



UU Report form - Erasmus 2018-2019

permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address <input checked="" type="checkbox"/> yes: c.h.vaneikenhorst@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input checked="" type="checkbox"/> yes: Caya van Eikenhorst other (social) media <input type="checkbox"/> yes:	
	or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @	
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	Psychology	

destination city & country	Leuven, Belgium
name university abroad	KU Leuven
start date	25 / 09 / 2018 (dd/mm/yyyy)
end date	25 / 01 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The exchange application process takes more time than you think, unless you know on beforehand exactly where you want to go. I didn't know so I had to do a lot of research and you have to take in mind that not every website of every university works the same. On some websites it is really hard to find the information that you are looking for, so please take enough time to make a good decision for your top 3 universities.
counselling & support at Utrecht University	Counseling and support at UU is excellent. Everytime I emailed, because I had a question or a document that needed to be signed, I got a reaction one day later at last.
academic preparation	I didn't really prepare in advance for my study abroad, you will see everything when you arrive in the city abroad.
language preparation	Does not apply
finances	For me, finances were the same as in the Netherlands. The rent was a bit higher, but groceries were the same price and if you spent more money because you are abroad, then the Erasmus grant is enough to cover that, so don't worry about finances.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	



The study programme was really nice. I could choose from the courses that were listed for Erasmus students, this were courses from all faculties. But because I'm Dutch, I could also choose courses from the regular psychology programme, so I had a lot to choose from. An organisational issue was that when enrolling for the courses, you had to see if there was no overlap in exams and I, for example, had two courses where the exam fell on the same date and time, so I had to change last minute, so keep in mind to have a list with courses that you also find interesting just in case it doesn't work out.

academic quality of education activities

The academic quality in Leuven is really good. They have high standards and it is a really good university. The exams are not harder than they are in Utrecht, but it is just a lot to learn because you have all the exams at the end of the first semester and not divided over the first semester.

counselling & support at receiving university abroad

Counselling and support at KU Leuven is really good, you can always pass by the ask something and they respond really quickly by email.

transfer of credits

In Leuven they give a mark on a scale of 0 to 20 and to pass you have to receive a minimum of 10/20. When UU receives your transcript of records they will change this to the Dutch way of grading.

STUDENT LIFE

welcome & orientation programme

The orientation days in Leuven were really good organised. There was a lot to do also on the weekends and more than enough information and student organisations that you can join.

accommodation

My accommodation was amazing and really big for 387 euros per month. I lived in a student residency from the university itself. In Leuven almost all the student buildings are from the university and they are good organized. If you have questions there is always someone you can go to or call.

leisure & culture

The culture differs a bit from the Dutch culture. Dutch people are direct, but Flemish people are shy in the beginning, but when you get to know them, they are really friendly and helpful. Leuven is a nice small town, so if you prefer to live in a city like Amsterdam, you maybe shouldn't go there.

suggestions/tips

Does not apply

CONCLUSIONS

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

Yes, I would recommend KU Leuven. You shouldn't let other people tell you that Leuven is not that far away and that it doesn't count as studying abroad. When you are there and don't go home that often, you are really getting the experience of living on your own in another country. I find Leuven a nice city, because it is small and cosy, so it makes you really feel at home.



UU Report form - Erasmus 2016-2017

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

destination city & country	Leuven, België
name university abroad	KU Leuven
start date	19 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process	Stap voor stap wordt je eigenlijk vanzelf door het proces heen geleid. Je moet zelf natuurlijk de eerste stap zetten, maar daarna krijg je van alle kanten hulp geboden als je een vraag hebt.
counselling & support at Utrecht University	Je wordt goed ondersteund door de mensen van het International Office. Je kunt ze altijd mailen met een vraag.
academic preparation	Was niet nodig als het aansluit op je huidige studie.
language preparation	In Leuven spreken ze Nederlandstalig, dus ik hoefde me daarvoor niet voor te bereiden.
finances	Als je het leven redt in Nederland, redt je het in België ook. Neem wat extra spaargeld mee voor leuke excursies.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	KU Leuven heeft een veelzijdig studieaanbod. Daarnaast is het goed georganiseerd wat betreft inschrijven, volgen en examineren van de vakken.
academic quality of education activities	Ik vind de kwaliteit van het onderwijs gelijk aan de kwaliteit van onderwijs in Nederland. Het gaat vaak wel net op een andere manier. In Nederland toetsen ze meer je inzicht en in België willen ze dat je alles letterlijk uit je hoofd kent.
counselling & support at receiving university abroad	De contactpersoon voor de internationale studenten staat altijd voor je klaar. Ook hier kun je altijd een mailtje naar sturen en je krijgt snel antwoord terug.
transfer of credits	De contactpersoon aan de gastuniversiteit moet jouw transcript of records naar de examencommissie van je thuisuniversiteit sturen of je moet zelf een origineel exemplaar bij het STIP afleveren.



STUDENT LIFE
welcome & orientation programme
Een leuk welkomprogramma van ongeveer een week, waar je nieuwe mensen en de stad leert kennen.
accommodation
Als je op tijd begint met zoeken, kun je voor een mooi prijsje een heel leuke woonplek krijgen. Ook in het privéaanbod kun je prima een kamer vinden.
leisure & culture
Leuven is een erg gezellige (studenten)stad en vooral doordeweeks erg levendig. In het weekend gaan de meeste Belgische studenten naar hun ouderlijk huis. Maar omdat Leuven een echte studentenstad is, zijn er in het weekend ook altijd nog veel internationale studenten te vinden.
suggestions/tips

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Ja ik zou het zeker aanraden. Het is een unieke ervaring en een geweldige plek om een deel van je studie door te brengen.
do you have any additional advice or comments?



UU Report form - Erasmus 2015-2016

faculty/college	Sociale Wetenschappen
level	Bachelor's
name study programme	Algemene Sociale Wetenschappen

destination city & country	Leuven, Belgium
name university abroad	KU Leuven
start date	14/9/2015
end date	27/1/2016

PREPARATION

exchange application process

The application process takes a long time because you need to fill in many forms, but it is worth the experience. Start in time with filling in everything and informing yourself, so you don't have to many stressful moments before you leave.

counselling & support at Utrecht University

The people from the International Office are very friendly and willing to help you out when you have a question. You can always send them an email or go to the office for a personal talk. Utrecht University will send you emails about the documents you have to fill in and the deadlines.

academic preparation

I did not do any academic preparation. A good thing to know is that at the KU Leuven you only have two exam periods a year and you also receive less ECTS for a course than at Utrecht University. If you want to take courses for 30 ECTS you will have 5 or 6 exams in a short time.

language preparation

Because I went to Belgium I did not have to prepare much to speak with the local people. However, you will meet a lot of international people who will become your friends, so even though you are in a Dutch speaking country, you will still speak a lot of English.

finances

The costs for living are almost the same as in the Netherlands. Fruits and vegetables are slightly more expensive, but the beer is cheaper! Because you will make a lot of new friends from all over the world and because an Erasmus semester is the perfect moment to travel a lot, I would make sure you have enough savings before you go.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The KU Leuven is a very well organised university. They use Toledo (a Belgium version of BlackBoard) on which you can find all the information and deadlines you need. You can also send an email to your professor and they will answer very quickly.

academic quality of education activities

Because you have to take 5 or 6 courses to receive 30 ECTS, you will have to go to college (almost) everyday. However, the lectures are not mandatory. The exams are all about knowledge, you do not have to apply everything you learnt during the lectures to a certain case or something. I think that is a big difference with the exams at Utrecht University.

counselling & support at receiving university abroad



Make sure you have all the signatures you need from the receiving university long before the start of the summer holidays, because you cannot reach them during and the summer holidays at KU Leuven end later than in Utrecht. When the semester started again in September, they answered their e-mails really fast and their support was good.

transfer of credits

The KU Leuven will send you the transcript of records 1 to 2 weeks after the end of your exams. I did not do the rest of the transfer of credits yet, so I do not have experience with this part of the exchange.

STUDENT LIFE

welcome & orientation programme

The KU Leuven organises a welcome week, which gives you the opportunity to get to know the city and meet a lot of people. Also the team of ESN Leuven organises some parties and other activities which will make you feel at home in Leuven in a very short time. I will definitely recommend to take part in a lot of these activities.

accommodation

Do not search for accommodation through the university housing, because this is a lot more expensive than on the private market. You can take a look at the Facebook page 'Te huur: kot in Leuven', a lot of Belgium students who go on an Erasmus themselves will offer their room on this page. Student housing in Leuven is overall less expensive than in Utrecht.

leisure & culture

Despite that Leuven is a small city, it has a great nightlife. You can go out every day of the week and the bars at the Grote Markt will always be crowded. The Belgian students are a bit more quiet and shy than we are used to in Utrecht, but when you get to know them they are very kind.

suggestions/tips

Do not let the fact that Belgium is not that far away and they speak the same language stop you from going to Leuven. It is a great experience to build a new life in a foreign city and meet people from all over the world, no matter where you choose to go on exchange. Also you will make so many international friends that you will be speaking English all day!

CONCLUSIONS

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

Yes! Leuven is a great city with a great university. Going on an exchange is a life changing experience and Leuven is the perfect city to go to. There are many international students and the city has a great nightlife and offers lots of other leisure activities.

do you have any additional advice or comments?

Make sure you have all the paperwork done before the summer holidays.



UU Report form - Erasmus 2015-2016

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

destination city & country	Leuven, België
name university abroad	Katholieke Universiteit Leuven
start date	14 / 09 / 2015 (dd/mm/yyyy)
end date	30 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process
Het aanvragen vond ik op het begin best lastig, vooral met het verkrijgen van de verschillende handtekeningen en de formulieren op de juiste manier invullen. Uiteindelijk is het allemaal volgens mij goed gelukt.
counselling & support at Utrecht University
Vanuit Universiteit Utrecht werd er altijd goed geholpen.
academic preparation
Prima
language preparation
In België sprak ik gewoon Nederlands, dus moedertaal.
finances
Prima

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Vooraf was er een minor vastgesteld door UU en KU Leuven, hier ben ik echter van af geweken en heb ik mijn eigen studieprogramma gekozen. Dit beviel prima.
academic quality of education activities
Prima, vergelijkbaar met UU.
counselling & support at receiving university abroad
Ook bij de KU Leuven was iedereen heel behulpzaam.
transfer of credits
Dit heb ik nog niet gedaan, dus dat weet ik nog niet.

STUDENT LIFE

welcome & orientation programme



Hier heb ik niet echt aan meegedaan, ik heb zelf alleen maar bij Belgische studenten aangesloten en niet bij de Internationale studenten.

accommodation

Ik heb zelf een kot gezocht in België, dit was echt super!

leisure & culture

Vergelijkbaar met Nederland.

suggestions/tips

Je kunt me altijd mailen voor suggesties en tips.

CONCLUSIONS

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

Ja absoluut. Het is een super ervaring en Leuven is een hele leuke stad en mooie Universiteit.

do you have any additional advice or comments?

Zorg dat je goed bent voorbereid en sta open voor een nieuwe omgeving en nieuwe mensen te ontmoeten.



UU Report form - Erasmus 2015-2016

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

destination city & country	Leuven, Belgium
name university abroad	KU Leuven
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	01 / 02 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

You have to start in time with the organisation and the preparation of your exchange. For example, you have to start thinking about the destination and the university one year in advance. Then there is the procedure of filling in many forms, which all have deadlines. Don't forget that at the same time you have to continue your current study in the Netherlands! So start in time, don't doubt to much, because it is really worth it!

counselling & support at Utrecht University

You will surely need the help of Utrecht University. They know everything about the registration and application for your exchange and they really want to help you. Dare to ask your questions and start in time with it. The people of the international office answer your questions fast and clear.

academic preparation

I didn't need to prepare myself. I just needed to comply with some conditions.

language preparation

I went to Leuven, Belgium where they speak Flemish, so I didn't need to prepare my language.

Finances

In Belgium, life is comparable to the Netherlands. If you can survive in the Netherlands, you can survive in Belgium. And with your Erasmus grant, you can compensate some financial disadvantages. Some extra money so that you can do some nice and fun things is recommended.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Before you go abroad, you search for courses you want to follow abroad. But, the online information often is different from the information in the country itself. After your arrival in the country you often change courses you want to follow definitively. So the online searching of courses is a rough set-up.

In Belgium they work with Toledo, similar to Blackboard, where you can find everything about your courses, your schedule and your grades.

In Belgium they test your knowledge, while in the Netherlands they test your application and insight. It seems harder in Belgium, but in fact it's more work. In Belgium there's nothing like Joho, so everyone makes his own summaries. That means that you have to study every day, because in the last two weeks you can't make a summary of all courses. The education in Belgium was the same as in the Netherlands for me. In Belgium there were almost no workgroups, but in Belgium I had more courses at the same time, so the amount of hours per



week was the same as in the Netherlands.
academic quality of education activities
The lectures were about the same as in the Netherlands. In Belgium there is a sort of hierarchy between the prof and the students. As a student you don't make a smalltalk with a prof. I think the profs in Belgium are really good teachers. They were as an example for me.
counselling & support at receiving university abroad
The support at the receiving university was also very good. There is one person that especially supports the exchange students. When you have questions, they answer it very quick and clear, also by mail.
transfer of credits
At the moment of writing, I didn't receive my grades yet, so I don't have any experiences with this.

STUDENT LIFE	
welcome & orientation programme	
The first three weeks I was in internship, so I couldn't join the welcome and orientation program. You can get many information by mail, but it had been nice if I was available to join the student welcome week. So the orientation program is not necessary, but it is practical and a good way to meet new people.	
accommodation	
I searched for a room for my exchange period. First, I registered myself for a residence room, but if you are from the Netherlands, it is almost impossible to get a residence room. Then I started to search for a room on the private market via kotwijs.be. Soon I found a person who went abroad the same time as I did. I could use her room the period I went abroad and that was perfect. Finding a room in Leuven is much easier than in the Netherlands, because there are more rooms available in Leuven.	
leisure & culture	
Belgium has nice towns you can visite. You can go by yourself, but there are some city trips (for one day or for one weekend) organised by the exchange team. Then you can go together with other Erasmus people. These trips are often organised in the weekend, because in the weekend there is almost nothing to do in Leuven. Almost all Belgian students go home in the weekend. Although Belgium and the Netherland are next to each other, Belgium has some other habits. There is no big culture shock if you go to Belgium. Belgian people are more modest and wihdrawn than people from the Netherlands, but Belgian people are more friendly and helpful.	
suggestions/tips	
Just begin to organise your stay abroad, because it's really worth the adventure!	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes, everything is organised well and there are people enough who want to help you if you have questions ore problems/issues.	
do you have any additional advice or comments?	
No.	



UU Report form - Erasmus 2015-2016

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

destination city & country	Leuven, Belgium
name university abroad	KU Leuven
start date	1 / 9 / 2015 (dd/mm/yyyy)
end date	1 / 2 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process	Het solliciteren ging erg goed. Er werd duidelijk aangegeven wat er van je verwacht werd. Ik had mijn eerste keuze gekregen gelukkig
counselling & support at Utrecht University	De UU supportte je daar waar je het nodig had. Ik kreeg altijd snel antwoord op mijn vragen. Ze stuurden ook snel de documenten terug als je een handtekening van ze nodig had.
academic preparation	Het onderwijs is daar wel op een hoger niveau. Je moet wel echt bij elk hoorcollege aanwezig zijn en goed leren.
language preparation	N.v.t
finances	Voor mij was de Erasmusbeurs voldoende. Je kan ook nog je OV stopzetten, maar dit heb ik niet gedaan omdat ik twee keer per maand naar huis ging. Uiteindelijk was het zo dan goedkoper.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Pedagogische wetenschappen
academic quality of education activities	De kwaliteit van de hoorcolleges vond ik erg goed, maar niet per se beter dan in Utrecht. De concentratie en motivatie van de studenten ligt wat hoger, misschien dat je daardoor zelf ook meer gemotiveerd raakt
counselling & support at receiving university abroad	Ik vond dit niet zo goed. Leraren wilden je wel helpen maar de International Officer reageerde pas vaak laat en was maar 1 of twee dagen per week aanwezig
transfer of credits	Ik heb mijn cijfers volgende week pas binnen, dus dit vind ik aardig snel.

STUDENT LIFE



welcome & orientation programme
Hierbij kon ik helaas niet aanwezig zijn, omdat ik stage had
accommodation
Dit kun je beter zelf regelen. Over het algemeen krijg je sneller en goedkoper een kamer in Leuven dan in Utrecht
leisure & culture
Ik vond het best moeilijk dat ik een Nederlander was. Je zit zo tussen de Belgen en internationals in. De Belgen hebben hun eigen vrienden al, en daar kom je niet zo makkelijk bij. En je bent ook niet echt een international, omdat je de taal spreekt en vaak naar huis kan gaan. Daarom ging vrienden maken moeizamer dan ik had ingeschat.
suggestions/tips
Ik zou echt clubjes zoeken, bijvoorbeeld tijdens het sporten, of naar internationale avonden gaan waar je mensen leert kennen. Ook is het slim en leuk om lid te worden van ESN, het Erasmus Student Network. Deze organisatie organiseert ook allerlei leuke uitjes.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Eigenlijk niet. Als je op uitwisseling wil gaan, zou ik het meteen goed doen en heel ver weg gaan, waar je echt een international bent. Of anders gewoon in Utrecht blijven als je het daar wel naar je zin hebt. Ik heb het idee dat ik juist vrienden ben verloren door mijn Leuven avontuur.
do you have any additional advice or comments?
Toch staat de KU Leuven wel goed op je CV en uiteindelijk leer je er wel veel van



UU Report form - Erasmus 2014-2015

faculty/college	Social Sciences/Pedagogical 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	Leuven, België
name university abroad	Katholieke Universiteit Leuven
start date	08 / 09 / 2014 (dd/mm/yyyy)
end date	31 / 01 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

When I heard about studying abroad I did not really like the idea of being abroad for five months. This is why I choose to go to Belgium. I heard about it when the deadlines were past, so I had to get a rest place. It was fine, because no one else wanted to go to Belgium, so I had the place directly when I e-mailed the international office. The application process takes a long time, you need to fill in many forms, but it is worth the experience. Start in time with filling in everything and informing yourself.

counselling & support at Utrecht University

Utrecht University will send you e-mails about the documents you have to fill in, but it still costs you a lot of time to make sure you are ready. Choose a day (not the day before your deadline) to sit down for it and arrange everything (as much as you can) on that day. If you have any questions, the international office will be pleased to help you, so their support is really good.

academic preparation

I did not really prepare myself on academic level. It was already about April when I decided to go on an Erasmus Exchange, so I did not really have so much time to prepare myself. It was not really needed to prepare myself on academic level, everything went well, I got nice grades.

language preparation

The differences between going abroad to Belgium or other countries abroad is the language. I did not have to prepare much, because they speak Dutch, just as I do.

Finances

I made a scheme about my incomes and expenses for the time abroad, which is required. This ensures that you think carefully about financing the whole thing. The Erasmus Grant helps a bit, but own savings or rich parents are also needed to make sure you are able to survive out there. ;)

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In fact, everything was organised pretty well. The only issue I had, was not being able to use Toledo (the Belgian version of Blackboard) in the first three weeks of college. This meant that I did not know anything about deadlines for papers and similar things that had to be handed in. However, the professors were very kind and understanding, so they gave me more time to hand it in.

academic quality of education activities

I think you won't have to be fearful about not passing the exams abroad (or at least in Belgium). Although you



need to go to college every day, you do not really need to understand the subjects, it is all about knowledge. Besides, in Belgium you pass your exam when you have (on an multiple choice exam) 20/40 points, while in Utrecht you need to have 30/40 points.

counselling & support at receiving university abroad

When I tried to arrange everything before the exchange, like signatures and stuff, contact persons were almost impossible to reach, because it was almost summer holiday. When the semester started again in September, they answered their e-mails really fast and their support was good. Just make sure you have arranged everything before holidays.

transfer of credits

I did not do this yet, so I do not have an experience with this part of the exchange yet.

STUDENT LIFE

welcome & orientation programme

There was an orientation programme when I just started the semester in Leuven, but in the first three weeks of my exchange I had an internship, so I did not take part in this programme.

accommodation

I arranged my own accommodation, because information from the university abroad came pretty late. I wanted to be sure about my accommodation before leaving, so I arranged an accommodation on the Evangelical Theological Faculty in Leuven. That went pretty well, I was able to leave in January, while most of the accommodations in the city of Leuven are only rentable for ten or twelve months.

leisure & culture

The culture of Belgium is quite different from the Netherlands, but it is fine, you will get used to it. The professors in Belgium do not see you as a colleague, while in Utrecht they do. Students are really kind in Belgium, even though they are a bit more quiet than Dutch students. They will help you with everything if you do not understand something.

suggestions/tips

Just go abroad!

CONCLUSIONS

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

Yes, everything is very clear when you arrange everything in time. Courses are interesting, you will gain knowledge that you can use your whole career.

do you have any additional advice or comments?

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