



UU Report form - Erasmus 2018-2019

faculty/college	Psychologie
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Neuropsychologie
destination city & country	Montpellier, France
name university abroad	Paul Valery III
start date	17 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION

exchange application process

You need to upload documents and write a motivational letter. You also need to fill in a language form, it is mandatory to have a B1 level French. I think the process with uploading all the documents was a lot of work and it took me a lot of emails to the international office to get it right. But the international office replies fastly so that helps a lot.

counselling & support at Utrecht University

Like I said before, you can always email the international office and they offer good help.

academic preparation

I think the level of education is not very high in Montpellier, but for me it was mostly studying in another language (I had a B1 level in french before I left) that made it more difficult.

language preparation

I didn't really do any language preparation, but I think it would have been better to do so. Because you are new in a city and don't really know anyone, it makes it extra inconvenient if you don't speak the language really well. So I would definitely recommend taking a language course or so before leaving to Montpellier if you have a B1 level in French.

finances

I think the prices for food and living are higher in France than in the Netherlands, but the difference is mediated by the Erasmus grant. I loved going to cities near Montpellier along the coast and doing lots of things like going out for dinner or drinks more often than I do in Holland, so I spend a bit more. Also, because I didn't get one of the student residences that are offered by the university (they are about 200-250 euros a month) I paid a much higher rent, but I had a really big room right in the city center. I think if you get a room just outside of the city center you pay about 400 euros per month.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I needed to pick 75% of my courses in Psychology (because I study Psychology). There weren't a lot of options because they have 2 semesters per year (instead of 4 periods like at UU), so you have to take a lot of courses. Because you have to take so much courses (I took 7 courses), you can just do certain ones because others have an overlap in time schedule. I didn't really think the courses were challenging, but they were ok.



academic quality of education activities
I don't think the academic quality overall is really high at Paul Valery Université, but it really depended on which class/teacher you had. They actually don't use any textbooks, so it's all just about what the teacher says during lectures. I thought that was a bit strange, but it makes you go to your lectures because otherwise you can't study for your exams.
counselling & support at receiving university abroad
There was a special coordinator for Erasmus Psychology students, so that was very nice and helpful.
transfer of credits
I'm not sure yet.

STUDENT LIFE	
welcome & orientation programme	
There was a very nice welcome week from ESN where I've met a lot of people. Also after the first meeting for general information for Erasmus students, there was an opportunity to eat and drink something and meet other Erasmus students.	
accommodation	
Like I said before, I had a very nice accomodation right in the city center. I booked this via lbuddy (also called Chez Nestor). It was quite expensive, but because I couldn't go to Montpellier to find a room this was a really reliable organisation to book a room. I lived with 2 other girls that were very nice.	
leisure & culture	
I really loved the city, because of it's ambiance. There are lots of nice restaurants and bars that are always filled with lots of people, even during weekdays. You can go almost everywhere by tram, I really liked that. There was also a Montpellier en Lumière festival (a light festival) and in december there was a big christmas market that was open every evening of the week for like 2 or 3 weeks. Also, in the region of Languedoc-Rousillon (where Montpellier is located) there are lots of great cities to visit easily by train or bus.	
suggestions/tips	
I think it is really convenient to buy a bike, especially when you like to go out because the trams don't drive all night. I bought mine at decathlon.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would definitely recommend this destination, because the city is just great and also there is a lot to explore in the region. I think the university is fine and it was cool to see how it is to study at another university in another country, but I didn't really think it is a university with a high level of education.	



UU Report form - Erasmus 2017-2018

faculty/college	Faculty social sciences/University Utrecht
level	<input checked="" type="checkbox"/> bachelor's master's PhD
name study programme	Cultural Anthropology

destination city & country	Montpellier, France
name university abroad	Paul Valéry University, Montpellier III
start date	06 / 01 / 2018 (dd/mm/yyyy)
end date	15 / 06 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process looking back on it was not hard, the only thing I struggled with was the bureaucratic part where there were a lot of signatures and stamps I had to get from representatives at the university in Utrecht and Montpellier. This took a lot of time and could be a bit confusing and stressful.

counselling & support at Utrecht University

Counselling was good. There was a general gathering where a lot of information was given. Afterwards even when I could not attend the general pre-departure gathering, I got a personal one on one where all the necessary information was giving to me. When I was in France there were a lot of strikes and struggles at the French university and I felt supported by the University back home.

academic preparation

I did not have a lot of academic preparation for the courses I was going to follow in Montpellier except for the Anthropology courses, which I obviously have a background in. Other subjects I followed courses in were Psychology and English literature.

Language preparation

I took a French language course before going to Montpellier. It was the language course which French students also follow in their first year of university, but this level was a bit to high for me. I struggled a lot and learned less then I wished I would have, (but I was very busy with my Anthropology subjects as well) which was a struggle when I arrived in France. I wished I could have taken a language course starting at my own level, but these I had to look for outside of university and these where to expensive for me.

finances

I managed well with finances. I had saved up some money from a side job and this with the added erasmus grant and some financial help form my parents permitted me to have my finances in order. The rent for Student housing in Montpellier was also a lot lower than Utrecht, which made it easier as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did Psychology, English literature and Anthropology courses. There were student strikes which took up to 3 months, which meant I didn't have any classes for 3 months and was expected to do mostly online exams (2 actual written exams) without have had the chance to attend classes. This was al I organized horribly and most of the information we got last minute.

academic quality of education activities



The academic quality at the university in Montpellier was average. Some courses were at a 'high/semi-high level' which I would expect at a university, but other courses were greatly lacking. The strikes at the university in Montpellier did make this harder to assess.

counselling & support at receiving university abroad

I found the Erasmus office in Montpellier very friendly and wanting to be helpful, but they could not always be. They did not speak English at all, which I found strange, because they expect you to have level B1 in French, which does not cover the complete understanding of the most important information. Also they were not able to give a lot of information when things went wrong (like the strike). I was often sent away to others (like teachers) who could also not always give me the proper information.

transfer of credits

The transfer of credits went well.

STUDENT LIFE

welcome & orientation programme

There was a general meeting which I could not attend. After this there was one welcome meeting with the erasmus office and after this I was all on my own. I had to figure out almost everything on my own and I did not feel supported in my welcome and orientation. Luckily the ESN organization was very active and I made a lot of friends through there, who could help me with my struggles at school.

accommodation

The accommodation was great. I had a little studio of 14m2 for myself which was not expensive and at a nice student housing complex. I was surrounded by a lot of people my age. It was really easy to obtain the studio, because it was arranged through the university in Montpellier.

leisure & culture

Montpellier is a beautiful city with a lot to do. There are great old streets in the old city center and there are big new buildings. I never had to be bored. There are a lot of terraces to have a drink or food, I biked to the beach with my friends a lot and there are a couple of museums I visited. There were also a lot of fairs, which is a normal thing for France I believe.

suggestions/tips

I would want to tell people that want to study in Montpellier to study up on your French a lot before going. I thought it would just come to me by being there, but that is not true at all. Also I would want you to know that university can be really stressful, hectic and you can feel really alone easily, but don't be afraid to ask anyone anything you don't know. If you want high class education you should not go to the university I went to, but if you want to have a great time in a beautiful city I definitely would.

CONCLUSIONS

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

The university I would not recommend at all, but the city I definitely would.

do you have any additional advice or comments?

No



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Montpellier, France
name university abroad	University Paul Valery
start date	29 / 08 / 2017 (dd/mm/yyyy)
end date	22 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I found that it was a decent amount of work to apply for the Erasmus. Everything I had to do for the UU was pretty straight forward. Just fill out some forms and write a motivation letter. However everything that was for my receiving institution in France was more complicated and chaotic. On top of that it was harder because my French wasn't that good yet.

counselling & support at Utrecht University

The support from the UU was great, the people at the International Office are the best. They always answer your questions really quick and good.

academic preparation

I tried to find out which courses were available and what they were about. Because I wanted to choose courses that were complementary on the study program I have been following in Utrecht. But it wasn't possible to find a recent overview of all the courses and course descriptions were very rare as well. In the end I chose almost all my courses whilst I was already there.

language preparation

To prepare for my studies over there I followed a French Language Course at the UU. But I didn't finish the course. In my opinion the course was too focused on grammar and writing skills. There isn't enough attention for speaking and listening. And those two are definitely the biggest components of the language that you'll use during your mobility.

finances

I started saving money the year prior to my mobility and I got a loan from the Dutch government also. This was plenty.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Studying in France isn't the same as in Holland. The level of the courses was very poor. Teachers were almost always late. Most classes were given without a supporting power point. Even the local students who were fluent in the language couldn't follow some of the courses. It was also very normal for teachers to just not show up without notifying the students. This happened to me on several occasions.

academic quality of education activities

Very poor. I wouldn't even call this scientific education. The organisational deficits were just too big. I've been in classes where students were to give presentations. And they were just reading aloud a badly written report from a piece of paper. Sometimes the "presentation" lasted 30 minutes, sometimes it lasted an hour. The



teacher didn't really seem to care. Nor did he or she bother to give an instruction on what to write in the report. The assignment description consisted of merely a single phrase.

counselling & support at receiving university abroad

Counselling at the receiving institution was overall very poor. When we had the first meeting we were told to go and find out what our time table looked like. But the people organising this meeting weren't able to tell us which courses could be found in which building. This caused me quite a bit of stress. Because we simply had to go to the campus on Monday morning, mind you the first courses were already starting, and figure it out for ourselves. So I missed my first couple of classes. Also, because course descriptions weren't available for most courses, you just had to go and see if you liked the course. And go to the first class what the course was going to be like. But as you can see, it wasn't all too easy to get to that first course. Besides this, I've got plenty of other examples like this. But I don't feel the need to elaborate any further.

transfer of credits

Credits haven't been transferred yet. I am not expecting them to send me my credits any time soon.

STUDENT LIFE

welcome & orientation programme

There wasn't really a social welcome for international students. Most things were organised by ESN, they were a big help into finding your social life abroad.

accommodation

I got a room at the university campus. No complaints, the room was just fine. Not too expensive neither, especially when you get the grant from the French government (CAF). It does take some effort to get this though. They are going to put you through a huge load of paperwork.

leisure & culture

I really loved the city of Montpellier, it is just absolutely beautiful. The weather is amazing and there is a very comfortable ambience in the streets. And there are loads and loads of students in the city. There is a bit of a cultural difference over there though. Life generally moves at a much lower pace down there in the south. People aren't as concerned with being on time. I also wouldn't use the word efficient to describe the life and the people in Montpellier.

suggestions/tips

Get in touch with locals. This is going to be quite hard, so you need to be prepared to make an effort. What worked for me was joining a sportclub. It is quite easy to keep dwelling in the international circle and only hangout with other international students, and therefore keep speaking English all the time. If you really want to learn the French language you have to keep putting yourself outside your comfortzone where you can fall back to English all the time.

CONCLUSIONS

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

I would recommend the destination, I wouldn't recommend the University. I had an amazing experience in Montpellier and I really loved the city itself. But everything about at University was just really poor. Luckily for me the academic aspect of my mobility wasn't really important. I really went to learn the language, which I did. And I went to play Rugby at a higher level (which you can't really do in Holland) and I did that as well. So overall I had a great time.

do you have any additional advice or comments?

If you find yourself in a situation that you don't like change it, and if you can't change it for some reason accept the situation as it is. All else is futile.



UU Report form - Erasmus 2016-2017

faculty/college	I Psychology		
level	X bachelor's	master's	PhD

destination city & country	Montpellier, France
name university abroad	Université Paul Valéry Montpellier III
start date	03 / 01 / 2017 (dd/mm/yyyy)
end date	15 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

There is a lot to do for the application process and I would definitely recommend to start as early as possible. All the steps are well explained in Orisis. The international office is also really helpful when you have questions.

counselling & support at Utrecht University

The IO is really helpful. They helped me a lot before and even during my erasmus period! So if you have questions, don't hesitate asking them!

academic preparation

On the website of Paul Valéry you can find a lot of courses that are available (they are all in French though). It is not that important that you know every course that you want to do before you go. During the first 3 weeks at the university are you able to check out all the courses. After the 3 weeks you decide which ones you really want to follow (I almost changed all my courses). There are also some courses available only for the erasmus students. I did the course "histoire du cinéma français" which I can really recommend.

language preparation

I already had the needed level of French from high school, but I wasn't sure if that was still accurate so I had decided to follow a course at the University. So I did the course Language Proficiency French 1. This was really useful.

finances

Next to the OV compensation, the Erasmus and your own studiefinanciering, you can get most of the time CAF in France when you pay rent, it will be between 50-200 euros per month, so it's worth looking it up'. It's a lot of work to apply for it, but in the end really worth the effort. If you want to apply for the CAF you need your birth certificat and a french banc account.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The French University is totally not organised. So be prepared. Everything takes a little more time than in Utrecht. But in the end everything went well. I asked a lot the other erasmus students. They all have the same questions and problems. Also the erasmus office is everyday open for questions and help. I followed some really nice courses and some boring courses. I was also able to choose courses from the master. Those courses were really interesting and less difficult than the bachelor courses (yes less difficult). I also did a French language course. This was really helpful. It really improved my french.

academic quality of education activities



<p>The university of Montpellier is way different compared to Utrecht. It's way more old-fashioned! The education programme is a little passive in my opinion. Students listen to what the teacher says and write almost everything down as fast as they can. This is because there are no studybooks, so everything the teacher says, can be asked at an exam. Sometimes there were powerpoints available, which made it easier to follow to courses. Sometimes not, it can be very difficult (especially in the beginning) to follow the courses completely when there is no powerpoint, prepare yourself for that. It will get easier! Also, ask other students for notes, this can be very helpful!</p>
<p>counselling & support at receiving university abroad</p>
<p>The erasmus office is really helpful. Also the most teachers are really nice to erasmus students. They'll give the powerpoint slides or asking other students to send us their notes. If you have difficulties with the university always ask for help. The most people are really willing to help you.</p>
<p>transfer of credits</p>
<p>Not yet done</p>

<p>STUDENT LIFE</p>	
<p>welcome & orientation programme</p>	<p>I started my semester in January. In January there is not really an orientation programme. We had one introducing college with a breakfast and coffee, that was it. Luckily all the erasmus students are looking for friends and things to do. So even without a welcoming programme you'll make friends. We organised our own welcoming week. And after 3 weeks the ESN (erasmus social network) started to organise some parties and even an intergration weekend in the mountains. This was really nice!</p>
<p>accommodation</p>	<p>You can fill in application forms for a chance for a room on the campus, but I heard a lot of negative things about that from my friends, so I would not definitely recommend that. (But on the other hand I have not experienced it.) I lived in a collocation (student house) with some international and some french people. If you want to improve your french, I recommend living in a collocation. My french roommates really helped me with the language. I found my room on facebook!</p>
<p>leisure & culture</p>	<p>Montpellier is a beautiful city. And also the surroundings are perfect!! There is a lot to do. If you have the pass culture (14 euros) you can go to the cinéma only voor 3,90, you have also a lot of reduction for some concerts or other cultural events. In Montpellier there is always something to do every night! At least every night there is a free concert. The beach is only 10 kilometers so I always went there by bike! I also did a lot of trips to other cities and places. With blablacar, flixbus, ouigo, 1 euro train. herault transport and hitchhiking you can see a lot for almost no money! I went to Barcelona, Sete, Beziers, Carcasonne, Bordeaux, Avignon, Pont du Gard, Lacanau, Perpignan, Narbonne, Coulioure, Marseille, Nice, Aix-en-Provence and Toulouse. All those trips were really worth it!</p>
<p>suggestions/tips</p>	<p>Buy the pass culture! If you want to drink something the nice bars are: Rebuffy, La Gazette, Old dirty Bar, Panachee. I also recommend the 90s parties at rockstore and Antirouille. On Monday go to the Australian bar. beer is here them 1 euro! If you want to do some trips. I recommed climb the pic st loup (there is a bus going there), travel as much as you can, you will not regret it! I really loved all my trips. I loved Pont du Gard, Carcasonne, Barcelona and Bordeaux the most! I also recommend to speak french with your erasmus friends. in the beginning its really difficult. But it's the best way to learn the language and it's also really cool to do!</p>



CONCLUSIONS

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

DEFINITELY! I had the best time of my life here. It was awesome. I really improved my french in a fun way. I also met a lot of lovely international people. Montpellier is really a student city. There is also a lot to do in the surroundings of Montpellier. So almost every weekend you will discover something new or interesting. The university is not that special but the energy and vibe of the city make everything worth it!!

do you have any additional advice or comments?

JUST ENJOY YOUR ERASMUS TIME! Do everything that's possible! And make your erasmus time your best time!



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	Interdisciplinary Social Sciences
destination city & country	Montpellier , France
name university abroad	Paul-Valery III
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

We had to fill in already a lot of document, a study plan; which means you already have to choose your courses which can be quite hard and I think in most of the cases it turns out that you will follow different courses, but however it is useful to take already a look at the courses that are available in that year. You had to fill in a financial plan, which is easy and useful, because it forces you to think about how you will finance your erasmus period. The motivation letter was good, it helps you to think about why you want to study abroad and in that certain place

counselling & support at Utrecht University

There is not so much counseling and support at the Utrecht Univeristy, but If you have any question the International Office is always willing to answer them and help you.

academic preparation

I did not do any academic preparation.

language preparation

I already had the needed level of French from high school, but I wasn't sure if that was still accurate so I had decided to follow courses at University. So I did the courses Langueage Proficiency French 1, 2 and 3 and that really made me improve my French and made me feel prepared for the courses in French in France.

finances

Finances was quite hard, because Erasmus is really expensive (you can make it as expensive as you like of course but you are not doing an Erasmus for staying in your room all day, so in general it is more expensive than in your home country) and it was the first year without my student grant, so I decided to take a student loan and rent my room in the Netherlands and with that money I achieved to pay all my costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Organisational issues are well presented in France. You have to choose your own courses, which is really nice, but you also have to figure out the schedule of all your courses yourself, which is really hard. Because there is no such thing as Osiris, you just have to pass by all the classrooms to find out whenever you course is scheduled. This is quite hard, because you don't have a good overview of whenever all your courses are and I had a lot of courses who were at the same time, so it took me a lot of time to make up my schedule. Content of the courses was very interesting, even though it was quite hard to follow all the course in the beginning, and most of the time there are no powerpoints.



academic quality of education activities
I did not really do any education activities so I don't know how to answer this question.
counselling & support at receiving university abroad
All the teachers are very nice and helpful if they know you are an Erasmus student and also the Erasmus office at Paul-Valery was always willing to help me if I had any problems. So don't bother to ask all your questions and ask for help, because as described above it can be quite hard and they also understand that.
transfer of credits
My credits aren't yet transferred but I have good faith that this proces will proceed succesfully.

STUDENT LIFE
welcome & orientation programme
I kind of missed this from the University of Paul-Valery, because there was just only one welcome meeting for all Erasmus students, but there weren't any activities or things like that and I think that would be nice to meet people and get to know the university. ESN did organise a welcome week, but this week took place in the fourth week or something so I wasn't really a welcome. It was really nice, however but I would have liked to have some more activiteits in the beginning of the Erasmus period, because now you had to set up everything by yourself
accommodation
I am really happy that I had not chosen to stay at the campus of Paul-Valery university ,where most students stay, because that is really not cozy/sociable/convivial. There are ten people in one corridor and there is a kitchen to share but there are no chairs. Well, I didn't live there so I am not really in the position to tell you about that, but from what I saw I am happy that I had a different accomodation. I had found an apartment via ww.leboncoin.fr. But there are also a lot of facebook groups and other sites for finding a accomodation. Well, I shared the apartment with five other students from all nationalities and I really liked that. The location of the accomodation was super, it was in the middle of the centre so I was really happy with that.
leisure & culture
Montpellier is great for culture, and you should really buy le passculture, because you can go to the opera, different concernts, cinema and a lot of other cool things for a good price. The city centre is really great, with all beautiful buildngs, churches, parks, a lot of super cozy bars and coffee shops and so on. If you really are a party animal (than you will always find a place a party) but then Montpellier maybe isn't the best place, because there aren't really a lot of big clubs but more like bars where you can dance. For me, it was good and I enjoyed myself there.
suggestions/tips
<ul style="list-style-type: none"> - Try to find your own accomodation (facebook groups; colocation montpellier etc./ leboncoin.fr) - Don't be shy to ask any question! Because that would have saved me a lot of time :) - Enjoy every second of the beautiful city of Montpellier and the lovely life in France

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I think if you want to go to France, Montpellier definitely is the best city to go to. It is an amazing city with a really nice student life.
do you have any additional advice or comments?



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	Montpellier, France
name university abroad	Université Paul-Valéry Montpellier III
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

I went to the information meetings from the International Office to inquire myself about the possibilities. I talked with other students and my family about the possible destinations and my choice preferences. I went to the student advisor for a check up of my entire study program, and to inquire about the rules and regulations concerning delay of graduation (I went on Erasmus in my fourth year). I signed up for the erasmus exchange following the procedure. All steps were clear during the application process, and if not, there is the IO.

counselling & support at Utrecht University

The IO at Utrecht University is just great. They were always very quick in answering my questions and repoding emails concerning signatures etc. Very friendly and supporting. They took my questions seriously, even though it might have been a boring question to them, since they probably get plenty.

academic preparation

I had done three years of the bachelor psychology program (studypaths Neuropsychology and Developmental Psychology) at the UU. The semester in France was in my fourth year of the bachelor, the credits I obtained are additional.

language preparation

I took two courses at the UU from the bachelor programme 'French language and culture'. The courses were called: Taalverwerving Frans 1 (TV1) and Taalverwerving Frans 2 (TV2), a.k.a. French language acquisition. During secondary school I had obtained my DELF certificate (level A2 and B1).

finances

I received the Erasmus grant (270 per month; when I had been in France for one month I received the conditional 864 euros on my bank account). I also received the money (99 euro per month) as a replacement for the free public transport for students. Furthermore, I had saved some money myself (up to 1500 euro).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The first week(s) we had to make up our own cours schedule (they do not know a system like osiris nor timeslots). We had to go through the buildings to look for posters on the walls with the hours and rooms of the



courses on it and to figure out which courses we could take next to each other. The Erasmus student is free to choose whatever course he/she would like, which is great, but which can make it a hard puzzle if you choose different subjects from different students programs. It can be quite an effort, it was for me (I find making choices hard) but it is worth it and you will get there, really.

My coordinator in Montpellier advised me to look for master courses (since I had already done three years of bachelor in The Netherlands). I followed his advice, but I do not think I would recommend it to other students. The good thing was that the teachers were better didactically (also there was a powerpoint) and the groups were smaller, which made it a little easier to follow the courses in French than in a great lecture-theatre. Furthermore the subject matter was more interesting in the master courses. In some of the bachelor courses I attended they talked about things I already knew / had learned in Utrecht. However, looking back, it might be not such a great problem to have courses which are a little easy. That way, you are sure that it is doable, and you do not need to stress (it is already a challenge to attend a different university and in a different language).

academic quality of education activities

I would say, you have to pick your courses well. The first two weeks I attended multiple courses, after which I decided which courses to take and which not to. The academic (mainly didactic) qualities of some professors were not great (just mumbling for two hours, without interaction, without guidance of a powerpoint, I found it hard to understand/follow these courses). I found it remarkable that almost none of the teachers used course books or literature. For the main part of the courses we just had the subject matter talked about during the lectures.

counselling & support at receiving university abroad

The IO at Montpellier is very kind. However, they were extremely busy the first days/weeks when everybody arrived, and they did not respond very fast by email. However, there was a temporary room where student assistants were helping out with the enrolment at the university and other questions.

transfer of credits

Still in the process. The IO in Montpellier sends my notes to the IO in Utrecht, and they send it through to the 'examencommissie' at the UU. They are in the process of validating and transferring my notes now.

STUDENT LIFE

welcome & orientation programme

There was an information/welcome meeting in a lecture theatre for all the erasmus students, after which we had a little picknick outside. Later that week we had a smaller information meeting which was bilingual (French-English) to make sure everything was clear and well understood. Apart from that the ESN organisation in Montpellier is very active and organises a lot of activities. No need to be bored :). On top of that, the ESN staff is very helpful as well in helping you out with any questions you might have.

accommodation

I lived at a student campus (Triolet), which was close to the faculty, about 10-15 minutes by bike to the city centre. There were a lot of students, however not a lot of student parties (there was not a common room or something like that. However, there was a room at the campus where they offered dans classes for students (10 euros per year). I took a dans class (Charleston and Lindy Hop) with other international students. Before I wanted to find a room in the centre with French students as housemates. But it is really hard to find a room in Montpellier (like Utrecht) and also quite expensive. So finally I decided to just go for the students accomodation. It is arranged by the university so it is secure and safe. And it is rather cheap; I had to pay 244 euros a month, and I could get some sort of a housing benefit (CAF) of 93 euro from the second month onwards (it takes some time to fill out the questions and supply them with documents (birth certificate, european health insurance card, French bank account).

leisure & culture



Montpellier is a lovely city, it is very cosy. There are a lot of nice cafés and restaurants, and a lot of festivities, for exemple at the Esplanade next to the central square Opera Comedie.

Every Saturday there is a market I loved a lot (in the quarter called Arceaux, beneath the arches, it is just behind Parc Peyrou; down the stairs at the end of the parc).

What's more, the beach is quite close. Take tram line 3 (green line) till the final station Etang de l'Or, and walk in 20 minutes to the beach Carnon, or hire a VeloMagg (bike) at the final station and cycle to the beach. Or hire a VeloMagg in the city or have your own bike (best option to me) and follow the river Le Lez from the city down to the beach to arrive in Palavas-les-Flots.

suggestions/tips

I would recommend to buy a bicycle. For example by using the French version of the website 'Marktplaats', which is called LeBonCoin.fr or by buying a bike from a leaving international student (it is about 50 euros).

CONCLUSIONS

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

I would certainly recommend this university and the destination. Montpellier is a lovely city. Concerning the size and the amount of students it is comparable to Utrecht (not too big, a students city).

The university is not as well organised as in The Netherlands, but soon you will learn to deal with it and accept the French way of life. Your confidence that things 'are going to be alright' will grow!

do you have any additional advice or comments?

Definitely go for an abroad experience! I think it does not really matter where to go, it will be a great experience anyway. Why go to Montpellier/France? It is a beautifull language which you will improve a lot during your stay. Montpellier is a very cosy city. The beach and sea are close. The weather is good.



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	Erasmus exchange

destination city & country	Montpellier, France
name university abroad	Paul Valéry 3
start date	06 / 01 / 2016 (dd/mm/yyyy)
end date	15 / 06 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

Almost 1.5 year before my departure to Montpellier, I already sorted out my plans, wrote my motivation letter and did all the administration. It was actually better because everything was sorted out step- by- step.

counselling & support at Utrecht University

Utrecht University helped us a lot with the choices and preparation. Mailcontact with international office always went easy and fast.

academic preparation

I read a little bit about Montpellier beforehand, but nothing more. My academic base was enough to follow the courses.

language preparation

I've spoken French all the time, also with the other Erasmus students. At the university, everything is in French so it's necessary to speak French before arrival. You'll learn it fast when you'll be there of course. It was very utile for me to participate at a French cours at Utrecht University, (minor French).

finances

You'll get a grant, about 270 euro. I've spent a lot of money at trips but I could manage it all.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

A certain percentage of the courses has to be in the psychology 'department'. It was 50% for me. I'm studying interdisciplinary social sciences so it's the same direction. I've also chosen courses from ethnology for example.

academic quality of education activities

The academic level is much lower than in the Netherlands. It was like highschool. But I would recommend to follow also working classes.

counselling & support at receiving university abroad

They were very friendly and organised a general meeting for all the Erasmus students. They were eager to answer all kind of questions.

transfer of credits

I still have to wait for the transfer, because I had to do an re-exam.



STUDENT LIFE
welcome & orientation programme
There's a common presentation for the students of the university where they explained the common information (courses, inscription, exams). They organised a 'erasmus welcome week' in the second week of the official start. Very utile and easy to meet new people and it was well organised.
accommodation
I've found an apartment in the centre with two other girls. A lot of students lived at the campus, but there was not really a connection between the students who lived at the campus. The rooms were really small and quite out of the centre
leisure & culture
Montpellier is very lively and culturally focused. Nearly one third of the population is students from 3 universities. There's a lot to do for students, like theater, bars, clubs, dancing evenings. With a cultural pass you get a discount on the various cultural possibilities.
suggestions/tips

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I really would recommend Montpellier as a erasmus destination. There's a lot to experience, there a lot of other students, it's a great city in the south of France. The University is not that big,
do you have any additional advice or comments?



UU Report form - Erasmus 2015-2016

faculty/college	Faculty of Social Sciences
level	bachelor's
name study programme	Psychology

destination city & country	Montpellier, France
name university abroad	Université Paul-Valéry
start date	07 / 09 / 2015 (dd/mm/yyyy)
end date	19 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

I found it really easy to do the exchange application. I think that the ERASMUS+ STUDIES timeline and instruction form was really clear. Once I was selected to study at the Montpellier University, I received an envelop from them with a big package of paperwork. Some of the forms I had to fill in and then send them back to them, before a certain date. Apparently I had to pay 5,20 euro for my inscription. At that moment it was unclear to me if I already had to send them the money in the envelop. In the end, I didn't do that. When I arrived at Paul-Valery, I was glad that I hadn't put the money in de envelop, because the money of other Erasmus students (who had put their money in the envelope, had disappeared.

counselling & support at Utrecht University

The International Office was really helpful during my preparation. I could ask all my questions at their desk or by email. They respond really fast and really clear. And if I appeared with a question at their desk, they sometimes even printed some forms for me.

academic preparation

I didn't do any specific academic preparation. I just passed my bachelor courses so far. Before my departure to Montpellier I already knew that I wanted to finish my bachelor in 4 years, because I wanted to do some extra courses. But if you want to finish your bachelor in 3 years, I would recommend you to earn some extra ECTS in the first or second semester of your 2nd bachelor year. I followed 6 courses in Montpellier that would give me 25 ECTS if I would pass them all. My experience is that is not always that easy to study in the French language, and even passing my 6 courses wasn't easy (25 ECTS). I think that if you really want to earn 30 ECTS, this will not be that easy. Of course it is possible, but maybe it is more relaxed to earn some ECTS before your departure, so that your Erasmus period is not that stressfull.

language preparation

I have been for four months in Burkina Faso, and there I picked up the French language. But my Erasmus period was more than 2 years after my visit to Burkina Faso. My language capacities had degraded. I would recommend to watch some French films or series before your departure (with French subtitles). That will retrieve your French capacities and it is pretty fun at the same time.

finances

The life in Montpellier was a bit more expensive than I expected. Doing your groceries in the regular supermarket is a whole lot more expensive than here in the Netherlands. That made my financial calculation wasn't right. I also forgot to incalculate city trips (I went to Paris, Toulouse, Nîmes, Avignon and Sète). Those trips are really nice to do, so it is nice to save some money. Of course you receive an Erasmus Grant and an public transport reimbursement (ov-vergoeding), but you need more money than only that.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The organisation of French universities wasn't that organised. To get things done, you had to come



back several times and send several emails. I just want to say, don't stress about that! That is just the way it goes, and in the end it will all work out. When I was a bit stressed, I asked the other Erasmus students how they did their inscriptions and I always found someone that could tell me. The next option is ask the responsible person of your university. If he/she doesn't know, you can always send an email to the international office of your sending institution, and they can always give you the right information.

academic quality of education activities

The courses I followed, were of less academic quality than at my university. It sometimes looked like as if I had moved back in time for 50 years. The classes and lectures were more authorised than I was used to. There was a teacher in front of the class, who told information. The only thing that I had to do, was copy what he/she said. Some of them used Powerpoint, but some of them didn't. If they use a Powerpoint, make sure that you copy all that's on it, because most of them don't put it online afterwards. So the lectures where really passive, just copying. They didn't check if you go to the lectures, but I would recommend to go there, because they don't have books or articles that they give you. What you write down during the lectures, is the only information you have for the exams. So if you miss a lecture, ask another student if it is possible to receive their notes, because otherwise you'll miss some information for the exams. The exam period was really stressfull, because all the exams of that semester were in the same week (some people even had them all on one day). I started 3 weeks before the exams with learning. The exams where fortunately less challenging than I was used to. A lot of questions were just writing down exactly what you learned by heart. Some exams were on the basis of a text. Those I found really difficult, because sometimes I already had difficulties understanding the text, let alone answering questions about them. The only tip I can give, is show your face to the teacher before the exams. Tell them that you're an Erasmus students, and that you have difficulties with the language etc.. etc... My experience is that they respond really kind, and that they tell you not to worry about the language, because if you just write down that you're Erasmus at top of your exam, that they will correct the exam less strict.

counselling & support at receiving university abroad

This was just fine. There was a secretariat where you could ask your questions about your study programm.

transfer of credits

I don't know how this goes, because I'm still waiting for my Transcript of Records. At the moment I only know that I passed my exams, and I received my notes.

STUDENT LIFE

welcome & orientation programme

There was a welcome week, with a lot of different activities. That was really nice to meet new people and to see new places. Every party or activity was at another location, so I discovered a lot of new bars.

accommodation

I lived in an apartment with two French students. That was really good to learn te language. And besides that, it was also good to see a bit of the French student life. Because otherwise I would have been with Erasmus students all the time. But now I also hanged out with some French people.

leisure & culture

Montpellier is a really beautiful city with a lot of small streets and bars. I discovered a little folder: Mama Sound. In it I found where there was life music. Almost every evening there was music somewhere! Jazz, Blues, Hip-Hop. Most of it was for free, and sometimes you had to pay 5 euros, who were defenitely worth it.

There were also some clubs where you could go out, but most of them were not in the centre. You had to take a bus near the station that brought me to the clubs. I did this once or twice, but the drinks in de clubs were really expensive! So I preferred to go to bars.

suggestions/tips



CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
My experience with Montpellier was good, but not great. As I already wrote, the academic level of the university wasn't really good. So if you want to do your Erasmus period in Montpellier, you shouldn't go there for the good university but more for your personal development and social life. There is a lot to do in Montpellier, but in the end, I would have preferred to go to a bigger city. I sometimes missed it to have a big choice of clubs, and just the energy that big cities have.
do you have any additional advice or comments?
My accomodation was fine, but I heard from the students who lived on the campus that it was horrible. The rooms were really small and you weren't allowed to eat together. Most of them felt really isolated. So I would recommend to try to find a room that's not on the campus. I heard from a lot of people that they started in a hostel/airbnb/couchsurfing, and that they found a room from there.



UU Report form - Erasmus 2015-2016

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

destination city & country	Montpellier, France
name university abroad	Université Paul Valéry III
start date	09 / 01 / 2015 (dd/mm/yyyy)
end date	19 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

There is a lot of stuff to do for the application process and I would definitely recommend to start as early as possible. You can find all the steps in Osiris and for me the International Student Office was also very helpful. You can ask them anything you want. Also, I would definitely recommend to try to get in contact with other UU students that are going to the same University as you. I did that myself and those two girls became to of my best friends! (Even now that I'm back I still see them a lot, because they live really nearby.

counselling & support at Utrecht University

As I mentioned before: contact the ISO, they know a lot and probably can help you with a lot of stuff. I kept doing that, even when I was already studying abroad.

academic preparation

On the website of Paul Valéry you can find a lot of courses that are available (they are all in French though). It is not that important that you know every course that you want to do before you go, because when you have arrived, you can still change a lot (I changed almost everything). Also, when I arrived, I discovered that there were other courses that weren't mentioned on the website. (Par exemple there was a French course available, which was worth 3 ECTS. Also there was a Civilisation course (4 ECTS) about the history and traditions of France. This was one of the nicest courses that I had, so I would definitely recommend that one if it's still available when you go. (You hear all about it in the introduction that you'll get the first week.)

language preparation

One of the biggest doubts I had about my studying abroad adventure was: is my French good enough? I would really recommend learning the language and preparing to speak it on a daily basis as good as possible. It just makes it easier. Take classes or a course, try speak it as much as possible with people around you that speak French. Read French, Listen to French music and watch French movies, it's definitely worth it. When I arrived, my French wasn't that good (probably A2) but if you try to speak it as much as possible, you'll learn it quite fast! (Also a great tip: try not to speak much English, but try to speak as much French as you can with other Erasmus students. Most of them don't talk as fast as French people, plus they also probably feel insecure about their French and will want to improve it.) If you're only doubt about going to France is: will I understand the language good enough? Than I would definitely encourage you to go and try! If you want it enough and put time and effort in it, then changes are high that you'll manage!

finances

Prepare yourself that living in France is not cheap. (I think it's a little more expensive than living in the Netherlands. Get an OV compensation and try to save up some money. Also a great tip is CAF: you can look this



up on the internet. Start the process as soon as possible when you're in France, because it can take a lot of time.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

You can choose out of a lot of different courses and programmes. Really take time for this in the introduction week. Because these are the courses that you'll follow the next four months! Talk to teachers, to your Erasmus contactperson and to other students. Try to visit a lot of different courses in the introduction week. As I said before I would definitely recommend the French course and the Civilisation course.

academic quality of education activities

The university of Montpellier is way different compared to Utrecht. It's way more old-fashioned! The education programme is a little passive in my opinion. Students listen to what the teacher says and write almost everything down as fast as they can. This is because there are no studybooks, so everything the teacher says, can be asked at an exam. Sometimes there were powerpoints available, which made it easier to follow to courses. Sometimes not, it can be very difficult (especially in the beginning) to follow the courses completely when there is no powerpoint, prepare yourself for that. It will get easier! Also, ask other students for notes, this can be very helpful!

counselling & support at receiving university abroad

Our Erasmus contactperson was always very helpful. We asked him a lot of questions, because not everything was clear (you'll probably have the same). We also asked our mentor if he could send us the powerpoint slides, so that we could learn from them for our exams. This is also a good tip and very helpful. Don't be afraid to ask questions, for us the people (also the teachers) were very friendly and helpful.

transfer of credits

Try to do this as early as possible! In France they don't respond as fast as we are used to in the Netherlands.

STUDENT LIFE

welcome & orientation programme

The university introduction is not very spectacular, but it is helpful. There is also ESN (you can find them on the campus and on facebook), they organise a lot of fun activities (international dinners, trips to cities, parties, lasergames enz enz), I would really recommend going to these activities, because it is a nice and easy way to meet a lot of people.

accommodation

You can fill in application forms for a chance for a room on the campus, but I heard a lot of negative things about that, so I would not definitely recommend that. (But on the other hand I have not experienced it.) You can also try Airbnb or post something on Facebook (you never know if someone knows someone in Montpellier. That is how I got my room.

leisure & culture

In France food and wine are very important (one of the things I really liked about France). Try to enjoy this! Go to the city centre where there are a lot of nice (and cheap) restaurants or meet up with other students and do an international dinner. At the university there is everyday a meal available for 3,20 which is actually really nice. (The prices are quite good at the university) Also,

suggestions/tips

For trips I would recommend OuigoBus/Train and the 1euro Bus/Train. Both of these companies offer really cheap trips to cities around Montpellier like Avignon, Nîmes, Sète, Beziers (this is the 1euro bus/train) or to cities further away like Paris and Lyon (Ouigo). Really nice for if you want to meet someone halfway.



There are also évery night at least 3 free or very cheap concerts at bars and restaurants in the city centre. Go to the tourist information at place de la comédie, were they can tell you more about it (really good tip!) There is also a zoo, which you can go to for free, it is close to the university.

CONCLUSIONS

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

Yes, definitely. The university was not the most modern, well-organised institution that I have ever seen, but I learned a lot! Only learning a new language was enough for me to have had an experience in which I learned a lot. Also the city of Montpellier is so incredible beautiful and authentic. Le quartier ancienne (het old part of the city centre), La Place de la Comédie (the central square), the palmtrees, parks, the beach... I still think a lot about this beautiful city and would definitely recommend it.

do you have any additional advice or comments?

I want to say in general what I said before with the language, even when you doubt about your skills or about the fact that it's such a bigg adventure: just go for it! You'll learn a new language, new people, a new amazing city and a new culture and you'll probably wont regret it!



UU Report form - Erasmus 2015-2016

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Montpellier, France
name university abroad	Université Paul-Valéry Montpellier III
start date	28 / 08 / 2015 (dd/mm/yyyy)
end date	19 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is a lot of work, so it is best to start early and once you have an overview of what you have to complete and you know the deadlines, it's quite doable.

counselling & support at Utrecht University

The international office of Utrecht was great. They always answered quickly and were super helpful, also at the STIP desk, so please never hesitate to ask!

academic preparation

I didn't prepare myself academically for this period abroad.

language preparation

I participated in a language course of the University of Utrecht and when I was in Montpellier. The one in Utrecht was a normal course and was called Taalverwerving Frans 3. It was a bit too difficult but it helped me prepare. The language course in Montpellier was fun, because you got to know a lot of other Erasmus students.

finances

I had quite some money saved up . Montpellier is very expensive so prepare yourself financially.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The quality of Montpellier's study programme is quite poor and the organisation isn't much better. Many things are unclear and there is no good online tool like Blackboard or Osiris. You will have to figure out many things by yourself but that is a good experience. Because of the language which is already a challenge, it is nice that the courses aren't very difficult.

academic quality of education activities

counselling & support at receiving university abroad

The people in Montpellier are very kind and are will help you when you ask for it. Besides that, administrative or organisational work is done very slowly.

transfer of credits



STUDENT LIFE
welcome & orientation programme
The university itself didn't really organise a welcome programme. ESN organised many activities and parties to get to know each other and the city, which was very nice and helpful.
accommodation
When I came to Montpellier I didn't have anywhere to live which was quite stressful and which I wouldn't recommend to anyone. However, I found a nice room for 350 €, 5 minutes from the centre. I lived with two french boys, which was nice!
leisure & culture
ESN organizes many parties but beyond that you have to plan your activities yourself. This isn't hard because you can easily go to the beach or visit one of the beautiful towns and cities surrounding Montpellier.
suggestions/tips
On Sundays you can go to Mosson by tram to buy a bike and the fleamarket (if you then have a bike, you should at least once go biking to the beach along the river Lez). If you want to go see other cities, look on www.train1euro.fr . If you are in time (1-2 weeks in advance), you can actually buy a train ticket for 1 Euro!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
My erasmus period was somewhat ambiguous: I was very homesick and it wasn't quite what i had expected, but still it was a great experience. Montpellier is a beautiful city with the best of weather, great people and a lot of possibilities. The ESN organisation was a bit dissapointing but maybe that was just me :) So yes, I would recommend Montpellier but be aware: the language is difficult and an obstacle.
do you have any additional advice or comments?