn was nice, njüpeskar waterfall and of course Lapland). They say Swedes might be a bit distant, I think they can be in a way that some of them wouldn't randomly chat with you at a busstop. But they are also very friendly, when you get lost or anything they are very helpful.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
Yes definitely, well organized university in a nice and cosy student city. I had a great time.
do you have any additional advice or comments?
No



**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	Educational sciences

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	28 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process	Everything was clear and I didn't have any troubles with the application process.
counselling & support at Utrecht University	I got a lot of information during the information meeting before I left. The international office is really quick in answering any questions.
academic preparation	I searched for information about the given courses in Uppsala.
language preparation	I practiced my English by talking to other people.
finances	I made an overview for all costs.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The content of the courses was what I expected. Everyting around the courses was well organized.
academic quality of education activities	The level of education at the university of Uppsala was lower, but still I learned a lot.
counselling & support at receiving university abroad	From day 1 everything was well organized. And the international office was always there to answer questions.
transfer of credits	I didn't experienced any problems with the transfer.

**STUDENT LIFE**

welcome & orientation programme	There was an introduction programme on 1 day about the courses of education. Everything in and around the
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university was explained. And it was a great way of meeting all the other students. Besides that, there was a one week of introduction organized by the student nations in Uppsala. This was a great way to explore and to get to know the city and the student life. And it was easy to make friends during this week.

accommodation

I had a really nice room close to the city centre and the university.

leisure & culture

Sweden is a beautiful country, so a lot of different trips can be made.

suggestions/tips

To make an exchange in Uppsala unforgettable, make sure to become a member of one of the student nations.

## CONCLUSIONS

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

Yes, definitely. Uppsala is a great and really special studentcity. Because of all the student nations, it is really easy to make swedish friends and meet people from all over the world.

do you have any additional advice or comments?

None.



**UU Report form - Erasmus 2016-2017**

faculty/college	University of Utrecht, Faculty of 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	Uppsala, Sweden
name university abroad	University of Uppsala
start date	15 / 01 / 2017 (dd/mm/yyyy)
end date	04 / 06 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process started with writing an application letter. It took a while for me to write an application letter, because I didn't find it was easy to do. I started with my application on time, but still I had some time pressure after all. After not getting into one of my top three choices, I luckely got a spot at the University of Uppsala.

counselling & support at Utrecht University

At Utrecht University there are many people who could help me during my application process. I could always ask questions and the counsellors always provided answers that helped me to further continue in the application process.

academic preparation

I didn't have to do a lot of academic preparation.

language preparation

The only language preparation I had to do was the language test, which assessed the level of English. This test also gave me a clear view of my English knowledge and capability.

finances

Financing my exchange was hard at times, but the Erasmus Grant made things a lot easier for me. Sweden is an expensive country and the Erasmus Grant was very useful for paying my rent.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

My study programme (The Classroom) was an interesting study programme. It was about the multicultural backgrounds in classrooms, the influences of those backgrounds and linguistic problems that occur when pupils have to learn via a second language.

academic quality of education activities

The academic quality of the education activities is fine, but compared to what I am used to in the Netherlands the academic quality is quite simple.

counselling & support at receiving university abroad

The counselling and support at Uppsala University was very good. There was always someone available to answer questions or to help me out when I didn't know what to do. The people at the Univerisity of Uppsala are very nice and willing to help.



transfer of credits

**STUDENT LIFE**

welcome & orientation programme

There was a really nice welcome week, during which I could meet other students and nice places where I could go for lunch or dinner, and of course the Uppsala night life. There was enough time to get to know all of this and to decide whether I wanted to join (a) student nation(s) or not.

accommodation

The accomodation was good. In Flogsta (where I lived) I had a big room with my own bathroom. There were some thing broken though and the kitchen is quite dirty. Some people don't really know how to keep a kitchen clean, so sometimes it could be really grose.

leisure & culture

There's quite a lot of leisure activities. You can always go to a nation to have lunch or coffee and most of the times you can also go there for dinner. Every week there are many nice parties. There also are some museums that are nice to go to, you can also visit the cathedral and the castle.

suggestions/tips

I would really recommend the Gustavianum museum. I would also recommend to go to all the nations to have lunch or dinner, it is relatively cheap and it is a good place to meet new people.

**CONCLUSIONS**

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

I would definitely recommend studying at the University of Uppsala to other students. First of all, this University is a high ranked University. There always is a nice atmosphere at this university. To me, it was an amazing experience and I met a lot of new people. Only if you can handle the cold, I would recommend this place.

do you have any additional advice or comments?

No, I don't have any additional advice or comments.



**UU Report form - Erasmus 2016-2017**

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	Uppsala, Sweden
name university abroad	Uppsala University
start date	13 / 01 / 2017 (dd/mm/yyyy)
end date	05 / 06 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

There is a lot to think about when you are going on an exchange, more than I expected. Apart from all the forms you have to fill in for the university and the Erasmus grant, you also have to think about accomodation, how much money you are going to need, insurance, etc. etc. I was afraid I completely forgot about something on the day of my departure, but I found out that this is not so bad as you think. You are living in another country, so it is still possible to organize some stuff from there. Next time I would be more relaxed in the packing process.

counselling & support at Utrecht University

Utrecht University really helped me crossing off things that had to be done before, during and after the exchange. Whenever I contacted the International Office, I would get a reaction within a day which made clear what I had to do.

academic preparation

I did not really know what to expect and prepare for my exchange in terms of academic preparation. The syllabus of the courses in Uppsala said that I did not need any prior knowledge, so I could just go and see what it was about.

language preparation

In the beginning I was a bit scared that my English would not be good enough, since we don't talk that much English during our courses and I don't have a lot of international friends. This is why I was really happy with the language assessment, because it showed me that my English was actually at a good level and that made me more confident.

finances

It is hard to prepare your finances for an exchange, because the actual money you spend will always be different. What helped me, was the average monthly expenses Uppsala University put on their website for their students. I added some money myself, since as an exchange student you always spend more than a normal student. This way I was more or less sure that I had enough money. However, I made a deal with my parents that if I needed money during the semester I could always lend something from them, so it is nice to have a safety net that way.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I did an international minor, which is a very nice way to meet a lot of new people when you just arrive in a new country. On the other hand was it difficult to meet local students this way. The work load was not that high



because everyone had a different ground level of expectations and we learned a lot about the subjects in different countries, which was interesting. The organisation of the courses was very good and since we were not with a big group of students, we had close contacts with the teachers and international coordinator.
academic quality of education activities
The academic quality was very good, but I expected it to be a bit different than it was in reality, mostly because the academic quality of education in Utrecht is very high. There were a lot of seminars where we mostly discussed our opinions on things, so this was different from what I did in Utrecht. After a while I got used to this working method and then it was a really good way to learn and acquire new knowledge.
counselling & support at receiving university abroad
Since we had the same teachers all the time and the international coordinator was closely involved in our minor, it was really easy to ask them for help and they were always willing to give you help if you needed it. The small group made it even better.
transfer of credits
In Sweden there is only a pass/fail credit system, but since we followed an international minor, the university automatically transferred these grades into the ECTS system with grades from A-E. They explained to us how we could transfer these grades into for example GPA grades, which made it really easy to understand what kind of grades we achieved with our assignments.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The orientation programme at Uppsala University was really well prepared. We had a welcome day where they picked us up from the airport, brought us to a studentnation where we got all the information we needed and where we got our keys to our accommodation. Afterwards, they transported us to our accommodation too, which made our arrival day not stressful at all. At the arrival day we got the programme for the introduction week too, with a map of the city and instructions how to subscribe to certain activities. This was all really well organized!
accommodation	I was very lucky with my accommodation, since I got a little studio in the city centre. It was an old hotel, so we had a big common room with kitchens too. All we had to do before the arrival was subscribe to three accommodations, accept the accommodations they assigned us to, pay the first rent and show up at the arrival day. There were a lot of options, differing from big rooms to small rooms, expensive or not expensive, close to the centre or a bit farther away (biking for 20 minutes). Since I heard Swedish students have a lot of trouble finding houses when they want to study in Uppsala, I was happily surprised that the university did everything for us to get accommodation.
leisure & culture	Uppsala is, in my opinion, the best student city in Sweden. The 13 studentnations they have there give a lot of leisure options, such as sports, music, theatre, dinner options and parties. Since all the students meet at the nations, you run into people very easily. Moreover, Uppsala used to be the capital of Sweden and has a lot to do and see. It is 40 minutes by train to go to Stockholm, so that made it easy to explore that city too.
suggestions/tips	Working at the nations. You don't get paid a lot or get paid at all, but you meet a lot of new people and this is where I met my Swedish friends. Since you are mostly in contact with internationals, it might be hard to meet Swedish people and this is a nice way too to do it. Besides that, you get to learn a bit more of the nations, which are very old in Uppsala and very interesting.



## CONCLUSIONS

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

I would recommend Uppsala to go abroad to. Sweden is not as popular as destination as the southern part of Europe, probably because of the weather, but it is a great place to live. The winters might be cold and a bit dark (not so much darker than the Netherlands), but the summer, when the sky never really gets dark, totally makes up for that. There are a lot of different things to do and see in whole Sweden and it is easy to travel to those places. Uppsala University is really organised with a nice atmosphere, which is in line with what I noticed in the whole city.

do you have any additional advice or comments?

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**UU Report form - Erasmus 2016-2017**

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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala universitet
start date	20 / 08 / 2016 (dd/mm/yyyy)
end date	13 / 01 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The exchange application process was fine. it is important that you have everything just in order and keeps track. The only disadvantage was that you had to arrange everything in a very short time.
counselling & support at Utrecht University	The guidance and support from international officer was quite good! When I sent an email with a question, I usually got a response within a day.
academic preparation	There was not much academic preparation needed. You only had to take an English test in advance.
language preparation	the same as in academic preparation. I only had to take an English test in advance. My entire abroad would be given in English class.
finances	I had already in advance financially in order. And I assumed that I would spend a lot of money on trips. However, many of my fellow students had it miscalculated and therefore have to borrow extra. But make no mistake how much you spend. namely, you have lots of free time and in that free time you want to see much of the country / world.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	the organization of my studies was quite good. I had a contact person and she arranged everything for me if something was not right. I was well informed in advance and everything was in order.
academic quality of education activities	I must say that the level of the study was lower than in the Netherlands. It probably has to do with the fact that I was in a class with only international students from around the world. And the Netherlands academic quality is really high.
counselling & support at receiving university abroad	I mentioned earlier, i had a contact person and she arranged everything for me if something was not right. Because i could always contact the contact person personal, everything was quickly arranged.
transfer of credits	



My transcript is sent directly to the Netherlands when all my credits were known. And all the credits, also apply in the Netherlands.

### STUDENT LIFE

#### welcome & orientation programme

the welcome and orientation programme was very well organized. I flew on a day where would be a welcoming committee from the university. I was taken to Uppsala by bus, where i got all the information/univeristy account/keys/bed sheets etc.

#### accommodation

The accommodation was really good for students. I lived in Flogsta, which is really a student campus.I wouldn't like to live there for years, but for a half year/year it is a fine place with many international students and parties.

#### leisure & culture

In sweden i had a lot of free time because you have no obligations at all, you do have normally in the Netherlands. This gives you plenty of time to explore the country and the countries around it. Or you go to the great city to hold a Fika (unlimited coffee/tea and pie). This all is very nice, but it cost you a lot of money.

#### suggestions/tips

go on adventures and do not sit in your room. there are a lot of international people and everyone is really nice. Be a member of a nation and have the best parties. Make no mistake that is costs a lof of money, but keep this in mind in your preparation so that you can make the coolest trips. So i have seen five countries studying abroad.

### CONCLUSIONS

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

Yes! In this country and in the University, everything is well organized. In addition, Scandinavia is wonderful and this is a ideal time to discover. Uppsala is a real student city, which also comes through the nations. They ensure that you will never forget the time as a student in uppsala. And honestly, i would NEVER forget this time.

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

no



**UU Report form - Erasmus 2016-2017**

faculty/college	Faculty social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogische wetenschappen

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	20 / 08 / 2016 (dd/mm/yyyy)
end date	13 / 01 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

It was sometimes really difficult to find out what I needed to do or what the university expected of me.

counselling & support at Utrecht University

The exchange application process wasn't always clear to me, but the international office always helped me really good

academic preparation

I didn't do any academic preparation

language preparation

I didn't do any language preparation

finances

I made a financial plan for myself

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I studied educational sciences. The courses were only for international students. The content of the courses weren't that difficult because it was more an introduction to the Swedish school system and school systems in the countries of the other exchange students. The organizations of the classes was really good and also the deadlines of the papers were timed well.

academic quality of education activities

The courses weren't difficult. I also did a field study of three weeks. This was really nice! It takes you some time but I learned a lot.

counselling & support at receiving university abroad

I received good support of the university abroad. If I had any questions I could always email them or I went to the international office where they helped me really great.

transfer of credits

It's all organized very well by the university so they did this as well.



<b>STUDENT LIFE</b>
welcome & orientation programme
The university organized a welcome programme. It was really nice that they did that because I met a few new friends over there. But there were a lot of students and it would be better if they organized it in small groups of students.
accommodation
I lived in Flogsta. A lot of exchange students live over there. So that was really nice. There were also a lot of corridorparties. It's not the nicest building and it is sometimes a bit grose.
leisure & culture
Every thing in Sweden is really expensive. The gym, cinema and all other leisure and culture places are really expensive. But it's al really pretty and modern
suggestions/tips
Become a member of a nation

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes definetely! The student life in Uppsala is the best. They have a lot of nations and you can become a member of them. The nations organize a lot of parties, lunches, and other activities. The university is really welcoming towards new exchange students .
do you have any additional advice or comments?
It takes a lot of time to apply for an exchange semester but it is definitely worth it!!



**UU Report form - Erasmus 2015-2016**

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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	15 / 01 / 2015 (dd/mm/yyyy)

**PREPARATION**

exchange application process

Just be sure that you don't miss any of the deadlines. Every university has different deadlines for signing up and next to this be sure that you are on time for the Erasmus application and for the extra money you get from the Dutch government for you OV-card.

counselling & support at Utrecht University

Utrecht University provides a lot of information. They send you emails with information about deadlines and stuff you have to do. Just follow the steps that are described in the emails and keep in mind which deadline is for the university you are applying for.

academic preparation

I didn't do any academic preparation.

language preparation

I didn't do any language preparation.

finances

For my finances I didn't do anything extra. I work already for many years and saved enough money for travels and trips like this.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I followed 3 educational courses and 1 Swedish course. The content of all the courses was quite easy and not deep going. The organisation of the courses was really good, didn't had any problems.

academic quality of education activities

The courses didn't went deep in the topic, this was a bit disappointing. I did a short internship in a Swedish school, which was really interyesting and informative.

counselling & support at receiving university abroad

This was really good. Everything was well organized from the beginning till the end. The counselor was really nice and did a lot for us, like finding a room, organizing lunches and registering us for courses.

transfer of credits

Some of my grades are still unknown, so I don't know how my credits are going to be transfert.



<b>STUDENT LIFE</b>
welcome & orientation programme
This was great! The welcome was well organized and we even got a simcard with internet and stuff. They brought us from the airport to our accomandations. The orientation program was extensively and very fun. Didn't want to miss this for sure! I met so much great people in those weeks.
accommodation
Was great! I had a room with my own bathroom in the middle of the student life of Uppsala.
leisure & culture
Awesome! There was so much to do for students. 13 Nations which organized lunches, fika's, dinners and parties everyday. And also many Swedish traditions as gasques, lucia and other stuff where amazing.
suggestions/tips
Become a member of a nation and do the introweek.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes, for sure! I miss it already and would love to do it again. Uppsala is an amazing student city. Because of the city is not that huge as Stockholm you get to know so many people. Next to this are the nature, the university and all the other activities you can do great. I had a lovely time in Uppsala!
do you have any additional advice or comments?
No, just go there!



**UU Report form - Erasmus 2015-2016**

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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	31 / 08 / 2015 (dd/mm/yyyy)
end date	15 / 01 / 2016 (dd/mm/yyyy)

**PREPARATION**

exchange application process
The exchange application process took me some time but it was manageable. First of all, I had to decide where I wanted to go, write a motivation letter and make a financial plan. After this I had to wait a while before I got the news that I was accepted for my exchange at Uppsala University. After this, other types of preparations needed to be done. This included applying for the Erasmus grand (& filling many forms) and signing up for student rooms. It took some time because a lot of the documents required signatures of both Uppsala University and Utrecht University but everyone responded very quickly.
counselling & support at Utrecht University
Utrecht University supported me very well when needed. They provided us with the information and helped us if something was unclear. I made a mistake in one of the forms for the Erasmus grand but when I found out they helped me very quickly and everything worked out fine.
academic preparation
I didn't really have to do any academic preparation.
language preparation
I only did the English test required for the Erasmus grand. My courses were in English so I didn't need any other forms of preparation.
finances
I applied for the Erasmus grand, a public transport compensation and got an extra job in the summer. I lived from this money and some savings during my stay.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)
Everything was very well arranged in Uppsala. We were already signed up for courses and got sufficient information when we arrived. I dropped a course and this was also very well organised. I found the level of the courses lower than in Utrecht. My courses did have a very international character which I really enjoyed.
academic quality of education activities
As I said, I found my courses rather easy. I feel like I have to study harder in Utrecht for the same amount of ECs.
counselling & support at receiving university abroad



Uppsala University was very well organised. They had a website for students which included your schedule and pages for courses in which teachers could communicate with students. I didn't really need any extra counseling or support so I have no experience with that.
transfer of credits
When we were still in Uppsala, they asked us to write our home addresses on big envelopes. A few weeks upon departure, we received this envelope with the transcript of our results. I needed to forward this to the International Office.

<b>STUDENT LIFE</b>	
welcome & orientation programme	I experienced a great welcome in Uppsala. We were picked up from the airport and dropped off at the welcome reception. Here we got an information package about the university, we registered and got the keys to our room. We could also already sign up for activities they organised for international students. The week after, the orientation week started. Every nation had a lot of activities so there was plenty of opportunity to get to know the student life and its nations. The university also organised a walking tour of the city and some bus tours in the weeks after.
accommodation	I lived at Flogsta, like many other international students. I lived in a corridor with 11 other students. My corridor was a bit quiet (especially the Swedes) but I've seen other corridors that were more social. Most of my friends also lived in Flogsta which I really loved because they were just a 1 minute walk away and we would hang out all the time. My room itself was really nice. I had my own bathroom and plenty of space. I could really recommend Flogsta because it will add a lot to your experience in Uppsala. Also, the most legendary parties are in Flogsta and you don't want to be the only one to bike home after them!
leisure & culture	I traveled a lot during my stay in Uppsala. I went to Copenhagen, Finland, Riga, Helsinki and Russia. We also traveled inside of Sweden. I really loved going to Stockholm on a free Saturday. In Uppsala, I really enjoyed the nations. There are 13 different nations in Uppsala where you can relax, eat, work and party. This added a lot to my experience abroad because it made it very easy to blend into the Swedish student life because they are open to all students. They also organize typically Swedish events like gasques and balls.
suggestions/tips	Make sure to experience as much as you can! Go to gasques, eat and party at every nations, go to Flogsta parties, see some more of Scandinavia because you're only on an exchange once and you don't want to regret not doing something in the end! And most of all, enjoy!!

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	I would really recommend Uppsala to others. It may seem like Sweden is not that different from the Netherlands because it's also a Western European country but the subtle differences are very nice to experience. The Swedish student life is very lively and I think the openness of it is very unique. This was a very important factor for me to go to Uppsala, because I would be able to do the same things as Swedish students do.
do you have any additional advice or comments?	Money should not be the reason to not go on an exchange. Yes, Sweden is an expensive country but with your Erasmus grand, public transport compensation and savings from summer jobs, you can have the best time of your student life!



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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	03 / 08 / 2015 (dd/mm/yyyy)
end date	14 / 01 / 2016 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application process went really smooth for me. I had to write a motivation letter and eventually I got chosen. I don't think there were more applicants than places. The international Office of Utrecht had already send an email to the Swedish coordinator with the names of the people that were nominated for the exchange and asked for some information for us how to apply for Uppsala University and about housing. The swedish coordinator send us an email back with all the info and everything we needed to do. It was all very clear. She also gave us the link to the Buddy Programme where you could sign up for.
counselling & support at Utrecht University	The international office was really helpful and replied fast. They also called me once when I did something wrong for the ERASMUS scholarship which was really kind.
academic preparation	I already had done 3 years of studies so I didn't do any extra preparation
language preparation	Because I really wanted to learn Swedish and I didn't have any knowledge of it before I found a free course online on lesexpres.nl which was very helpful. I still haven't finished it but it is a good start.
finances	Sweden is more expensive than the Netherlands so I safed money beforehand and also got something from my parents. Together with the Erasmus scholarship this worked out well.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The courses that I took were all kind of comparative ecuation but than slightly different. They were not difficult to follow and the classes were quite small. It was interesting to learn a lot about educational systems all over the world and also to observe in a swedish school for 3 weeks. I also did two courses in Swedish. An intensive course in August, which was a really good decision because I could start with the second course in September. Also you will experience some of the Swedish summer too if you participate in the intensive course. Everything was organised really good.
academic quality of education activities	The level was not really high.



counselling & support at receiving university abroad
Katarina, my coordinator in Uppsala, was super friendly and helpful. She replies really fast to her emails and also was really empathic which I really liked. You could always go to her office.
transfer of credits
I have my official transcript of records which was not a problem at all to get. When I emailed Katarina I got my transcript a couple of days later via post. They only have to be transformed into Dutch grades because they use a different grading system.

<b>STUDENT LIFE</b>
welcome & orientation programme
I started to study in Uppsala in the beginning of August so there were not so many students yet, only the ones that were doing the course with me. So about 150 international students. There were some guided tours organised by the university that you could do. Furthermore there were not so many activities organised for people that started in August because most of the students would arrive later in August. There was an introduction week for international students which was probably really nice but because I already had made many friends during the course and the exam was in the same week I didn't participate in much of it.
Accommodation
I lived in Kantorsgatan which I really liked myself, only it is a bit far out of the city and super far from Flogsta. Kantorsgatan is not a party place which I liked because I prefer parties at other people's places. If you're a party person you should stay in Flogsta.
leisure & culture
Uppsala is a great city to go to. There are so many activities to do for students and because of the nations life is not that expensive for students. The nations in Uppsala are such a cool thing that you cannot experience anywhere else. When you become active in a nation you will get to know so many Swedish people and traditions which is the best thing you can do I think. I became a fika host at Östgöta Nation and it was the best decision that I've made there. I had to work once a week and prepare lunch, fika and could just be with my friends all day that also worked there. So most of the time I was not there for only one day. When you become active at a nation you can go to nice parties and also I once went on a weekend trip to the sea.
suggestions/tips
Become a member of a nation and become active! :)

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would recommend Uppsala!! It was the best place to study. Everything was organised really well at the University and the student life is amazing! So different than in The Netherlands. More open and welcoming!
do you have any additional advice or comments?
Go to Uppsala!