



UU Report form - Erasmus 2018-2019

faculty/college	Faculty of Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	pedagogische wetenschappen
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	01 / 02 / 2019 (dd/mm/yyyy)

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

PREPARATION

exchange application process

I knew I wanted to go to Spain early on. It is important to do a lot of research on where you want to go. Valencia was my first choice because of the city, the courses and the experiences of other studies. You have to fill in some forms which will take some time, just make sure you start on time. It took me a while to write a good motivation letter. I think everything is explained well on the uu website.

counselling & support at Utrecht University

The international office of the FSW was very helpful. They always responded fast on my emails and I visited them a few times for some questions.

academic preparation

I already had written my thesis before going on exchange. I chose to go abroad to take more courses than necessary. I did not really do any academic preparations. I just chose the courses I found most interesting.

language preparation

There are some courses available in English at the University of Valencia. But living in Spain is so much more fun and interesting if you are able to speak Spanish. That's why I took some language courses before going to Valencia. I arrived 4 weeks before the start of the semester to take some intensive Spanish courses in Valencia. I really enjoyed doing this.

finances

I did save some money before going abroad. I wanted to be able to do anything I wanted to so I could make the most out of it. I would advise you to save some money! Compared to the Netherlands Valencia is much cheaper though. Everyday life will not be as expensive as Holland but because you are abroad you will spend more.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 4 different courses: psychology of language, psychology of education & instruction, social psychology and psychology of communication and intervention. I changed my courses the first two weeks because they were different than expected. The first weeks is just trying and finding the courses you are really interested in.

academic quality of education activities

Education in Spain is different than what I was used to. Sometimes it felt more like highschool with the small



classes and essays. I did not think it was very difficult because they did not go that fast, but it is important to make sure you do everything you are supposed to. This way you will pass the classes.
counselling & support at receiving university abroad
The woman at the international office of Valencia was very helpful and friendly. The first weeks were a bit chaotic because so many people wanted something from the international office. Nevertheless, they were very helpful.
transfer of credits
My grades were just transferred to the university, you will have to write an email to the examencommissie to make sure the courses can be accepted. I did not have a lot of problems with this other than that my grades took a lot of time to get here.

STUDENT LIFE	
welcome & orientation programme	It was a bit overwhelming but as a new erasmus student you will be guided well. Everyone got a mentor who you could whatsapp with any questions. There were a lot of organisations to welcome the new students and organize a lot of events, party's and trips. This is why I made friends real quick.
accommodation	Finding a room was not that difficult, I visited a lot of facebook groups who I then send messages. I got my room in maybe 3 days. It is not that expensive to rent a room, just make sure you rent a room in a student neighbourhood. This is where everyone lived and it is close to the university.
leisure & culture	I really miss the Spanish culture. Everything is very relaxed and tranquillo. This is something to get used to because I was used to do everything in a hurry. Also the times of eating and food were a bit different. But you will get used to that very soon because everyone does it. Also the weather is amazing, it is almost always sunny and does not get freezing cold. Valencia has a lot to offer, an amazing beach and great city center.
suggestions/tips	I really recommend Valencia, I had the best time ever! My tip is to invest a lot the first few weeks you are there. This way you can meet a lot of people and get to know the city. Also, Valenbisi is very useful as a bike rent.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes, I would definitely recommend Valencia. It is a great city with everything you want. The food, culture and people are amazing. It is a very lively city with a lot of (international) students.



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	Psychology
destination city & country	Valencia, Spain
name university abroad	Universitat de València
start date	05 / 09 / 2017 (dd/mm/yyyy)
end date	26 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

I had to make a top 3 of destinations I would like to go to. Because I wanted to improve both my Spanish and English, I choose three destinations in Spain. My first choice was the Universitat de València. For the first choice I needed to hand in my CV, a motivation letter, a financial plan, a study plan and a language proficiency form. The deadline was around the first of december. At the end of january I received an email that I was selected for the exchange to Valencia.

counselling & support at Utrecht University

Most things are well explained: once every few months you will receive a newsletter from the International Office FSW with information and important to-do's that you should not forget.
The International Office also organized a pre-departure meeting where I met the other student who was also going on exchange to Valencia.
When I had questions, I asked them with e-mail to the International Office. The people from the International Office responded mostly very fast and they were always very friendly and kind.

academic preparation

For the exchange application process I had to make a study plan with courses I wanted to follow. However, the courses that I actually followed in Valencia were mostly different subjects than I had chosed first.

language preparation

Because some courses that are given at the Universitat de València are in Spanish, I did a Spanish language course in Utrecht. I also practised my Spanish sometimes with Duolingo.

finances

It was a little bit difficult to make a financial plan, because I could not fully predict in advance how much money I would spend actually during my exchange. But I got my Erasmus+ scholarship, a savings account, a loan from DUO and a student OV compensation. This taken together was sufficient for me. However, I have spent more money than I had expected in advance. Although life in Spain is cheaper than in the Netherlands, my exchange has become expensive. This was because I made trips: I went to some places and cities in Spain and I also participated in the tour through Morocco organized by Happy Erasmus. In addition, it is a bit cheaper to go to restaurants for lunch or dinner in Spain, but therefore I did it way more often than I normally do in the Netherlands. However, the exchange was totally worth the money!

STUDY ABROAD PERIOD



study programme (content and organisational issues)
I followed four courses in total. Three were in English and one course was in Spanish. All my courses were from Psychology. I also did a Spanish course B1 at the language center via the university. At the start of the semester I had some issues with my Learning Agreement and the organization at the university was not very good. It took some time to arrange everything and it was really chaotic, but after a couple of weeks everything worked out. The amount of courses I followed was fine for me because in Spain I had more contact hours than in The Netherlands and with four courses I had more time for other activities.
academic quality of education activities
Every course had two classes of two hours each a week. Most of the time the classes consisted of a Powerpoint and explanation from the teacher and then an assignment or a Kahoot we had to do, mostly in groups and sometimes alone. Because of the attendance requirement you always had to put your name on the assignments so that the teacher could check whether you had been present during the class or not. Everything taken together, the classes were more 'schools'. Next to that, the academic qualities were different than in Utrecht. We needed to do a lot of assignments and only in January there are exams. The assignments and exams were not really difficult. I think the main challenge was to follow the courses in two other languages than Dutch. However, I had expected the quality of education even lower than it actually was. But, I prefer the way of education in The Netherlands.
counselling & support at receiving university abroad
The people from the International Relations from the University of Valencia were really helpful and they tried to help the Erasmus students as good as possible. Although it was really chaotic at the start of the semester, they helped me well. Most teachers were also friendly and helpful.
transfer of credits
Universitat de València sent me my transcript of records at the beginning of February, so pretty quickly. At the moment, the grades that I have achieved at the Universitat de Valencia are being converted to Dutch grades by Utrecht University.

STUDENT LIFE

welcome & orientation programme
In the first week of the semester we had a general introduction for all the Erasmus students of the faculty. This was an useful introduction where we got a lot of information. Later that week there was a meeting for only Erasmus psychology students. They gave us a tour through the faculty building and provided us with information about the university, the faculty, the library, exam procedures, aula's and so on. We also had a student tutor, but I think you should be lucky with that because mine was not very helpful and I never met her in real life. She only sent a few emails to us. Next to the introductions at the university, the Erasmus organizations organized many introductory events like parties and activities. With all these introductory things you will meet many new people and get to know the city.
accommodation
Because the university in Valencia did not provide accommodation, I had to search accommodation by myself. At the pre-departure meeting I met the other student from the UU who was going on exchange to Valencia as well. We decided to search together for a shared flat via the internet. This was quite hard and did not work, so we booked rooms in different flats. But once we arrived in Valencia, it turned out that something could still be arranged. Because of this, we ended up in a flat together in a really nice neighbourhood close to the city center. Although many students lived in the university-neighbourhood, for me our neighbourhood was a nicer neighbourhood to live in because it was close to the city center and the Turia, and the university was only 10 minutes away by bike. Only the beach was a bit further. We had a few other roommates, but unfortunately I did not speak a lot with them. I think you just have to be lucky with your roommates. The only downside of my



room was that it had very thin walls. Therefore it was quite noisy. It was really nice that the room had a fan and a heater. I don't know if I would recommend searching a room in advance via the internet: on the one hand it is nice that you have certainty in advance. This saves you a lot of searching stress. On the other hand, when you search for a room via the internet, you can only view the room through photos and not in real life.

leisure & culture

It was easy to meet new people in the beginning because of all the welcome activities. We had a group of friends soon and at the start of the semester we went often to the beach together by day to chill or by evening to have predrinks before going out, or how the Spanish call it: a botellon. We also went to parties together, cooked dinners, went out for lunch and dinners and made trips. We went to Sevilla, Cordoba, and Madrid without an organization. This was really nice because we were not stuck to a program. There are also several Erasmus organizations in Valencia, like ESN, Happy Erasmus and Erasmus Life. In the beginning of the semester it was a bit chaotic that there were so many Erasmus organizations, but after a while there will be an organization with which you will do the most and where you know the most people. The organizations organized very nice activities and trips. Almost every Monday I went to beerpong with a group of friends. This was a good activity to meet new people. The organizations also organized daytrips to for example Toledo and Peñíscola, but also longer trips to for example Morocco. It was really nice to join those trips because I met nice people during the trips and the trips were really cheap: for those prices you can never do such a trip again! I also visited many cultural highlights in Valencia and had a membership of a gym. I also received some visits from friends and family from The Netherlands. However, be careful that you won't get too many visitors from The Netherlands because then you will soon have every weekend fully planned and it is also nice to have some free weekends in Valencia.

suggestions/tips

Do a Spanish course before you leave to Valencia or during your exchange. For biking I recommend to buy a Valenbisi card for like 30 euros a year. This is cheap and your bike cannot be stolen. Nice and cheap restaurants are Tanto Monta, La Finestra, Saona and La Flamenca.

CONCLUSIONS

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

YES, definitely! Valencia is a really nice city and it has everything: a big beach, friendly people, a nice and beautiful city center, a good nightlife (go for sure to mya in the Ciudad d'Arts y Ciencias), a lot of good restaurants and tapas bars, the rainy days can be counted on one hand and the weather was almost always sunny. The city was very nice to live in because it is a student city and not too big, not too small. However, if you want very structured and high-quality education, Spain may not be the best place because it is not the same as in The Netherlands.

do you have any additional advice or comments?

Go on exchange! I would recommend to follow not only courses in Spanish but also courses in English if it is possible. Last but not least: the exchange might take a lot of paperwork and arranges in advance, but it is totally worth it!! If you have any questions you can send me an email. I also tried to make a short aftermovie about my time in Valencia, so if you are curious, ask me!



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	Psychology

destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	11 / 09 / 2017 (dd/mm/yyyy)
end date	26 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

I thought about my erasmus destination for a long time. I went to the presentation in October, which was really useful and searched on the sites of the possible destinations. In the end I chose Valencia and two other destinations.

counselling & support at Utrecht University

The counselling and support at Utrecht University is really helpful. The international office always replied really fast to emails.

academic preparation

Not necessary.

language preparation

I did two courses, A1 and A2, at Instituto Cervantes in Utrecht. I really recommend to prepare for the Spanish language, because some courses are not taught in English. In addition, it is very useful if you can make yourself understandable.

finances

I worked a lot the year before, therefore I saved some money. Besides I received the erasmus grant and money from my parents.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Keep in mind that you are in Spain, everything is going very slowly. It is very useful to look closely at the courses you want to do. When you arrive in Spain you have to go to an office to subscribe into courses if you want to change them. Some courses are soon full. It is quite a chaos at the beginning. In the end, everything worked out.

academic quality of education activities

The academic quality of the courses were low. I followed six courses 3 in Spanish and 3 in English. The teachers of the English courses couldn't really speak English. You have a lot of small assignments/activities, which are very easy but is different from Utrecht.

counselling & support at receiving university abroad

The woman of the international office is very kind and really wants to help you with everything.



transfer of credits

You have to send an email to the Examination Committee to determine the credits. It takes some time before they respond.

STUDENT LIFE

welcome & orientation programme

We had two meetings, one general introduction and one for only psychology students. They explained everything about the system they use and practical things about lectures. A tutor showed us the faculty and told things about the aula's etc.

accommodation

I found an accommodation before I left on: uniplaces.com. The room was really bad, so I changed my accommodation during my stay. It was a really nice apartment in Russafa, it is close to the park and city centre. I recommend to go to a hostel first and then look in Valencia during your stay.

leisure & culture

Valencia is really great to do different things: go to the beach, visit museums, go partying, run in the Turia etc. Also the university provides a lot of leisure and culture events. You also have some Erasmus organizations which organize a lot of nice day trips, but also trips for a couple of days.

suggestions/tips

Do some trips in different cities, for example Sevilla or Madrid. Rent a Valenbisi instead of buying your own bicycle, because a lot of bikes are stolen. You can leave the Valenbisi everywhere in Valencia there are a lot of stops, so you are not responsible for the bicycle.

CONCLUSIONS

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

I really recommend Valencia, it is a great city to study! Valencia is beautiful, near the beach, many students, good nightlife and it is not that crowded as Barcelona. The educational level is a little bit lower than in Utrecht, but they offer a lot of interesting courses.

do you have any additional advice or comments?

Go on exchange! It will be the best time of your life!



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	Algemene Sociale Wetenschappen
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	10 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It took some time to decide for myself to which city i wanted to go, but when I knew it, it was an easy process. The website of the University of Valencia is in Spanish in the first place, but you can change the language to English and then everything is quite clearly described what you have to do. Just start in time.

counselling & support at Utrecht University

International Office at Utrecht University always replied really fast to my e-mails, which was very helpful! Make sure you go to the information events to orientate and there they'll tell where you can go to with your questions.

academic preparation

I already followed some courses of Psychology in Utrecht, but not so much because I'm studying Interdisciplinary Social Sciences. In Valencia I took three courses in psychology, but didn't prepare before and that was fine.

language preparation

I took three courses of the Minor of Spanish at Utrecht University. I learned a lot there, especially basics and grammar, and I took some books with me to Valencia and there I started to really speak it. The first two weeks in Valencia I took a language course for B1 at Happy Erasmus, which I really recommend.

finances

I received the Erasmus grant and also had savings and some help from my parents, I could live really good with this. Life in Spain is a lot cheaper, especially rent and food and drinks outside of home.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses in psychology and one in law. The organization in the beginning was a bit chaotic, just prepare that the organization in the Netherlands is a bit more efficient and quick. Don't stress if your timetable is not yet fixed in the beginning, it will be fine in the end, just takes some time!

academic quality of education activities

I took courses for which I had to do quite a lot, for example writing papers and doing presentations. But this was divided over the whole semestre, so in the end it's good and not so stressful.

counselling & support at receiving university abroad

International Relations at the receiving university helped me when I needed it, responded quickly to my e-mails.



transfer of credits

University of Valencia sent me the transcript of records

STUDENT LIFE

welcome & orientation programme

We had one general introduction for the whole faculty and thereafter a meeting with our 'tutorgroup' with only psychology students. It was good, they showed us the faculty and told things about the library, aula's, exams etc. We also had a 'student tutor' who made a Whatsapp group and Facebook page to help us when we had questions.

accommodation

The first week I stayed at a Hostel and I searched for a room. I found one in the center, with three Spanish girls, because I really wanted to learn the language. It was a bit stressful to find something in the first place, because I had to write e-mails and make calls to people who rented rooms, but in the end I found a nice one within two days. You can use websites to search for a room, like for example EasyPiso.

leisure & culture

Valencia is a great city to visit events, go to different places, explore the city, enjoy nightlife, go to the beach, run in the parc and hang out with friends. The university also offered leisure and cultural activities such as theatre and music workshops. The Erasmus organizations like Happy Erasmus, Erasmus Life and ESN organized activities everyday, including the weekends, so you can join whatever you want!

suggestions/tips

For me it was really nice that I spoke the language. It is easier to come into contact with native speakers and taste of their culture. So I would really recommend to study some Spanish before arriving or take a course in the beginning.

CONCLUSIONS

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

I would really recommend to go to this University in Valencia. The people are really nice and helpful, the city is amazing and you have so many things to do. The Erasmus community is big and there are different groups you can join. The education is good, it maybe depends a bit on which courses you take. In my experience I had to do stuff like papers and presentations, but I heard from other people that they didn't have to do so much, just go to the lessons and make the exams.

do you have any additional advice or comments?

As I already said above, just make sure you know some Spanish and enjoy!



UU Report form - Erasmus 2016-2017

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	Algemene Sociale Wetenschappen
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	27 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
As an application for going abroad, we had to make a top 3 of destinations we would like to go to. Based on our first choice we had to write a motivation letter, a curriculum vitae, a financial plan and fill in a language proficiency form. After a few months I received an email that I could go to the destination of my first choice: Valencia.
counselling & support at Utrecht University
Whenever I was not sure about something, I could email or call the International Office of Utrecht University. They were mostly quick in responding.
academic preparation
Academic preparaton was not necessary.
language preparation
A B1 level of Spanish or English was required. My English was already quite good and since I wanted to do some subjects in Spanish, I choose to further develop my Spanish by doing a few courses at Fuentes. At first I did not speak any Spanish, so I started with a beginners course. After that I did two more courses. Since the courses were only one time a week, learning the language was a slowly process. When I arrived in Valencia, before university started, I did an intensive course of 40 hours. This really improved my Spanish and after that course I had managed to gain the B1 level.
finances
I worked a lot the year before I went on erasmus and because of this I saved a lot of money. Besides I received some money from my parents and the erasmus grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
You are in Spain, so beware of this. Things go slow and are definately not as organised as you are used to in the Netherlands. While in the Netherlands it is possible to subscribe for your courses online, in spain you have to go to a secretary where they make your schedule by hand. So things go slower and you need more time than one click on your computer to sort things out. It may cause some frustration, but in the end everything worked out.
academic quality of education activities
The academic quality of the courses I followed was low. I had two courses in English and to be honest I perceived the quality of these courses as extremely low. The material was easy, not much, in the classes we



played games, one of the teachers english was very bad. It was a bit like highschool. The quality of the courses I had in Spanish were higher, maybe because this is also easier for the teachers.

counselling & support at receiving university abroad

This was okay

transfer of credits

This was okay as well

STUDENT LIFE

welcome & orientation programme

We had one welcome day. First we had a general presentation with all the international students for Universitat de Valencia. After that we had another presentation from the faculty of psychology and we met our mentors. It was not that interesting, but okay.

accommodation

The university did not provide accommodation. Because of this I arrived earlier and stayed in a hostel for a few days. While staying there I looked for rooms. I don't know if I would recommend this. On the one hand it is nice to search while being there, because you can visit the rooms. On the other hand, a lot of rooms were already taken and this caused some stress. In the end I found a super nice apartment, where I lived with a guy from Spain, a guy from Belgium, a guy from Austria and a girl from Mexico. It was all I could have wished for.

leisure & culture

The university provides a lot a sports. You can play nearly everything you want. Nearly all the students live close to the university, which isn't the most beautiful neighbourhood, but living there is very cheap and there is a lot to do. The university is about 15 minutes walking from the centre. Here are a lot of beautiful buildings, churches, musea. From the university to the beach is about 15 minutes by tram. In the see you can surf as well and a lot of people are playing volleyball on the beach. This is also a nice way to meet people. Besides, there are a lot of erasmus organizations in Valencia, which organise casual meetings, like playing beerpong or language exchange evenings. Also, they organize big trips to for instance Marroco. In conclusion, Valencia offers you a lot of culture and leisure activities.

suggestions/tips

The neighbourhood Rusafa is super nice, but a little bit further from the centre and the university neighbourhood. Because of this not that many people go there often, but go there! It is worth it.

CONCLUSIONS

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

I would highly recommend this destination. It offers you everything you want: nice weather, culture, beauty, the beach, cheap lifestyle, good nightlife. The level of education could be higher, but this did not bother me that much.

do you have any additional advice or comments?

I think it really helps if you learn spanish in advance. The spanish people do not speak english that well and it will help you in your everyday life. Besides it is a super good opportunity to learn a new language in a fun and good way. I also recommend the spanish course at Happy Erasmus from Carlos. He is such a nice teacher and really helpful. Besides I would try to live with some spanish speaking people.



UU Report form - Erasmus 2015-2016

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

destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	1 / 09 / 2015 (dd/mm/yyyy)
end date	30 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process	Was fairly simple, we chose 3 universities and we got chosen for one of those universities. The application proces after that was fairly simple, although it took very long when I arrived at my school of choice to get all the paperwork signed there.
counselling & support at Utrecht University	Excellent guidance
academic preparation	There was no academic preparation
language preparation	Did a halfyear long language course in Holland, Then 2 months intensive language course over the summer in Spain and during my stay in Valencia an additional language course of 4 months.
finances	Erasmus Grant and additional money was sufficient to pay the rent and other living expences. Spain is a fairly cheap country.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Was of quite average quality, we studied mostly the lectures and often without books or a lot of official study material.
academic quality of education activities	-
counselling & support at receiving university abroad	Average support
transfer of credits	Still in the proces of getting al my achieved credits, as one professor has not submitted my ECTS yet. I finished his class 4 months ago.



STUDENT LIFE
welcome & orientation programme
Very good, ESN was very welcoming to all the incoming students
accommodation
Fairly good, close to the university living with 2 Spanish students
leisure & culture
Spain has many fiestas and Valencia is a culturally vibrant city.
suggestions/tips
join ESN and participate in as many additional events as possible.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend this destination but not the university. Valencia is a great city but I did not have a satisfactory academic experience at the university.
do you have any additional advice or comments?
-



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	Psychology
destination city & country	Valencia, Spain
name university abroad	University of Valencia
start date	14 / 09 / 2015 (dd/mm/yyyy)
end date	27 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process
Which applications and how to fill it in, was described well on the university website. I followed every description I had to do. Furthermore I asked what the experience was of other students who already went on a exchange.
counselling & support at Utrecht University
I asked questions to the international office. Mostly through e-mail. They responded very quickly and are friendly.
academic preparation
One obliged course was in the half year I went abroad. I e-mailed the coordinator and I could do the course the next half year.
language preparation
I already followed courses in Spanish so I already had a beginners level of Spanish. I also participated a half year course before I went to Spain. Furthermore I followed a language course while being abroad.
finances
Erasmus scholarship and a loan was enough for me.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
5 of the 6 courses I followed were from the faculty Psychology. One course was from Criminology. You had to arrange your own time schedule and it turned out some of the courses had too many students so I could not follow them anymore. After 2 weeks I finally managed to have a final schedule. This took very long, the university doesn't have a very good organisational system.
academic quality of education activities
The academic qualities are not like the University of Utrecht. You don't need to answer insight questions or think critical about information that is given. Also you have a lot of classes, like lectures, and no "werkgroepen". Although the classes are obliged to participate for 70%. Some classes have a good level of University, it depends on the professor. The same courses don't always have the same content, it depends on the professor you have and they will decide what information is given and how the test is made. This is also why some classes have more activities outside the class, more co-working activities or more papers.
counselling & support at receiving university abroad



The lady of the international office was very friendly. Although not always available (because of siësta) and a long line of erasmus students. Furthermore there was a student mentor.

transfer of credits

You have to send an e-mail to the "examcommissie" to determine the credits.

STUDENT LIFE

welcome & orientation programme

The welcome was fine, just as the orientation programme. I met a couple friend there so it's not only good for information but also to make new friends. On the erasmus facebook there was posted a lot of "welcome" parties and other activities. There you can make easily friends aswell.

accommodation

First I stayed in the purple nest hostel. In this hostel I made friends which stayed my friends troughout the half year, so I definetly recommend to stay in a hostel. After my stay in the hostel, I lived in a appartment with 3 other students. I chose those students myself because I rented the appartement. They became very good friends. My home was in the studentsarea, which was 10 minutes walking to the university and a lot of friends lived close by.

leisure & culture

Almost every day my friend and I went out for dinner or drinks to bars nearby the student area. We liked to go to bars with live music and go to bars in differents areas. There are also a lot of activities organised by the erasmus facebook but we didn't go there much because we liked to discover new places without erasmus students. When it was still good weather we loved to go to the beach. Furthermore, we swom in the politecnica swimmingpool. Shopping is also very good in the old centre.

suggestions/tips

Go to la Finestra, that is a awesome pizza place with cheap wine. For the best cakes you have to go to la más bonita. Also dulce the leche is nice to drink caffe. Also make a trip outside Valencia. I went to Granada and Sevilla and that was one of the most awesome weeks I've had in my stay.

CONCLUSIONS

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

The university is ok. If you want high quality of studies, I don't recommend to go here. But if you want fun and make a lot of new friends, you definetly should go to this city. I love Valencia because there are a lot of different areas with different styles and there is a beach. Furthermore, I lived in the students area and most of my friends lived 5 minutes of walking away so we could go out for drinks close by.

do you have any additional advice or comments?

An advice is not to stress out if you don't find a good appartement and have patience untill you have found a good one. After three days of searching, everybody panics but that's not necessary because there will be enough rooms if you wait a couple days. Also if you only can do spanish courses I recommend you to have a B1 level of spanish. The university already advices you this but I recommend this too. The courses don't have a high quality but if everything is in spanish the courses will be difficult. If you don't know any spanish but you want to learn it, I recommend you to take one or two courses in spanish and take a language course, which the university of Valencia offers you. Don't take all courses in spanish if you don't know the language, this will only frustrate you. My last advice is don't worry and do everything you want to do. Erasmus in Valencia is awesome and you should only have fun.