



UU Report form - Erasmus 2018-2019

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

destination city & country	London, United Kingdom
name university abroad	University College London
start date	17 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 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

I made a big effort for my motivational letter, but I don't know whether that was necessary or not. Bear in mind that there is only one place though.

counselling & support at Utrecht University

Very good. Attend all the meetings. If you have any further questions, the international office is always happy to help you out.

academic preparation

The study programme at UU prepares adequately for a semester at UCL. However, UCL has very different requirements for essay writing.

language preparation

A decent level of English is needed. Good writing skills beforehand will give you an advantage, otherwise you will develop these.

finances

Make sure to save a lot. Housing will likely be most expensive. Groceries are somewhat more expensive as well. All in all, I think you can expect to spend about double the amount of money you would spend normally, so prepare for that. But it is definitely worth it!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Unfortunately, the amount and variety of courses you can pick is quite limited. Only until about a week before the lectures begin, you will be given a list of courses to choose from. In this short period I had some trouble and misunderstandings with the Exam Board of UU to get my choices approved. These organisational issues resulted in a lot of stress, phone calls and e-mails.

academic quality of education activities

Academic quality is very high. You'll receive lectures on the most current issues of your field from leading professors. You won't have many lectures a week though: about 6 hours per week in total. Likely you won't have any seminars or practicals. You will have to do most studying by yourself.

counselling & support at receiving university abroad

You will have a personal tutor for your counselling and support.



transfer of credits

I am still in the process and have not received all my grades yet, so I don't know yet.

STUDENT LIFE

welcome & orientation programme

There were two introduction programmes: one for internationals specifically and one for all the freshmen. I suggest you join both of them as you meet a lot of new people easily and you won't have any classes those first weeks.

accommodation

My accommodation was arranged by UCL and it was very good. However, very, very expensive. This is probably always the case. I can recommend the UCL housing because it is easy, secure, close to campus and you meet other students.

leisure & culture

The museums are free. Going out is very expensive, but the UCL student bars are a cheaper option

suggestions/tips

Go out in the student bars of UCL and enjoy the free museums. Join UCL Student Union societies to meet many British students and maybe try a new activity: they have so many options!

CONCLUSIONS

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

Yes, definitely! I had an amazing experience. An advantage of studying abroad in an English-speaking country is that you make contact with the native students easier, as they do not have to adjust their language to you.

do you have any additional advice or comments?

In my experience, the British can be somewhat 'reserved' in the beginning. They are less direct and may seem uninterested. However, this is some form of politeness and you just have to give them some time to get to know you!

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	United Kingdom, London
name university abroad	University College London
start date	08 / 01 / 2018 (dd/mm/yyyy)
end date	08 / 06 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process



UCL was very slow to answer in the application process and in my experience everything was arranged rather late. Some only heard about there accomodation the day before they left. But I think everyone eventually got a room.
counselling & support at Utrecht University
The international office is very helpful and are quick to answer.
academic preparation
I didn't have any specific acedemic preparation
language preparation
idem
finances
London is very expensive, especially the accomodation. I saved some money from working and together with the Erasmus grant and some money from my parents I managed it.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The set-up is different from the UU. The exams are all essays, which was new and frightening for me. In the end, it was not so bad after all, but I certainly think it's more difficult than a multiple choice exam. The content of the courses was very interesting. I took the Brain in Action course, which was a specialty of the university. The course was research orientated and required you to read a lot of research papers. Therefore I learned a lot
academic quality of education activities
The acedemic level is quite high, but manageable.
counselling & support at receiving university abroad
UCL offers a lot of support, but I did't need to use this
transfer of credits
I didn't receive my grades yet

STUDENT LIFE

welcome & orientation programme
The welcome programme was very short, I would have liked a bit more activities to get to know people. This was much more in September. I had to start studying immediatly, which made the first weeks with meeting new people, adjusting to the city and the university quite stressful.
accommodation
I stayed in Max Rayne, which was cheap, but not very good. Nevertheless, everything you need is there and when something is broken they fix it very quickly.
leisure & culture
UCL has a lot of societies and of course London itself has also a lot to offer. You don't have to be afraid to get bored in London. This is one of the things I enjoyed the most of London
suggestions/tips
You'll meet many people, but I would advice to invest in one group the most. In my experience it is very valuable to have a few good friends instead of many friends that you only know a bit. Because London is so big, the danger is to get lost in all the oppertunities and end up lonely.



Regarding sightseeing, I suggest you take the time to explore the many museums (which are free most of the times), theatres, concerts etc. in London. Also go to the less touristic parts. You can fill 6 months with only exploring the city. I would also suggest to travel around the UK. I can highly recommend Scotland and the south west coast of England.

CONCLUSIONS

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

Yes, definitely. London is a lively city with lots of opportunities. It is a great place to explore new hobbies, meet people from different nationalities and get a nice British accent. In general, studying abroad is so good for your development. It has opened my eyes to new things I never knew I was interested in and I feel more independent now. It changed how I see my future.

do you have any additional advice or comments?



UU Report form - Erasmus 2016-2017

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	Psychology
destination city & country	London, UK
name university abroad	University College London
start date	15 / 09 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

University College London was my first choice for my semester abroad. I knew that a lot of people applied for UCL in the previous years, so I put a lot of effort into my motivation letter. The rest (financial plan, CV and study plan) wasn't really time-consuming.

counselling & support at Utrecht University

The support from UU was perfect. The people from the International Office were always quick and helpful in answering all of my questions and concerns. I also went to one organised event at which I met someone who just came back from his term at UCL.

academic preparation

Nothing special

language preparation

Besides switching to BBC news and removing subtitles on Netflix/in films since the summer, nothing special either.

finances

London is a pretty expensive city. So I advice you to save some money!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed four (really interesting) modules in my field of interest (neuroscience). This was quite intense. You're actually taking 30 ECTS in only 12 weeks time.

academic quality of education activities

The academic quality was really high. They use a completely different way of teaching; it's less focused on working through a study book. Instead, they focus on recent studies and current knowledge in the research field. In my opinion, this is an extremely interesting and useful way of teaching!

counselling & support at receiving university abroad

There is one Affiliate supervisor, who answers all of your questions concerning administrative issues, signatures etc. In addition, you have an Affiliate Tutor for content wise questions e.g. essay deadlines, marking criteria etc. Both of them were always willing to help you!

transfer of credits



At UCL they use a different grading system, namely percentages. This can be quite confusing, but your tutor will explain the relevant criteria for your essays in more detail. The 'Examencommissie' transfers those percentages into UU grades using a conversion table.

STUDENT LIFE

welcome & orientation programme

There was one international introduction week, followed by a regular introduction week for freshers. The events itself were not that special, especially when comparing it to the price you pay for the tickets, but it's nevertheless an easy and convenient way to meet new people.

accommodation

I chose to live on campus, in an accommodation offered by UCL. I made some great friends in my flat! I had my own furnished bedroom and I shared the kitchen with 12 others (both internationals and English). It was a 10/15 minute bus ride away from the main campus.
It was a decent place to stay, but keep your expectations low.

leisure & culture

London is such a vibrant city. There is always something new to discover! Even after 3.5 months, I didn't get to see all of the activities/museums/festivities/neighbourhoods/pubs/clubs etc. which London has to offer. Not even half of it!
I also made trips to Oxford, Brighton and Cambridge.

suggestions/tips

Use all the leisure time you have at the beginning of the term! Visit the free museums, explore different neighbourhoods, and enjoy the British pub culture!

CONCLUSIONS

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

Yes, definitely! I'm sure you're going to love London as much as I do. It's a fantastic city! Nevertheless, when you choose to go to London, you also choose for quite an intense term at UCL. The education is really good and interesting, but especially during the last four weeks, the essay writing (you don't have exams) is quite time-consuming. I knew that beforehand, so for me London and UCL was the most perfect combination for a great learning experience abroad.

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	London, United Kingdom
name university abroad	UCL/University College London
start date	23 / 09 / 2015 (dd/mm/yyyy)
end date	18 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was mostly clear, however UU did not give me the correct instructions for the application procedure for FYA or Erasmus students was different from other affiliate students at UCL. This means a few documents like recommendations letters and transcripts were not necessary. UU could have instructed me better about the application procedure at UCL which came after the application procedure at UU.

counselling & support at Utrecht University

Counselling was provided, however, always for studying abroad in general. Specific advice for studying at UCL or in London was lacking. International offices from other departments of the UU did send students to UCL aswell, so I guess they could have got us in touch with each other. I would therefore be grateful to provide information about Psychology at UCL, UCL in general or studying in London.

academic preparation

UU did select students going abroad to UCL on grades, which is smart. However, I would recommend that the international offices provide more information of a different courseload in the British System. Furthermore, UCL is a very research-based University and studying therefore can not be compared to studying at UU. I would have found it helpful if I was a little more prepared to this. However, the fun of an exchange is that you find new things and ways to deal with them!

language preparation

For me language preparation was not necessary, because my English is pretty good. However, the UU international office stating that UU students' English is sufficient, because our books are, could cause problems for others.

finances

I worked during the summer to save for my study abroad period.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I was very glad to be able to take all the courses I wanted to take. UCL gave me all the possibilities regular psychology students had. They provided sufficient and adequate information about the procedure for course registration and the possibilities which courses I was able to take. Furthermore, we as affiliates had several meetings with our tutors to discuss our module choices. They could even provide us with information about the content the modules were about to help decide which modules to choose.

academic quality of education activities



<p>The quality of education at UCL was high. A lot of personal engagement and discipline was expected from the students. In the first few weeks I was amazed by the high speed with which my courses discussed so many topics already. However, I found it different from UU in the way that I solely had lectures and no seminar groups. For me, this is a necessity to consolidate the knowledge gained in a lecture. UCL expects you to do this consolidate on your own. I would have profited from more interactive education and more hours of class.</p>
<p>counselling & support at receiving university abroad</p>
<p>The counselling at UCL was good. We had a tutor who also taught us a course. Furthermore, Joanna Strange, course administrator, responded to enquiries very quickly and therefore provided me with helpful procedural information.</p>
<p>transfer of credits</p>
<p>The transferring procedure of credits has not taken place yet. I find it very hard that even though I don't have any grades back, I can't login to any the UCL sites, except my email account. I would have been more helpful, if someone had provided me with information about how to review grades and that I would exactly be able to review my given feedback.</p>

STUDENT LIFE	
<p>welcome & orientation programme</p>	<p>A general orientation programme for international students was provided, for there are a lot of international students at UCL. They really help you out with questions you have. There is a planned week in which a lot of activities take place to get to know London, UCL, and its societies.</p>
<p>accommodation</p>	<p>I chose to live in halls provided by UCL. Besides, it being small, a little crappy and still sort of expensive for what you get, I really had a good time and made a lot of friends in my hall. It was the best way to get to know people quickly and I still really miss all of them.</p>
<p>leisure & culture</p>	<p>I found that while studying at UCL, you have less time for leisure than we are used to in Holland. The course load is higher, you have less time and 4 courses at once. However the term is way shorter as well. So expect to be pretty busy during the term, but use the time you have before and after the term so you can enjoy London! During the weekends there mostly was time to go places. There is so much to do: going out, museums, theatre, shopping, just walking around, nice restaurants and bars, etc. London is a vibrant city and you should make the most of it!</p>
<p>suggestions/tips</p>	<p>Join a society to get to know local uni life, live in halls even though it's crappy, make trips to museums in your spare time between lectures, go out.</p>

CONCLUSIONS	
<p>would you recommend this university/destination abroad to others? please explain</p>	<p>I would absolutely recommend studying at UCL, though bear in mind that you want to study here because you want to upgrade your resume and want to get something out of your education. If you just want to have fun during your exchange, I would pick another university (in London). This doesn't mean I didn't have fun, but I enjoyed it a lot, because it really learned a lot of new things during my time at UCL. And besides studying, I really fell in love with London: whatever you are looking for, you will find it. London is such a diverse city!</p>
<p>do you have any additional advice or comments?</p>	