


UU Report form - Erasmus 2018-2019

Faculty/college:	Faculty of Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology (Child and Youth)

Destination city & country	Auckland, New Zealand
Name host institution and/or company/organisation	University of Auckland
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	04-06-2018
Return date (dd/mm/yyyy)	01-02-2019

You are requested to write on the following topics.

Text boxes will expand automatically while typing.

Preparation

Exchange/placement application process:

To apply for a semester abroad, I had to write a motivation letter, create a CV and provide a financial plan. It's wise to take your time finding out to which country and which university you'd like to go, because you need to base your application documents on this university. This part of the application is your own responsibility. The international office doesn't help with this (obviously).

After I was selected to go to the University of Auckland, I had to apply. The process of applying to the University of Auckland went very smoothly. The only small problem I had in the beginning was that I didn't receive an email from the University of Auckland to start my application. Luckily the International Office knew that the application deadline was quickly approaching (01-04-2018), so they told me to start my application. I applied online and had to send them a couple documents. I forgot how long it took before I got an answer from them that I was accepted, but I do remember that for a while, I was uncertain if I had a spot or not. In the end, it appeared that everything was alright and that I was accepted.

Counselling/support at home university:

Utrecht University, the International Office in particular, helped a lot with providing all the documents I needed for my application. For example my Transcript of Records or the document that proved that my English was sufficient. The International Office also kept in contact with the study abroad office in Auckland, to check if all the documents had arrived correctly.

Academic preparation:

I didn't have to do any academic preparation to go to the University of Auckland. I already finished



my bachelor, before I went to New Zealand, so I was sure I had enough academic knowledge to be able to pass my courses in Auckland.

Language preparation:

Utrecht University has a rule that all students studying at the Faculty of Social Sciences have a sufficient level of English to be able to study in an English speaking country. You can do a test to find out about your actual level of English, but most partner universities don't think this is necessary.

Finances:

Since the University of Auckland is situated on the other side of the world and thus has different semesters, I had to start my semester the 16th of July. I heard that I was accepted in Auckland somewhere in April, if I remember correctly, which made the period to organize everything very short. I decided to raise my student loan from 300 to 600 euros a month, my parents helped me by paying for my fees and I had a job in a café once a week which gave me some money. I also had savings from earlier years that I could use to pay for my semester abroad.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I already finished my bachelor at Utrecht University and decided to study abroad in my fourth year of my bachelor. That's why I decided to pick 3 courses in Auckland instead of 4. I didn't have to worry if the courses would fit into my program in Utrecht, but I still wanted to be able to write them down of my Transcript of Records. I asked the 'Exam committee' to test the courses I had picked. They approved all the three courses and then I could apply for the courses at UoA. This application was quite easy. I had to apply for a concession for one of the courses (which means that I had to provide UoA with a couple of documents to prove that my academic knowledge was enough to be able to take that specific course). Basically the only reason that they ask for this, is because they can't read from your Utrecht University transcript of records that you have this knowledge.

The UoA has a system in which you can create your own timetable for your courses. You can pick certain timeslots for your tutorials, which is great! This is of course dependent on the options available and the courses you pick.

I had some trouble creating my timetable, because only 2 out of 3 courses were showing. In the end I found out that the third course started in week 3 instead of week 1. That why it wasn't visible. TIP: always click further to find out if there actually is a problem 😊

Before a certain date, you can change your courses if you don't like them, which is a good thing!

Academic quality of education/placement activities:

The courses I picked were: "The Criminal Mind: Crime and Individual Differences", "Pedagogy: Beyond Skills and Methods" and "Special Topic: Culture and Psychology". As you can see, these three courses are all from different faculties, which is completely fine at UoA, as long as they fit into your schedule and you have enough academic knowledge for the level of the course.

These three courses all had a good quality, but were quite different than I expected and different than I was used to. In general, all courses were more informal than courses in Utrecht are. Besides



that, the way of examining is different. UoA works with essays and hardly includes group projects. At least not in the courses that I took. I had to write an essay for all of my courses and all final exams were essay based as well. That means no multiple choice questions or short answer questions, but a couple of questions that you already receive before the actual exam starts. You have to pick 2 or 3 questions and prepare an essay about that topic based on the lectures, tutorials and articles that you've read during the semester. You can either decide to write the whole essay beforehand, or prepare arguments and try to remember those. Coming from almost always multiple choice exams, this was quite different and difficult for me and it needed a different preparation.

I picked the criminology course because I wanted to try something new. This course included diverse topics such as psychopathy, judges and juries and criminal assessment. The tutorials of the course weren't the best I've had, but the lectures were quite interesting.

The pedagogy course was completely different than I expected. In the Netherlands, pedagogy mostly refers to the behaviour of children, where as it refers to the behaviour of teachers in New Zealand. This course was all about three teaching strategies that we had to learn and then apply on cases. I think the course would probably be part of 'Onderwijskunde' rather than 'Pedagogiek' in Utrecht. Although it was completely different than I was expecting, I learned a lot. As a child- and youth psychologist I'll definitely need to know how teachers can behave, since all behaviour is an interaction between the child and it's surroundings.

The third course, the psychology one, was a very interesting but difficult course. It was a stage 3 course and was all about Maori and Pacific cultures. For me, it was an eye-opener about these completely different, local cultures and gave me a lot of information and discussions about different cultures, discrimination, colonization, etc. Writing an essay about problems that minority groups experience, was difficult for me since I haven't experienced it myself, but I learned a lot. The course also had a lot of guest lecturers, who told (sometimes) very personal stories. This gave the course an extra dimension.

Counselling/support at host institution/organisation:

The study abroad office of the UoA was very helpful and replied quickly to my emails. On campus (city campus), there is an office called AskAuckland Central, where you can go to with all your questions as well.

Transfer of credits:

UoA has a new system called MyEquals. As soon as all the exam and essay grades are put on Canvas (the program that the university uses, similar to BlackBoard), they are checked and then put on MyEquals. The study abroad office will send you a link to register for this program. Then you need to share the document in MyEquals with the Exam Committee of Utrecht University. As soon as they receive this document, your grades are put in Osiris.

Student life

Welcome/orientation programme:

The orientation programme for international students was 1 day. We were welcomed with a Kapa Haka (the traditional dance of the Maori). After that, we had a 3h lecture about all the things that



we needed to know about the upcoming semester. In the afternoon, SASS (Study Abroad Students Society) had organized a race through the city. This was a fun way to get to know your way on campus and in town, but also to meet new people. The other days of the first week, all faculties had their own introduction (those weren't compulsory for international students). SASS was a student association that organized activities and trips during the semester for international students, such as movie nights, Island get aways and a ski trip that I did as well. Those activities were all well organized and a lot of fun, so I would recommend going!

Accommodation:

As an international student at UoA, housing is guaranteed. You need to apply before a certain date and you can choose from a couple of different options. You can also decide to try and find an apartment yourself, but this is quite difficult and expensive.

Housing in Auckland is expensive in general. I paid nearly 800 euros a month for a studio, which included a small kitchen and bathroom, a bed, a desk and some storage. My building had a communal kitchen, living room, study room and small gym on ground floor. They had washing machines as well, \$2 per wash.

Wi-Fi and a membership for the university gym, located on city campus, are included in the price for the accommodation.

Leisure/culture:

There are a lot of students in the city, so if you live on campus, you'll experience this. On city campus, there are multiple cafés, food stands, a supermarket, a doctor and physiotherapist, and even a club/bar called Shadows. This makes city campus a nice place to be. There are benches and grass to sit outside, Albert Park is located right next to campus, and there are multiple places where you can study (with or without computers).

Auckland as a city is very multicultural. The city doesn't have a lot of history or old buildings (simply because the history of New Zealand dates from the 1700/1800th century), which I found a bit boring (a generic big city with high buildings), but you can easily go to suburbs such as Parnell or Ponsonby for a better atmosphere. There are enough options to go out in the CBD and Auckland is also located very central on the North Island, which gives you the option to discover the surroundings of the city.

Suggestions/tips:

Explore the suburbs of Auckland, go to Mission Bay, discover all the islands that surround Auckland and rent a car/ small campervan to explore the rest of New Zealand (f.e. with Jucy's or Go Rentals). Weekends are perfect for this, or use the mid-semester break. You don't want to regret not doing something!

Join one or multiple clubs. I joined the diving club and got my PADI (advanced) open water licence, but UoA has more than 200 clubs, so there must be something that you like. Most of the times, these clubs ask for \$10/20 as membership fee, and then you only pay when you come on a trip.



Conclusions

Would you recommend this host organisation/destination to others? Please explain:

YES! Almost everything went smoothly, the application, the courses and the exams. It's great that UoA offers guaranteed accommodation and that there are so many facilities on campus.

Do you have any additional advice or comments?:

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Name host institution and/or company/organisation	University of Auckland
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	04/07/2018
Return date (dd/mm/yyyy)	23/01/2019

You are requested to write on the following topics.

Text boxes will expand automatically while typing.

Preparation

Exchange/placement application process:

The application process was extensive and took some time, both the one from University of Utrecht (UU) as the one from the University of Auckland (UOA).

Counselling/support at home university:

The international office helped me with all possible questions I had before leaving and during my stay.

Academic preparation:

The UOA was a bit easier than the UU. However, the assignments and exams at the UOA differ from those of the UU. I had to write essays and reviews all the time, even as exams. I was lucky to be quite good at it, even in English, but otherwise this would have been a great challenge.

Language preparation:

With English as the leading language in New Zealand, I didn't experienced difficulties language-wise.

Finances:



I saved a lot of money in the Netherlands in preparation for my exchange.
Study/placement abroad period
Study programme/work plan (concerning content and organisational issues):
The study programme at the UOA was similar to the UU. I had the same amount of contact hours.
Academic quality of education/placement activities:
Although the quality of education at the UOA wasn't as high as I was used to at the UU, the UOA still gave me insight in some new cultural approaches on certain matters.
Counselling/support at host institution/organisation:
The UOA had an excellent support team. They had an answer for every possible question or problem I may had.
Transfer of credits:
Worked out fine.
Student life
Welcome/orientation programme:
The UOA had organized a tour through the city and a warm welcome for all international students. I felt very welcome from the first moment that I arrived.
Accommodation:
I stayed at Parnell Student Village. I would highly recommend this place to anyone who's going to Auckland. It is the cheapest University student accommodation and has the best atmosphere; a bit more quiet with only 90 students, which makes it easy to know everyone personally.
Leisure/culture:
I enjoyed the clubs that I joined from the University: the kitesurf club and the tramping club. They arranged great activities and, next to my accommodation, these were the places where I met most people.
Suggestions/tips:
Join the clubs from the University. Go out on weekends for hikes in the area.
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
Yes. If you enjoy nature, hiking, watersports and a city full of different cultures, you will enjoy your stay in Auckland. Auckland itself isn't the most beautiful city (if you're looking for the best cities: go to Melbourne or Sydney), but New Zealand definitely is the most beautiful country. Therefore, I would recommend Auckland for those who really like to go out on hiking- and campingweekend
Do you have any additional advice or comments?:
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Departure date (dd/mm/yyyy)	05-02-2018
Return date (dd/mm/yyyy)	05-08-2018

Preparation

Exchange/placement application process:

I put a lot of effort in the motivation letter to get chosen by the university of Utrecht. After I got accepted, the application at the university of Auckland took a while, but with the instructions given by the university, it is easy to do. I applied for the second semester. If you do that, keep in mind that it will take a long time to get all the necessary information (information for the second semester was sent to me in September). I had to fill out the application online and to send some documents (picture, courses that I took etc.). I had some trouble applying for courses. Make sure that you explain what courses you already took and keep in mind that 700-courses are master courses. It took me 2 months and a lot of frustration to figure out what I could apply for within my interest.

Counselling/support at home university:

Counselling support at my home university was pretty bad. The international office tried to help me but they simply didn't have enough specific information about their partner university. For example. the university of Auckland wanted a translated description the courses that I took at the university of Utrecht which was not available. I had to translate the course descriptions myself and didn't get a official stamp, which was required by the university of Auckland. Furthermore, I noticed that there was no knowledge what so ever about past experiences or any housing options (I didn't get in contact with someone that had done a semester in New Zealand, which would have been helpful). Also make sure that you apply for a student visa on time, because it takes at least 2 months. The university of Utrecht doesn't warn you about that. Keep in mind that you are not allowed to work within this visum, I heard that other students applied for a working visum instead.



Academic preparation:

I have not done any preparation. I went in the second semester of my third year of the bachelor. My average grade was higher than 7.0, which is a requirement for studying at the University of Auckland. If you need any help regarding your writing skills, the university of Auckland provides enough options, help and ways to practice.

Language preparation:

I didn't prepare myself for the language. My English is good, as I had to read English books a lot in psychology.

Finances:

New Zealand is expensive, so I saved up some money, used my student loan and my parents helped me. Keep in mind that you will spend a lot on accommodation (between 220 - 300 NZ dollars a week, which is double the rent in the Netherlands) and food. Traveling can also be quite expensive, if you want to see a lot of the country. In April we had two weeks off and went to the south island. A lot of international students take this opportunity. Furthermore we organized weekend trips, where we rented a car and had a place to stay. Also keep in mind that you may want to do some things as skydiving, bungee jumping, a dolphin swim, surfing lessons, etc. I would advise to make a financial plan beforehand.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

It took me a long time before I figured out what courses I wanted to take. I for example wanted to take medical courses, but they asked for prerequisites and I got confused with the master courses (not allowed for bachelor study). The courses also need to fit in a timetable so you cannot make every combination you want. I would advise to inscribe into courses as soon as possible, to not have the frustration I had. Definitely do not hesitate to ask any questions to the university of Auckland, they respond quickly and are always eager to help. I took 4 courses in total, which was a well workable.

Academic quality of education/placement activities:

I have taken the courses psychology of communication disorders, healthcare ethics of population health, thinking like a social anthropologist and medical anthropology. Thinking like an anthropologist didn't help me in my field. I would have liked to do a course to learn about the Maori's or wine science. The level is almost the same as in the University of Utrecht (sometimes a bit easier), but the examination is quite different. Auckland university works a lot with essays even in the final exams, which improves your English a lot. What I also liked was that the lectures were given in smaller groups. Teachers are very involved with their students and they have office hours if you have any questions.

Counselling/support at host institution/organisation:

The counseling support in Auckland was very good. You are not only helped with questions about the university, but also a lot with medical care and housing. The university of Auckland has helped me for example a lot in finding a room.

Transfer of credits:

I took four courses which were equivalent to 15 ECTS on the University of Utrecht, the transfer was easy.



Student life

Welcome/orientation programme:

The welcome/orientation programme (the O week) was really important. You meet all the international students and you hear about all the activities that there are during the semester. I met a lot of friends during this week. In this week you can also apply for a lot of different clubs. Apply for the international students association (SASS), I also joined the kitesurf club.

Accommodation:

Apply for a student accommodation as soon as you can! I waited too long. There is a student accommodation which is really expensive (UniLodge was 336 dollars a week), so I chose to sleep in a hostel for the first 3 weeks and to find a room myself. In my experience this was one of the best choices I made, I had a lot of fun, travelled around and I met a lot of people. On the other hand, it was also stressful because when the semester really starts you want to have your own private room. On the website www.trademe.com there are a lot of rooms available. I would recommend to stay in the city centre because it is close to the university, the bars and the rest of the international students. If you have the money, the student accommodation UniLodge was a nice place because almost every international student lives there and you get a membership for the recreation centre of the university for free.

Leisure/culture:

New Zealand is one of the most beautiful countries I've seen, with stunning nature. We often rented cars and traveled during the weekends to explore and hike. During the semester there is a study break of two weeks. I traveled with a friend and saw the south island which was amazing! I would definitely recommend to hitchhike. New Zealand is a safe country and the people are very nice!

Suggestions/tips:

Explore as much as you can! New Zealand is a beautiful country. Definitely don't be afraid to travel further. Don't be afraid to do things you would not do at home. I met a nice group which I can call the best group of friends and we still manage to keep in touch.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

I would most definitely recommend to study a semester at the University of Auckland. First of all because it is a good university and second of all because New Zealand is an amazing country and you will learn a lot more than just the courses that you take! You learn a lot of the Maori culture and people in general are really friendly. It felt like a warm blanket was put over me and I can honestly say that this semester was the best experience I could ever wish for.

Do you have any additional advice or comments?:

Travel as much as you can and say yes to everything. Try hitchhiking and skydiving!!