



UU Report form - Erasmus 2019-2020

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

destination city & country	Madrid, Spain
how did you travel to your destination?	By plane
name university abroad	Universidad Autónoma de Madrid (UAM)
start date	09 / 09 / 2019 (dd/mm/yyyy)
end date	27 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process	From the host university it went pretty smooth, however, it took a while to receive all the information and answers from the receiving institute.
counselling & support at Utrecht University	Very good, always fast replies and good support whenever needed.
academic preparation	Didn't prepare a lot.
language preparation	Followed six years of Spanish class in high school, before leaving I practiced a little on Duolingo.
finances	

STUDY ABROAD PERIOD

study programme (content and organisational issues)	If we got informations about the content of the study programme and organisational issues we got them pretty late from the receiving institute. This could sometimes be quite annoying.
academic quality of education activities	Academic quality of education activities might be a little bit lower than here at the UU, but through the Spanish language it can be a little more balanced, and perceived as more or less the same.
counselling & support at receiving university abroad	Not that well as here at the UU, very late with replying and a lot of times not answering the questions.
transfer of credits	They also work with ECTS.

STUDENT LIFE



welcome & orientation programme
One day we had a quick tour around campus, and one day we had a 'welcome meeting at the faculty'. These were both really small and quick.
accommodation
I'd recommend living in the city. I had to travel about an hour in total to my uni, because it is close to the mountains outside of the city centre, but I was really happy to live in the city centre. You get way more experience of the Spanish culture and also for going out or meeting with friends it's perfect if you live in the city centre.
leisure & culture
There are a lot of activities organized by student organizations, such as Citylife. Every day they have a program with parties, trips and cultural activities.
suggestions/tips
I would recommend to live in a student house in the city centre, because that way you really get involved in the Erasmus lifestyle.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
The destination I would recommend for sure! It is a beautiful city and even though it is the capital of Madrid, it is still very local, with a lot of local Spanish restaurants and people around. The university I wouldn't necessarily recommend, because it is not that great at organizing things, replying to mails or questions and they don't really take into account Erasmus students. For example, they didn't explain that they had a different exam system, which seems pretty important to me.
do you have any additional advice or comments?



UU Report form - Erasmus 2019-2020

faculty/college	Faculteit Sociale Wetenschappen Universiteit Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogische Wetenschappen

destination city & country	Madrid, Spain
how did you travel to your destination?	Airplane
name university abroad	Universidad Autónoma de Madrid
start date	09 / 09 / 2019 (dd/mm/yyyy)
end date	22 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

It took some time to get the information from the International Office of the faculty of Psychology, but they informed us well. Don't expect them to respond quickly, but they are very nice and willing to help you.

counselling & support at Utrecht University

International Office from the Social Faculty of UU is very helpful!

academic preparation

They respond very quickly and give really helpful answers or solutions. Furthermore, they organised an meeting before leaving and every now and then they sent a newspaper.

language preparation

I have had some Spanish classes before going to Madrid. I would really recommend this, because everything will be in Spanish at Autónoma.

finances

Be on time with organising your Erasmus grant and your OV vergoeding.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied at the Faculty of Psychology. I could choose between all courses in the whole faculty. I followed the courses: Psicología de los Grupos, Psicología de la Personalidad, Psicología Ambiental, Necesidades y derechos de la infancia. It really depends per subject how it is organised. Most of the courses have lectures and tutorials, but always with the same professor. During the semester you can get some assignments to make, but most of the time you can make those during the tutorials. The exams need more preparation. Also for the exams it is usefull to ask the professor how they do the scoring. I was not used to their system.

academic quality of education activities

Academic quality is quite alright at this university.

counselling & support at receiving university abroad

It was difficult to have contact with the international office of UAM. They don't respond fast on emails and they only have a few openinghours a week.



transfer of credits

I did not receive the transfer of credits yet.

STUDENT LIFE

welcome & orientation programme

The university organised a very nice welcome day including paella! Also the faculty gave a introduction, which was in Spanish but very usefull.

accommodation

I would recommend new students to look for a room in the city centre. It is quite expensive, but worth it! The campus is far away from the city centre and not so many students live their. I stayed in a house from Atmosphere Living and I would recommend to have a look on their website.

leisure & culture

In Madrid there are many groups/organisations which organise parties and cultural activities! I did some trips with CityLife, which were very nice. Also, it is quite cheap to travel in Spain. I had enough time in my weekends to do that.

suggestions/tips

Segovia is a nice old city close to Madrid, it is very nice to give it a visit.

CONCLUSIONS

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

Yes, I would definitely recommend Madrid for doing your Erasmus. It is a nice combination of a new culture with a lot of parties/activities for international students. Also, I would recommend Universidad Autónoma if your level of Spanish is already good. Otherwise, it will be quite difficult. The campus is really nice to chill in between classes and the teachers are very nice.

do you have any additional advice or comments?

At the Universidad Autónoma they offer Spanish classes at the Servicio de Idiomas. I really liked this classes and my Spanish really improved!


UU Report form - Erasmus 2018-2019

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Onderwijswetenschappen
destination city & country	Madrid, Spain
name university abroad	Universidad Autónoma Madrid
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	22 / 01 / 2019 (dd/mm/yyyy)

PREPARATION
exchange application process

The preparation felt like a lot of paper work but in the end the steps were easy to follow, it is important to make time for all the paper work and sending emails, but since you will be very excited it is nice to spend time on it.

counselling & support at Utrecht University

Support from the university is very good, the International Office is very approachable and you can stop by or send an email for any question. They always know how to give clear answers to what is really useful to you.

academic preparation

Since I wanted to go to Spain but the university didn't offer Educational sciences, I chose to take Psychology courses according to my own interests. My academic preparation was not special and I followed subjects from my own study.

language preparation

I took Spanish classes in high school for a total of four years and in preparation I did take four Spanish language courses at the university of Utrecht, I have reached level B1.

finances

To finance everything I had saved up some money. With the Erasmus grant and study financing we receive from back home I was able to manage it. But the experience was more expensive than I expected. Partly because I did some trips and had a lot of visitors. It was normal to go out for dinner a lot of weekends with my visitors and friends in Madrid.

STUDY ABROAD PERIOD
study programme (content and organisational issues)

In the beginning the programme was very unclear for me. I received a schedule with all the lessons given on our university. I had to make my own schedule and therefore I changed some courses at the beginning to create a schedule that was as favourable as possible for myself.

academic quality of education activities

The quality of the education in Madrid is in my opinion lower than in Utrecht. They are less strict about deadlines, you can discuss the attendance or deadlines about turning in assignments everytime. Some courses were very well put together but in general all the courses were less organized.

counselling & support at receiving university abroad

It took mostly a week to get an answer from the International Office in Madrid, also you need to check the



opening times by forehand. It will be very chaotic at the beginning trying to make your own schedule and to make the learning agreement right, but in the end you get used to the Spanish way of doing things, disorganized and slow.

transfer of credits

At this moment my credits are not transferred yet. At the university in Utrecht we get 7.5 ECTS per course, in Madrid the courses are 6 ECTS, if all goes well, you can just let the subjects and grades count.

STUDENT LIFE

welcome & orientation programme

The university organized a welcome meeting for all the international students and the Faculty organized a welcome meeting with all the international Psychology students. It was very nice to meet everyone in an informal way with a lot of tapas and drinks. Besides that the university and ESN organize a lot of activities in the first month for the Erasmus students. Almost everyday there is an activity, you can decide whether you want to go or not.

accommodation

I have been very lucky with my apartment in the centre of Madrid (Puerta del Sol) for a very good price. I advise everyone to not rent a room through Erasmus flat organisations. Many people had problems getting the deposit back, or nothing was arranged. My landlord has arranged everything, when something broke, it was repaired immediately. The website is: www.operahousingmadrid.com.

leisure & culture

The experience in Madrid felt like a holiday for five months. It is so nice to leave the pressure behind you and let yourself be carried away in the Spanish culture. There is a lot to do and see in and around Madrid. You can explore all the neighborhoods on foot and it is also fun to make trips to other places during the weekend.

suggestions/tips

I really recommend [operahousingmadrid.com](http://www.operahousingmadrid.com) for renting a room in the city centre. Time goes by very quickly, I have done everything I wanted to do and I definitely recommend to occasionally escape the busy city to make day trips, weekend trips, visit a vineyard or go for a hike.

CONCLUSIONS

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

Absolutely! I love the Spanish culture and lifestyle. The city has so much to offer, it feels already like home! I was lucky not to have to study very seriously. The courses at the UAM are not as well organized as at the UU, but I think the level of the exams are way lower so it is easier to pass courses.

do you have any additional advice or comments?

I recommend going to Madrid a week before the start of the university to explore the city. I enjoyed living with many internationals, so I made a lot of connections in my first weeks already. I would also like to say that I received a lot of visitors, which was super sweet, but it was also a bit much. I found it quite exhausting to get visits for 6 weekends in a row and it also costs you a lot of money. Think carefully about how many visitors you want to get and feel free to say no.



UU Report form - Erasmus 2018-2019

faculty/college	Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Madrid, Spain
name university abroad	Universidad Autónoma Madrid
start date	10 / 09 / 2018 (dd/mm/yyyy)
end date	22 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process for Madrid was quite hard, because they do not email fast back, so I was waiting for maybe 2 months for my learning agreement. This is a bit annoying while you're doing your preparations, because it really stops the process. But when I arrived I just went to their office at the university and then it was really easy.

counselling & support at Utrecht University

There was a lot of help from the university. If I had any questions I could just email them and I got a response quite fast. The only thing that was difficult is that they are not open so many times, so if you have classes it is really hard to find a moment to go there and get something signed.

academic preparation

To prepare academically I have been focusing on the courses I wanted to follow. I read the course descriptions of the courses I wanted to follow to decide which ones I like the most and which ones were most beneficial for my future.

language preparation

I took a Spanish course in the Netherlands before I went. I also studied a lot on my own, although this was quite hard to do. In Madrid, I followed a course offered at the University for 3 months, 3 hours a week.

finances

To prepare for my time abroad I worked a lot and saved up as much money as I could. Even if I wouldn't use everything, it is really nice if money is not the reason that you cannot do certain things.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 4 courses and one Spanish A2 course at the university. This course was really helpful because I improved my Spanish a lot. Out of the 4 courses, 3 of them were in Spanish, so that was really difficult, but I didn't really have another choice. I liked most of my courses and they were organized quite well. Sometimes it was hard to know if something was obligatory, and they were kind of vague about things we had to hand in yes or no. Also because we didn't get feedback on what we handed in. But they sent emails about important things and the dates of the exams were quite fast available.

academic quality of education activities

For me it's kind of hard to decide on the academic quality, because it is really different from the type of classes in Utrecht. They have a lot of lectures which are more interactive, but they don't really have workgroups. The



exams are mostly based on the lectures and not really on the books.
counselling & support at receiving university abroad
I didn't notice a lot of counselling or support. We had 2 welcome meetings which was nice and you could sign up for a buddy program, but I didn't do that because I didn't feel like I needed help. But I think if I needed it I could have get it.
transfer of credits
The receiving university let us know by email that they will send our grades to the home university and us as well before the end of February.

STUDENT LIFE
welcome & orientation programme
There were 2 welcome meetings from the university, which was nice to get to know a lot of other international students. Moreover, there is an Erasmus organisation which offers a lot of activities and Madrid also has CityLife Madrid. This is an organization that has activities and partys during every week and makes it really really easy to get to know a lot of people. So there were many options to get to know the city and a lot of international students as well.
accommodation
I stayed in a shared flat with 4 other girls. I got this flat using Aluni.net which was very efficient. I could just add some filters about how many people, how much money, location, etc. Then, a map came up with all the possible locations and the prices. I recommend to start looking quite early, before summer starts, because then there is a lot more available and everything is cheaper.
leisure & culture
The city itself is honestly amazing. There are só many bars, restaurants, parcs, cafés, etc. and everything is really cheap. There is always something to do, no matter what you like. A lot of museums, sport facilities, etc. There are always a lot of people in the streets and I felt really safe. There are many different neighbourhoods with different kinds of things that characterize them. For example a posche area, an area with a lot of bars, a multicultural area, and go on. This makes that there is a wide variety of things which makes that after five months there are still a lot of things to do.
suggestions/tips
I recommend to save enough money. Although it is quite cheap, you will spend a lot of money on travelling, going out, getting dinner and so on.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would definitely recommend Madrid! I loved every bit of it and I had an amazing time with a lot of new international friends. It has been an amazing experience, and the culture and climate are ofcourse beneficial to this. UAM is known as one of the best universities of Madrid so this is really good.
do you have any additional advice or comments?
Prepare enough before you go and print forms and copies of your ID. That makes it a lot easier when you arrive.



UU Report form - Erasmus 2018-2019

faculty/college	Universiteit Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Madrid, Spain
name university abroad	Universidad Autónoma de Madrid
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	22 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process	It was quite some paperwork, but the International Office in Utrecht was always willing to help!
counselling & support at Utrecht University	The International Office knows a lot about the universities and their application process. They understand the stress you can have before you go on your exchange. They responded very quickly and clearly on my mails.
academic preparation	It was not necessary to prepare myself in a very academic way. I already had passed all my obligational psychology courses in Utrecht and my Spanish was also quite ok beforehand.
language preparation	I had done a Spanish course in the Neterlands
finances	I made a financial overview so I knew "hard financial times" were coming

STUDY ABROAD PERIOD

study programme (content and organisational issues)	The progamme was really nice, I liked the courses a lot. Sometimes it was a bit chaotic to organize everything in Spain, but the International Office in Spain was willing to help.
academic quality of education activities	The academic quality was ok. It depends a bit on the courses you do.
counselling & support at receiving university abroad	In the beginning of September they were still in the "holidays mood", but after a few weeks the International Office responded quickly. The ESN from Autonoma had a lot of welcome activities.
transfer of credits	In the Netherlands each course is 7,5 ECTS. Here it is 6 ECTS per course.

STUDENT LIFE

welcome & orientation programme	
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The ESN of Autónoma had a lot of welcome activities. It was nice to get to know people in that way.
accommodation
It was easy to find an accommodation via operahousing
leisure & culture
The weather is much better here, so that makes it very nice to do activities outside. Hiking, picknick in the park etc. There is still a family culture, the students life with their parents, that is different, but also nice.
suggestions/tips
Try to make Spanish friends!!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the courses are good and the campus is nice. There is a train to the center every 10 minutes, so it would not take you to long to go to the university. The teachers are nice, there is a good atmosfere.
do you have any additional advice or comments?
Participate in some ESN activities to get to know (Spanish) people



UU Report form - Erasmus 2017-2018

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

destination city & country	Madrid, Spain
name university abroad	Autonomous University of Madrid
start date	01 / 09 / 2017 (dd/mm/yyyy)
end date	30 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was very clear and easy to follow.

counselling & support at Utrecht University

There was a huge support at Utrecht University. They were very helpful and involved.

academic preparation

I did not do any academic preparation.

language preparation

I followed an online Spanish course to prepare.

finances

I expected the same costs as in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At UAM the organisational issues are less efficient than at Utrecht University. It took a long time before things were completed.

academic quality of education activities

The academic quality was good. It lived up to my expectations.

counselling & support at receiving university abroad

The international office was very helpful.

transfer of credits

I haven't transferred my credits yet.

STUDENT LIFE

welcome & orientation programme



The university had organised a welcome lecture with drinks and tapas at the end to meet other students.
accommodation
I lived in a flat, through Atmosphere living.
leisure & culture
The erasmus group organised a lot of events to discover the city.
suggestions/tips
Try to find an accommodation with a direct line to the university.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend going to Madrid. The city has so much to offer. It's a great place to live as a student.
do you have any additional advice or comments?
Try to go the first semester to Madrid, the weather is better and it's so nice during the Christmas season.



UU Report form - Erasmus 2017-2018

faculty/college	Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Madrid, Spain
name university abroad	Universidad Autonoma Madrid
start date	01 / 09 / 2017 (dd/mm/yyyy)
end date	21 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process takes some work. It is very important to make sure you arrange everything in time. I thought the hardest part was choosing a destination, because there are so many options. But when you have chosen your city, it is just some paperwork.

counselling & support at Utrecht University

The support was very good. You can email the international office any time and they respond very quickly.

academic preparation

As far as academic preparation I have not done anything special. Followed and passed all of the obligatory courses as well as courses and therefore in Madrid I decided to follow courses of my interest outside of my specialization.

language preparation

I took a language Spanish language course in the Netherlands, before my departure to gain some basic skills.

finances

I saved money during my study for going on Erasmus. This was enough and because Spain is not an expensive country, I didn't spend much more than I usually do, except from doing trips.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I already completed all my courses and my bachelor thesis. So the exchange was really about doing courses of interest and learning Spanish for me. An important note is that when you want to do courses at other faculties, you really have to be in time with subscribing, especially for English courses, because they are very popular.

academic quality of education activities

The academic quality of the education in Madrid is very different from what we are used to in the Netherlands. Because you are doing 4 to 5 courses in one semester, you have more contact hours, but less work to do at home.

counselling & support at receiving university abroad

The support is good at Autonoma Universidad, because the international group of psychology students is small there. So there is one person always available to help you and you can choose to get a student mentor.

transfer of credits



My credits do not count on my average, because I have already completed my bachelor.

STUDENT LIFE

welcome & orientation programme

There is a welcome day for all international students and there also is a welcome day for the international students of the faculty. This is very nice, because you get the opportunity to meet everybody and it is very informal in a Spanish way with tapas. At the first day you get an explanation about how you can switch your courses. You have to subscribe for courses in the Netherlands, but they have an introduction week there, where you can go to lectures and then decide if you want to follow the course or not, this was very nice, because I changed my Spanish courses for English ones, because it was still a little bit hard.

accommodation

I rented my apartment in the Netherlands and I would recommend doing that. I had friends who rented their apartment in Madrid and the advantage is that you can see the rooms, but it is very hard to find a nice one. I rented mine at Atmosphere living.

leisure & culture

The Spanish culture is amazing. I felt like I was on a holiday for five months, because everybody is so relaxed, the food is so nice, and there is so much to do in the city.

suggestions/tips

A lot of universities seem far away, but the connections are very good in Madrid. I really would recommend to try to find an accommodation in the city centre near sol/la latina/malasana, rather than living near the university.

CONCLUSIONS

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

I would really recommend this destination abroad. Madrid is an amazing city. It has everything. It was my first time abroad for five months and I liked Madrid very much, because the international community is huge. The city is really designed for internationals.

do you have any additional advice or comments?

Sometimes it seems hard to arrange things in Spain, but that is because people are so relaxed. So save yourself the stress and just experience their way of working things out. Enjoy!



UU Report form - Erasmus 2016-2017

faculty/college	Psychology
level	X bachelor's master's PhD
name study programme	Psychology

destination city & country	Madrid, Spain
name university abroad	Universidad Autónoma de Madrid
start date	07/09/2016 (dd/mm/yyyy)
end date	25/06/2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process felt like a lot of work because it took place in probably the busiest week of the year, but in the end it was not that bad. Just prepare to send a lot of emails in order to get everything done.

counselling & support at Utrecht University

Support from Utrecht University was very good. You can always send an email or stop by the international office to ask your questions and most of the time the answer you get is everything you need.

academic preparation

As far as academic preparation I have not done anything out of the ordinary. Followed and passed all of the obligatory courses as well as courses regarding Social Psychology. In Madrid I decided to follow courses of my interest outside of my specialization.

language preparation

I took Spanish classes in high school for a total of four years and did a course during four months before going to Spain. The last course I took existed of three hours a week in which I was taught Spanish in a variety of ways. Mostly conversation-oriented, the classes prepared me to listen and speak in Spanish. Besides this course I occasionally used duo-lingo and watched series in which either the spoken language would be Spanish or the written subtitles would be in Spanish.

finances

To finance everything I had saved up some money and with the Erasmus grant, travel allowance and study financing we receive from back home I was able to pay my rent, get groceries, go on trips and have fun!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In my year abroad I followed courses like I would have done back home. Doing this year abroad instead of a single semester does mean I need half a year longer to write my bachelor thesis.

academic quality of education activities



I'm not sure yet how I feel about the academic quality. Some lectures and courses were very well put together, but some were also very different from what I was used to, less organized. Also due to not being fluent in Spanish some things may have seemed harder than they may have actually been. In the courses in which I did understand most of what was going on, the exercises were generally very easy.

counselling & support at receiving university abroad

Here in Madrid too the support was solid and the International Office here was always quick to respond. It will be chaotic at the beginning trying to get all your courses and learning agreements right, but in the end it will all fall into place.

transfer of credits

The transfer of credits is something the International Office told us would happen automatically. As of now, I am not a 100% sure of how the credits will be transferred.

STUDENT LIFE

welcome & orientation programme

I have been to the one welcome day most Erasmus students came to and this was quite well organized with food and drinks. Everything was in Spanish so no-one understood everything that was said. Most faculties have this welcome meeting and I'd really recommend going to this one since this is where you'll meet most of the Erasmus students. Also if you can, go to the Erasmus Student Network (ESN) welcome meeting. There will be a lot of explaining about activities and how this will become the best year of your life.

accommodation

I choose to live in halls on campus with the idea that this might be like the American-style dorms. The place was very well taken care of and I had my own bathroom, bedroom and a shared kitchen. It was really expensive so after the first semester I decided to move to the city centre of Madrid! Most people live in the centre which is really the most convenient. Depending on which neighborhood you live in, generally there are stores within thirty seconds of your house and close at 10pm. Adding a bunch of night stores you'll never have to worry about having enough food or drinks at home.

leisure & culture

There's so many things to do in Spain to entertain yourself with. There is literally something to do every day of the week. Just walking through the centre of Madrid kept impressing me all the way through my stay just as the food-culture and fiestas. There are many beautiful cities around that don't require much time to get there. I would definitely recommend going to Andalusia while you're here and enjoy the Spanish culture as much as possible.

suggestions/tips

Get used to the Spanish culture and people and you'll enjoy everything a lot more! Also stay open for new experiences since this is the year in which you are as free as you can be. I'd also say if you like to be around people most of the time, go and find a place in the centre of Madrid.

CONCLUSIONS

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

Yes absolutely! I think Valencia is a very popular place because of the beach and it is overall a very popular city but Madrid is very underrated! I'm very happy to have chosen Madrid as the city in which I study. Also the university here is amongst the best in Spain so for academic reasons Madrid will also be a good choice. I don't have enough words to explain it, so all I can say is go experience it yourself.



UU Report form - Erasmus 2016-2017

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	Madrid, Spain
name university abroad	Universidad Autonoma Madrid
start date	21 / 01 / 2017 (dd/mm/yyyy)
end date	01 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
Fine, nothing special
counselling & support at Utrecht University
Fine, I had the feeling that I could ask everything. However, it would have been nice if the timeframe during which you could call the office were a little wider.
academic preparation
Fine
language preparation
Was very hard. I worked for more than a year, and very hard, to learn Spanish, but when I came there I was astonished about how difficult it was to understand and communicate with the people there.
finances
It was more expensive than I expected. Partly because it was rather normal to go out for dinner there. Although it is much cheaper there, when you go out for dinner a couple of times a week it becomes expensive. Also, I wanted to do a lot of trips, because suddenly everything was so close! That also was very expensive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
In the beginning the programme was unclear for me. I received a schedule with all the lessons given on our university. I didn't know where to go and when.
academic quality of education activities
I am under the impression that the quality of the education in Madrid is a little lower than in Utrecht, because they are much less strict about when assignments have to be turned in, and about deadlines in general. Every teacher decides on his/her own to teach about a certain subject or to skip it.
counselling & support at receiving university abroad
I received a document with information beforehand, but it was all rather vague about when I had to be there and when it would start. I emailed about 5 times about it and everyone gave a different answer (or none at all).
transfer of credits
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STUDENT LIFE

welcome & orientation programme

There was a welcome meeting for all the Erasmus students that studied psychology on my faculty. That was nice, because then you knew a couple of faces when you came into the class. The Erasmus organisation also did a lot, organising many activities. That was great, because then you got to know Erasmus people from all over the university. But even outside of the university there were a lot of organisations (like citylife and smartinsiders) that organized a lot of activities.

accommodation

On the campus is not very nice. You have to go by train to come there and the last train goes around 1, so you have to party till early or very late. Living in the centre was awesome!

leisure & culture

I really loved the culture. The rhythm of getting out of bed relatively late, eating later than is normal in the Netherlands, and going to bed deep in the night is my rhythm. Also I really loved the food. What I liked less was the mentality to do everything very slow and never really work hard.

suggestions/tips

Sign up for the Facebook pages of Citylife and Smartinsiders. They have a lot of trips and activities where you can meet other Erasmus people.

CONCLUSIONS

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

I would recommend going to Madrid, because it is a perfect city to go on your Erasmus exchange. However, the university itself I would not necessarily recommend. If you want to study very seriously it is very hard, because you are told about deadlines very late for example.

do you have any additional advice or comments?

Check the schedule of the classes before you sign up for them. They were rather hard to find, but I found them on the website eventually.



UU Report form - Erasmus 2016-2017

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	Madrid, Spain
name university abroad	Universidad Autonoma de Madrid
start date	16 / 01 / 2017 (dd/mm/yyyy)
end date	29 / 05 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

Overall, the application process is quite easy. It took some time to figure out which University I wanted to go, but when I decided where to go, everything went well. Utrecht University is very helpful. The only struggle was deciding which subjects to take, because you had to chose before knowing what the subjects were exactly and you have to make sure that all the subjects fit in your timetable. This is quite difficult and not so well organized. But you can change all the courses the first two weeks of the semester, so if you don't like one of them or if you find out that your timetable doesn't fit, you can switch to another course.

counselling & support at Utrecht University

Very good! They were very helpful. Every time I had a question, they answered quickly and there answers were very useful.

academic preparation

Nothing special. It was the same study as I study in Holland, so I didn't need any special preparation.

language preparation

I took a language course for half a year. It was a course that I took at home. I do recommend everyone to study Spanish more than I did, because it took me a long time to get used to the language. Once you are there, you meet so many international people, which results in speaking English a lot. If I would do my exchange over again, I would take a intensive course the first 2 weeks that I arrived in Madrid, to get used to the language quickly.

finances

I saved some money, and together with the scholarship and some help of my parents I thought I was well-prepared, but in the end it was quite difficult. I spend more than I thought, plus I forgot that I had to pay deposit of my room, plus I forgot that I received only 80% of the Erasmus scholarship during my stay. So in the end, I was struggling a little bit.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Everything at the UAM is very different from the UU. There's no weekly schedule, like we have in Osiris. Also I had to attend more classes than I was used to. Furthermore, it was mostly lectures, no practical working groups, like we know in Holland. So it was just sitting in the classroom listening to the teacher.

academic quality of education activities



The academic quality is not as high as in Holland. They taught me things that I already learned during my first year at the UU and it feels more like high school in Spain. But because everything was in Spanish, it was more difficult. It takes a lot more time, because you have to translate everything first.

counselling & support at receiving university abroad

They are very nice and helpful, you just have to make sure you know when the office is opened. They speak English very well and you could also reach them by e-mail or phone.

transfer of credits

At this moment, my credits are not transferred yet. They will send it to the UU directly.

STUDENT LIFE

welcome & orientation programme

There was a welcome meeting for Psychology students in the first week of the semester. I met a lot of international students there. There was also a welcome meeting for all the international students of the UAM where they told us about all the activities and the student life in Madrid.

accommodation

I found my room on idealista.com. Most of the rooms for international students in Madrid are super expensive. I paid 510 a month, but it was the most perfect location (I would recommend everyone to look for a room not too far from the metro station Sol) and I lived with 10 other international students, which made my stay in Madrid super nice!

leisure & culture

There is so much to do and see. I fell in love with the city and the Spanish culture. I love their way of living, like eating late and having a beer outside almost every day haha. The Spanish people are much more relaxed than Dutch people. For sports, I went to the gym. This was the same gym that I go to in Holland (basic fit) so this was very easy. There are a lot of organized trips and activities, I recommend you to check the facebook of: citylife madrid, be madrid and ESN Madrid.

suggestions/tips

Go on a lot of trips! I went to so many beautiful cities in Spain during my stay. Also join the buddy programme, because that's very helpful.

CONCLUSIONS

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

Yes! It was an amazing experience and I don't regret anything of it. Madrid is such an amazing city and you will feel at home quickly. The UAM is maybe not as organized as the UU, but in general it's okay.

do you have any additional advice or comments?

Go at least one week before the start of the semester, so that you can get to know the city and get used to everything before the Uni starts. Also don't worry about being alone, because everyone is so open and you will make friends easily.



UU Report form - Erasmus 2016-2017

faculty/college	Faculty of Social and Behavioral Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Madrid, Spain
name university abroad	Universidad Autónoma de Madrid
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The biggest struggle with the application was deciding where I wanted to go, that really took me a lot of time. But after that writing the motivation was easy. Finding all the information for the study plan takes some time, but it's worth it !

counselling & support at Utrecht University

When you have a question you can go directly to the International Office and mostly they knew the answer. They were really helpful with all the forms you have to fill in for the application. The contact with my university in Spain was sometimes a bit difficult but the International Office helped me to arrange everything. Also when I didn't receive my learning agreement from Spain on time, it was no problem.

academic preparation

The level of education in Spain was much lower then in the Netherlands, so I had more then enough academic preparation to study there. Propably you go on exchange during your 3rd year, but the 3rd year here is more or less the 2nd year at the UU. So you will have the needed knowledge to participate.

language preparation

Before I went to Madrid I already travelled in Spain for 6 weeks, after that I took a language course (A2) in Utrecht. When I arrived in Madrid I quickly found out that they spoke way faster, and that the academic level of Spanish was going to be a problem. The first weeks it was really difficult to follow the classes, but by the time it got better. I also took the language course from the university, but I can't recommend that. The classes were big (20 persons) and I don't have the idea that I learned a lot. It's better to take a language course at another insitute, it's more expensive but you'll learn more.

My 'problem' was that I had almost only international friends and I spoke too less Spanish, it's difficult to make Spanish friends but if you want to improve your Spanish that is the best way!

finances

Madrid is an expensive city, more expensive then other Spanish cities so keep that in mind. But it's amazing so for me it was absolutly worth spending a bit more! It was only for half a year so it wasn't that much. The erasmus grant (and ov-vergoeding) covers a lot and it just depends on how much money you spend on travelling. The prices for a room are more or less the same or a bit higher than in Utrecht, if you start searching on time. Monthly I needed a bit more money than in Utrecht, but with the Erasmus grant it's perfect!

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I took courses from all subjects, since it was really difficult to fit everything properly in my schedule. We were free to choose whatever we wanted, and if there were places left it was also allowed to take courses at the other faculties. They have a lot of courses available since their bachelor takes 4 years, but keep in contact with the exam board from the UU to check if you're allowed to take the courses! The fact that you can choose from so many courses makes it also more difficult, they don't have a clear time table system so it was difficult to fit everything in my schedule. Make sure that you sign up directly when the webpage opens because some popular courses are filled immediately.

academic quality of education activities

The level of education is lower than in the Netherlands, but together with the language barrier writing assignments took me a little bit more time. They almost only use Spanish articles, but if you're good with google mostly you can also find something in English and just keep reading in Spanish, it gets better really soon. The system of studying is different than back home, it feels more like high school. They don't have big lectures, but only classes with about 30-40 persons (sometimes even less). This makes it more personal, the teacher really knows you, and I think it also improved my Spanish more! The level of the final exams is a lot lower than in the Netherlands, sometimes when I was writing the exam I was really surprised by the questions, so easy! Besides that you don't have to take the final exam of each course, some teachers change it into a presentation or sometimes just passing the midterms is sufficient.

counselling & support at receiving university abroad

The international office and other services in Madrid were not that well arranged, but that's just the Spanish way of doing it. Mostly it took more than a week to get an answer from the international office and sometimes they came up with weird things and questions. Overall it took more time to arrange everyting, but when finally in Madrid it was easier. We had a nice welcome meeting and when there was a question you could go to the international office instead of sending an email.

transfer of credits

In the beginning for me it was really unclear if I could get full credits for a course or not, since there are a lot of courses with subjects we've already had, but in the end it all turned out good! They change the grades was a bit strange, but they do that wherever you go to. Some grades were higher, some were lower.

STUDENT LIFE

welcome & orientation programme

There was no orientation programme, which was pretty sad. There was one welcome meeting, where we got information about the first weeks (choosing courses) and this was also the place where I met some friends. The ESM from UAM is not super active, but they do organize some nice activities. There are a lot of other organizations that offer activities for Erasmus students, and I participated a lot in those which was really nice! So you don't need an active ESN, but some other active company is nice.

accommodation

I started looking for a room early, because I knew that when you wanted to book it in advance you should make sure that you do that early. It's also possible to look for a room once you arrived, but I think that that's more stressful. I was happy that I booked it in advance and I could enjoy my free time before Uni started.

leisure & culture

A lot of cultural activities are free for students, so it's nice to check everything out! There is always something going on since it's such a big city. All the organizations offer a lot of nice activities to get to know the city, the culture, the country and other people. They also organize trips to cities close to Madrid or for instance to Marrakech, so there are enough opportunities to travel aswell. Nightlife is really nice! It's more expensive, but well, it's the capital of Spain.. Mostly you pay an entrance fee including some drinks, and the clubs are really nice!

suggestions/tips



If possible, make sure that you arrive at least a week before uni starts. I really enjoyed my time before uni, it might be a bit scary to arrive a week before without knowing anyone, but you make friends really quick! Go to activities, even if you are alone. There are always people coming alone and everyone is open to new people. Since everyone arrives alone (or maybe with a friend) and it's still holiday you can do a lot of things, get to know the city (and nightlife!) and make friends, enjoy summer!

CONCLUSIONS

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

Sure! First I was a bit worried about my univeristy, but soon enough I found out that it was just typically Spanish. Madrid is an amazing city and I really enjoyed living there. Don't worry about going alone and the fact that it's maybe more expensive than other Spanish cities. It's only for half a year and it's really worth spending a bit more to live in the capital. I loved the fact that there was always something going on. And keep in mind that Madrid is also the middle of Spain, which creates a lot of travelling opportunities all over Spain!

do you have any additional advice or comments?

Don't worry too much about your level of Spanish. I arrived in Madrid with a A2 level of Spanish which scared me, because you had to have at least B1. And it's true, if you want to understand everything in university you really need that level (I think even higher), but I didn't have a lot of problems with not understanding everyting. Just ask people for help and keep going to your classes, your Spanish will improve quickly! In the end I learned a lot and I even passed my courses, except for one, so it's all possible.
Also, keep in mind that you go to Spain. People there take it easy and don't work under pressure. If you want to arrange something it might take longer, they don't rush (wich I really liked!).



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	General Social Sciences
destination city & country	Madrid, Spain
name university abroad	Universidad Autonoma de Madrid
start date	06 / 09 / 2015 (dd/mm/yyyy)
end date	23 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

When you have decided where to go to, the application process is very easy. The University of Utrecht arranged the application process very well. The forms are a lot of work, but also very good for your own preparation.

counselling & support at Utrecht University

The support at Utrecht University is very good, the preparation meeting was personal and there was enough opportunity to ask questions. After this meeting I knew very well what to expect and what I had to arrange. Also, if I had questions, I got a very rapid response on my e-mails.

academic preparation

The only academic preparation I could do was searching for courses I wanted to do. There was no literature in advance and the courses I was going to do were very new for me, so I had no idea what to expect.

language preparation

Before I started to study I had a gap year where I learned some Spanish. But this was a long time ago and my level of Spanish wasn't that good anymore. For the real starters I could advise to use the application Duolingo. For myself, I took some language courses to refresh my grammar and other knowledge. This helped a bit, but not as much as I hoped for, but in the end you will learn the language way faster in Spain.

finances

I worked a lot before I went to Spain, so I had some savings. I loaned some extra every month and with the Erasmus money and the replacement for my transport card it was exactly enough to live, but also to do a lot of excursions, parties and other fun stuff.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied psychology in Spain, instead of General Social Sciences, so a lot of the course material was new for me. I had to go to the university more than I'm used to in the Netherlands and the language was definitely a big threshold for me. The assignments were quite difficult, but when you take in account that you will just need a bit more time, and start in time, it is okay. Some exams were multiple choice, some were written exams. Some professors even asked me if they had to make an adjusted exam for me, which was very nice of them. You won't get less points because of bad Spanish and you can use a dictionary. So if you just learn enough, you will pass the exams!

The organisation on the faculty of UAM is very different than in the Netherlands. Not everything was very clear for me, but luckily I had a buddy who could help me with my questions. So a tip: when they ask you if you want



to join the buddy programm, join! It's very helpful. Also the secretary in the faculty could help me with a lot of my questions.

academic quality of education activities

I think the academic quality was a high as it is in the Netherlands. I expected it to be easier, and maybe it just seemed more difficult because of the language, but the lectures were very good and the assignments and exams were of high level.

counselling & support at receiving university abroad

I arrived in Madrid after the introduction on the university, which was announced very late. But when I had my first school day, there was not a lot of counseling. I had to figure out a lot on my own, for example I had no idea what my course schedule was. I had to figure out how to work with Moodle (kind of BlackBoard) and had my own e-mail account, but I also received the mail for normal students and for students for the whole university. So I had to filter a lot of information and had to find out what was important for me. I did not feel a lot of support and did not get very much help from the International Office. So you really have to discover a lot on your own.

transfer of credits

On UAM they work in semesters. So you study for half a year and follow 5 courses, each 6 ECTS. They rate 0 to 10, so you're transfer rates are a bit different. The transfer of credits was arranged automatically and the Utrecht University put them directly into Osiris.

STUDENT LIFE

welcome & orientation programme

The ESN of UAM was very good organised. There are very much Erasmus students and so a lot of possibilities and activities. There was a very good welcome and explanation of how student life in Madrid works. There was a welcome week with a lot of activities to get to know people. There was a weekly meeting in a bar to practice Spanish, some tours to get to know Madrid and there were very nice excursions to cities all over Spain. I joined them on most of those trips and went to a lot of different activities that were very good organised.

accommodation

The students accommodations are very expensive in Madrid, unless you know some people who live there. I didn't expect the rent to be that high in Spain, so it's good to take this in account. But my accomodation was very well located and I lived with 9 other Erasmus students from all over the world and had a very pleasant stay.

leisure & culture

I love to get to know the culture, so I also went on some trips with friends. I visited musea and joined in some national festivities. For sports I did some running and there was a Bootcamp course in a big parc that I attended. There is more than enough time to get to know the city, go out for dinner, go to parties with friends and I spent most of my weekend in other cities or hiking. At the end of the semester you will need your time very hard to study, but with a bit of planning, you will still have time to get out on the streets.

suggestions/tips

Join ESN! Go on trips with them and join their activities. You will get to know a lot of very nice people. Go on trips yourself and enjoy everything that Madrid has to offer you. For accomodation it is the best to start in a hostel and go searching for accomodation when you arrive there. It is the best way to get a good room and check if what they offer you on sites is the same as in real life.

CONCLUSIONS

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

Yes, I would recommend Madrid if you like to go to a big capital and when you like the Spanish culture. Madrid is so big; even in half a year you don't have enough time to go and see everthing that this city has to offer you.



And because of its central location in Spain, you can go visit a lot of other cities too. The University is huge and therefore the organisation is not as you're used to in the Netherlands. But for Spain, it is better organised than other Universities in Madrid and the education is very good. In some European reports about Universities for Erasmus destinations UAM scored very high! So UAM is a very good choice.

do you have any additional advice or comments?

Like I already said; start in a hostel and go search for an accommodation there. And join the buddy-programm that they offer you!