



UU Report form - Erasmus 2019-2020

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

destination city & country	Calgary, Canada
how did you travel to your destination?	By plane
name university abroad	University of Calgary
start date	29/08/2019 (dd/mm/yyyy)
end date	21/12/2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process will take some time. It begins with writing the motivation letter which will require some research and therefore will take up some time. Once you got accepted into a university I had like 1 month to complete the application at the university of Calgary. This is a longer process with quite a few steps, so make sure you start early with this process to minimize the level of stress you could experience. The steps itself are most of the time very clear, which is nice. Choosing the courses you want to follow was more problematic, cause you have to show that you have the right prerequisites (with information that supports this, in English!!). this was a very frustrating step of the process in my case. Make sure you start signing up for the courses on time to be able to get proof of the prerequisites.

counselling & support at Utrecht University

The counselling & support at Utrecht University is decent, but it would have been nicer to have the predeparture meeting (28th of march) before some people (me) already had to complete their application at the exchange university, 15th of march in my case.

academic preparation

No specific preparation

language preparation

I did not do anything specific regarding language preparations, my English level is good and you'll definitely be able to manage in Canada, language-wise.

finances

Make sure you get a credit card before you leave when you're going outside of Europe at least! That's the most important method of payment since you won't be able to use your debit card. Also, start saving a lot of money on time, so you won't have money struggles or won't be able to do certain things because of financial limitations.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I took were all introductory courses, which meant they were relatively easy. However the amount of work you have to do, assignments, quizzes, etc. is higher than in the Netherlands.



academic quality of education activities
Similar to above.
counselling & support at receiving university abroad
There was a lot of counselling at the university of Calgary. The international office in Calgary is very willing to help with every problem you encounter. For course related stuff you have to contact the teaching assistant/professor. Aside from course related support there is a lot of mental health counselling and even sexual assault counselling.
transfer of credits

STUDENT LIFE
welcome & orientation programme
University of Calgary has a great welcome programme. The International student association plans a lot of welcoming activities as well.
accommodation
Housing is organized through the U of C, but you do have to be on time to arrange this, otherwise you have to look for off campus residence yourself. Prices for on campus housing is somewhere around 3500 CAD.
leisure & culture
Lot of leisure options. Calgary itself is nice and the Rocky Mountains are very close. The international student association also plans some trips.
suggestions/tips
Make sure to go to the welcoming activities organized by the international student association, this is the place where you will meet most other international students. Also try to visit Vancouver and/or Seattle during reading week, both such fun cities to go to, especially when you have the week off!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the university itself is very nice and everyone is so helpful. The Canadian people are also so kind and willing to help whenever they can, which made me feel very welcome from the beginning. Also, there's lots of stuff to do in the area (such as visiting Lake Louise and Moraine lake and going skiing/snowboarding in Sunshine Skiresort or Lake Louise Skiresort). Overall I had a great time while studying in Calgary for 4 months.
do you have any additional advice or comments?
everything as advice or suggestions is already said somewhere above.


UU Report form - Erasmus 2019-2020

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	Calgary, Canada
how did you travel to your destination?	Airplane
name university abroad	University of Calgary
start date	2 / 9 / 2019 (dd/mm/yyyy)
end date	22 / 12 / 2019 (dd/mm/yyyy)

PREPARATION
exchange application process

Application is a long process. You have to apply in Utrecht, and it definitely takes some time to figure out where you want to go and what the requirements are of that university. U of C provided very clear instructions on how to apply once you got accepted by Utrecht. It takes a little bit of time to apply because there are a lot of forms you need to fill out. But if you have any problems I found that the team at U of C were very helpful and kind. They really wanted to help you out if you had any problems.

counselling & support at Utrecht University

The counselling at Utrecht is very helpful. When I got a question they responded quickly! The pre-departure meeting was also very useful because it is an opportunity to meet fellow students who will also go to the same university and there also was someone who had been to UofC last year and she was able to give us very useful information throughout our planning as well.

academic preparation

For some courses you need prerequisites so make sure you have those if you are looking at the courses you want to follow. You can always e-mail the university if you have any questions about that, but U of C will provide you with a list of things on how to apply for courses. They also give you a form if you have followed the prerequisite courses in the Netherlands. If you have any questions on how to apply for a certain course you can e-mail the specific professor, which was very helpful as well. Make sure you register on time though! Some courses fill up quickly.

language preparation

Not needed

finances

Canada is quite expensive. So you want to make sure you saved up enough money. If you go to Canada on an ETA you cannot work there so you might want to keep that in mind.

STUDY ABROAD PERIOD
study programme (content and organisational issues)

You were able to pick courses from the entire Arts department, this gives you a lot of different options. It is also a nice change to pick some courses that you might not be able to follow in Utrecht, which is what I did. When you select the courses you can see how they fit in a schedule so you can build a schedule that fits what you



might like.
academic quality of education activities
I think it is very similar to Utrecht. It really depends on the courses you pick and what level those courses are.
counselling & support at receiving university abroad
They are very helpful and kind if you have any questions whatsoever. The international office made sure you had all the information about the upcoming activities and school programmes. There is an e-mail service, a Facebook and Instagram page to keep you up to date on all the activities. This was very helpful.
transfer of credits
I have not had my credits transferred yet, but I know the credits are different than in Utrecht

STUDENT LIFE	
welcome & orientation programme	They provided some meetups, tours (of campus and of Calgary). They also had an event where they told you all the necessary information. Not only where these helpful, but they were also a great opportunity to meet other exchange students which was nice.
accommodation	I stayed on campus, which I highly recommend. There are a lot of different options where you can stay on campus at different price ranges. I stayed at Aurora which was a newer building so everything was quite nice. I also heard good things about Cascade. It is nice that when live on campus you are close to all the activities and close to friends you make during your exchange.
leisure & culture	Calgary is not a city as big as Vancouver or Toronto , but the city is very nice and there is a lot to do. Also the nature is beautiful and the people are very friendly. The culture on campus is also very nice there is a lot to do like volleyball, soccer or squash that you can join without being on a team. There is also an opportunity for you to join clubs which also provide activities like ski-trips or dance classes. If you stay on campus your building often also provides events you can join. There are a lot of different types of events and activities that you can join, so there must be something that sparks your interest.
suggestions/tips	Go to the events the international office provides. Especially in the beginning. Not all meetups might seem necessary, but they are a great opportunity to meet other students and form friendships. Also go to a few sports games they are free and it is really fun to experience in my opinion.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes! I really enjoyed my experience I loved the university and living on campus.
do you have any additional advice or comments?	-



UU Report form - Erasmus 2018-2019

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Educational sciences/onderwijswetenschappen

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
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)	28/07/2018
Return date (dd/mm/yyyy)	24/12/2018

Preparation

Exchange/placement application process:

The exchange/placement application process went pretty smooth. The forms were easy to fill in and it was clear what was needed from both the UU and U of C. The only thing that was quite unfortunate was the long periods of waiting time.

Counselling/support at home university:

Was really good! I had some things that did not go easy (it took longer than it should to get documents and such) but I always got answers and help from international office at UU which was very welcome! The answers also always came quick.

Academic preparation:

My academic preparation was fine. I did not take very difficult/high level courses in Calgary because I took courses that were outside of my bachelor. I therefore had no issue with the academic preparation. The level of the courses was also very similar to level 1 or 2 courses in Utrecht (also the course load was very similar).

Language preparation:

Since the language spoken was just English my language preparation was fine.

Finances:

Finances were not too big of a problem for me. I prepared very well by making a very detailed expenses list which helped me a lot. This way I made sure to have the money and be prepared for possible extra expenses. In the end I actually ended up spending less than I predicted.

Study/placement abroad period

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

It was very easy to enrol myself in courses, if I had any question I could always mail the faculty and would get a very quick and helpful answer. My tutor at UU was also very helpful in making my



study plan.

Academic quality of education/placement activities:

The academic quality of the education at u of c was very good. The courses were super interesting and I learned a lot. The professors were also very knowledgeable and helpful. The courses were quite similar to courses at UU, the biggest differences though were that you have to ask for help to get it and that you don't always have tutor groups. These are not to say bad things, they are just different.

Counselling/support at host institution/organisation:

The Support at U of C was very good. You could walk by international office during the day and you would get an answer to any question that you would have. You could also walk by to just have a chat with someone if you needed that. They were also very good at answering emails quickly. They also organized lots of activities to get you in touch with other (international) students at the university and to get you in touch with other organisations on campus that could be of any help.

The support before I arrived and after I went home were also very good, I got very quick and adequate answers to my emails.

Transfer of credits:

Not very happy with the transfer of credits. One course in Calgary has the same workload as one course in Utrecht, but in Calgary I needed to take 5 (!!) of these courses to achieve full course load. It was for me impossible to finish 5 courses with a good grade and have time for some fun activities. I choose to do just 3 courses and therefore get less credit than full course load, for me this was not too big of a deal, I just have to do two extra subjects in Utrecht.

Student life

Welcome/orientation programme:

The welcome programme was very helpful and fun. It was organised right in the first week before classes started. A lot of the different organisations on campus were represented and a lot of useful information was given.

I also met a lot of new people through this programme. During the welcome programme I was sitting at a table with students from; Germany, New Zealand, Australia, France and the USA.

Accommodation:

I found accommodation very easy to arrange because I decided to live on campus. If you make sure to enrol yourself early you will get access to their system on an earlier date and you can pick out your own room and roommate(s). To pick out your roommates you fill in a list of questions and the system generates matches with your choices. This is a very pleasant system to work with.

The rooms were also very comfortable and in a pretty good state. A very pleasant thing was also that if something broke or just needed to be fix you could just fill this in online and within a few days they would come by and repair it.

Another advantage of living on campus is that there are some activities organized every month to



relax or to have fun and also to meet other residents.

Leisure/culture:

The Canadian culture is very western/European. Canadians are super friendly, welcoming, open and say sorry for everything. Off course not everything is as we know it here in Europe but it is very similar so you probably won't experience a very big culture shock.

Suggestions/tips:

The one thing that I would say is; be prepared for anything and don't expect everything to go exactly as you planned it. This is not always a bad thing; sometimes the best things happen when things don't go according to plan!

Conclusions

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

YES! Calgary and the surrounding is an amazing place to study! The university offers great courses and the people are all super friendly and helpful. The university organizes lots of activities to get to know each other and do other fun stuff. The university also offers great facilities that are free to be used by any student (or included in the student fees). It is really a fun place to go study!

Do you have any additional advice or comments?

Make sure to plan well and start on time! The enrolment process of the university of Calgary starts quite early, and the earlier you start with this, the earlier you get access to the living on residence website to choose your room. You also want to start early because you might need immigration documents. If you are staying less than 6 months and not working during your stay you do not need a visa. If you are staying longer or want to work during your stay you do need to apply for a study visa.

If you are staying less than 6 months you only need an eta and you apply for that in a couple of minutes. Do think about the fact that they could ask question about your return flight when you arrive!

My other advice is to think very well about travelling. The mountains around Calgary are amazing!!! But they will be very snowy and cold during the winter and it will be harder to travel in the mountains. Roads could be closed at any moment, a lot of tourist sites and possible accommodations will be closed. It is though a great time to ski and do other winter sports. So it is good to think about this (in dates) before you book your flight.



UU Report form - Erasmus 2018-2019

Faculty/college:	Social sciences, Psychology
Level:	<input type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
Purpose of exchange	<input type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	01-09-2018
Return date (dd/mm/yyyy)	25-12-2018

Preparation

Exchange/placement application process:

You had to write a motivation letter, make a financial plan and choose some courses. Once I got accepted I got an email from my home university. After this I had to contact the partner university to settle my visit.

Counselling/support at home university:

I went to the international office a lot to ask questions. They helped me really well.

Academic preparation:

Didn't do any preparation

Language preparation:

Didn't do any language preparation

Finances:

I worked all summer to save money, and I was lending money from DUO. I think I spend around 7000 euros. But I went traveling a lot.

Study/placement abroad period

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

When I was writing my study plan I had seen a lot of interesting courses. But when I wanted to register around april, most of the courses were full, or not available in the semester I was studying abroad. This is something important to keep in mind, because I did way different courses than I first expected to do. The most important thing is to register in the courses immediately, when possible, because full is really full in Calgary.

Academic quality of education/placement activities:

The quality of education is pretty good, but the level of education is way lower. In Utrecht the



maximum grade most of the time is an 8, or when you did something perfectly maybe an 8,5. In Canada I got grades like 96% and 90%, whilst it wasn't a perfect job. This is really nice, so don't worry about the difficulty.

Counselling/support at host institution/organisation:

If you go to the lectures you don't need any support in my opinion. You could always email the professors for help, but most of the time they explain everything pretty well.

Transfer of credits:

I just handed in my envelope, so I think that is not a big deal. I only did 3 courses (normal is 5), and every course is 6 ECTS. U of C sent me the official transcript by mail, and I brought it to the UU. Pretty easy.

Student life

Welcome/orientation programme:

There was a real fun orientation program with a football game, lots of free food, tours around campus and stuff like that. That was in the first week of school, around September the 3rd.

Accommodation:

Housing is really easy to get in Calgary. I would advise to just live on campus, because you're close to everything then. I lived in Aurora, because it looked like a clean new building. It was a great house and I paid (for one semester) approximately 1900€. I lived there with two other roommates (Italian and Canadian) and I loved it. Most international students lived in Cascade though, because it was the cheapest, but it was a bit further away and a really old building with small rooms. Aurora organized a lot of activities and free food nights, so great accommodation.

Leisure/culture:

Because I only did 3 courses I only had class every day in the morning. So I had a lot of spare time. You need to buy a Unicard(student pass) which is mandatory for 180dollars (120€), but this allows you to go by bus and train for free unlimited. You can often go to the city, or go see a hockey or football game. During the weekend we rented a car a lot to drive to the Rocky Mountains. This was the best part of my stay. The country is so beautiful. Please make sure that you have money to do that when you come here.

Also there are a lot of clubs you can join. I joined the ski/snowboard club and went on a trip. I also joined the guitar club and did open mic nights and just hang out with them. There are around 300 clubs so you'll probably find one you'll like.

Suggestions/tips:

Save money to travel. Don't buy the pass for the dining centre because it is really expensive, and you can just cook in your room. The gym is for free so work out a lot. Bring warm clothes because it can be freezing cold. Use the tunnels (from aurora I could walk to my lectures through the tunnels, so I didn't have to go outside).

Conclusions



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

I would really recommend to go to Calgary. The people are extremely nice, they are always willing to help you. I really miss that culture now that I'm back. All the professors are really nice too, and are good at what they do. Level of education is pretty low, and really easy compared to Utrecht. The campus is pretty big with a lot of international students. One disadvantage is that there is no supermarket close to campus, so you always have to take the bus. Also you have to like the cold, because the second week I was there (September) there was already snow...

Do you have any additional advice or comments?:

If you have any questions you can always email me, and otherwise I wish you a lot of fun!!

I.vanderpas@students.uu.nl



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:	Pedagogische Wetenschappen
Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
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)	01-09-2018
Return date (dd/mm/yyyy)	02-02-2019

Preparation

Exchange/placement application process:

The application process of Utrecht University was very clear. Even though I missed the information meetings, the faculty provided me with all the information I needed. There is also enough information that can be found on the website under the subject study abroad.

<https://students.uu.nl/en/academics/study-abroad>

After the application was approved at Utrecht University, I had to apply for the University of Calgary. I choose Calgary because it was smaller than Vancouver or Ottawa and I it was closer to nature.

The application procedure for University of Calgary was very clear, which could be found on the website of the University. I had to fill out a few documents for the application, such as the subjects I would want to follow.

Counselling/support at home university:

I didn't need a lot of support from the home university as everything went pretty smooth. The coordinators from the home university were quick to respond to all the emails.

Academic preparation:

None

Language preparation:

None

Finances:

I worked extra the summer before so that I could afford activities next to my studies. Unfortunately, there was no option to get an Erasmus Beurs, but there were a lot of other options to get a scholarship.

Study/placement abroad period

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

I took 5 courses I thought were interesting: Introduction to Film, Introduction to social and cultural anthropology, Brain and Behavior, Abnormal Psychology and Primate Behavior. It was a bit getting used to having 5 courses at the same time to meet the 30 ECTS criteria, but with a little bit of planning will make things easier.



Academic quality of education/placement activities:
The academic standards in Calgary are lower, with a lot of possibilities to pass the courses.
Counselling/support at host institution/organisation:
University of Calgary is very well organised and structured. The international office is very helpful and refers you to the right people for any questions you have.
Transfer of credits:
N/A
Student life
Welcome/orientation programme:
The University of Calgary has an Orientation week which is not that good in my opinion. I felt like it was mostly focused on international students instead of exchange students. However, there were some fun activities which made it easier to connect with people.
Accommodation:
I was living on campus in a cubicle with 3 other people, each having their own room. I really enjoyed staying on this campus as it was really easy to make friends and hang out with each other most of the time. I was staying in Cascade Halls which was spacious and had pretty good bedrooms.
Leisure/culture:
Calgary itself was like a ghost town during the day. However, during the night all the students gather at the clubs or multiple nice pubs. Banff National Park is an hour away which had amazing hikes and lakes. If you are a fan of snowboarding/skiing then this is the place to be as well.
Suggestions/tips:
Save money, go out, do fun stuff, living in Calgary is a dream since you are so close to all these amazing mountains and lakes so try to make the most out of it.
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
I 100% would. The nature is absolutely stunning with a lot of activities to do. Next to that, meeting all kinds of amazing people with backgrounds from all over the world was an amazing experience, so yes, I would recommend it.
Do you have any additional advice or comments?
Try to go like 2 weeks earlier to visit all the cool lakes as some close in October already.



UU Report form - Erasmus 2018-2019

Faculty/college:	Social Sciences
Level:	X bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other <input type="checkbox"/>
Name degree programme:	Psychology

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
Purpose of exchange	x study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other <input type="checkbox"/>
Departure date (dd/mm/yyyy)	01-09-2018
Return date (dd/mm/yyyy)	25-12-2018

Preparation

Exchange/placement application process:

I went to the information evening and I decided I wanted to study abroad. The hard part for me was picking a destination. Reading the website of different universities and the student experiences on the UU site really helped me. I wrote my motivation letter, my CV, a financial plan and a study plan. I asked friends and family to check it for me. I uploaded it and after a few months I heard I was selected to go to Calgary. The application process of the University of Calgary also went smoothly.

Counselling/support at home university:

International Office was really helpful to me with any problems regarding the application process. They were really fast with responding to e-mails and they wanted to help to make things as smooth as possible.

Academic preparation:

I did not prepare academically.

Language preparation:

I did not prepare my English.

Finances:

I saved up quite a lot of money and I had the student loan from DUO. Together that was enough for me. Make sure you save up as much as you can, because for example groceries are a bit more expensive over there and you want to make sure you can do as much of fun activities as you would like and not miss out on anything because you are afraid you don't have enough money.



Study/placement abroad period

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

Make sure that you know when the deadline to choose your courses is because that wasn't clear to me at first. Start in time with picking your courses because it takes some work to make a schedule that fits. In the first week when university starts, you can change your schedule, so don't worry if you are not completely sure about some courses. Also make sure you sent your courses to the Examencommissie in Utrecht to get them checked so you know before you start that they allow you to follow the courses.

Academic quality of education/placement activities:

I choose 4 courses, two 2 level courses and two 3 level courses. This was fine and I had enough spare time to do fun things. The courses aren't as hard as the ones in Utrecht but it is way more work. I had to do more exams, papers and readings than I was used to from back home. But I really enjoyed the courses because they are way more interactive and shorter (only 50 minutes) so you remember the material better.

Counselling/support at host institution/organisation:

The people at the International Exchange office at the University of Calgary are really friendly and willing to help you. You can also e-mail them if you have any problems and they respond really fast. Besides that, they have an office for everything, from academic support to medical support so there is always someone to help you.

Transfer of credits:

I had to fill in a form with the mailing address of my home university and the University of Calgary would send a transcript to Utrecht as soon as my grades were processed. I received an email from the International Office that they got my transcript and the Examencommissie converted the grades and ones that was done, I got a letter with my official grades. It was really easy.

Student life

Welcome/orientation programme:

There was a week of orientation scheduled before classes would start. First, we had a presentation for only international students which was quite helpful. After that there was a general orientation with the whole university. So there were a lot of first years who just started university. It was nice to get to know your way around campus though.

Accommodation:

I stayed on campus and I was really happy with that choice. The residences are really close to classes and the campus has everything you need (pool, gym, library, a few stores etc.) I stayed at Cascade Hall which I really enjoyed. I lived in an apartment with three other girls who were also exchange students. There were a lot of other international students in our building so it was easy to make new friends. It was also a lot of fun that everyone was so close so we would always hang out, organize parties and do more fun things. But when you arrive, the whole apartment is empty, so make sure you go to Ikea and there will also be a free pop-up shop a few days after move-in day.



You can get all kinds of house stuff which was left behind by international students.

Leisure/culture:

The culture is quite similar to the Dutch culture. But the people in Canada are extremely friendly and polite. The city has a lot to offer. Calgary has a few huge malls which are fun to explore and some nice bars and clubs but we didn't spend that much time in the city itself. The nature on the other hand is beautiful. Calgary is really close to the Rockies so I highly recommend renting a car and go hiking. We went almost every weekend exploring the mountains and lakes. When it got colder we went skiing near Banff which I really enjoyed.

Suggestions/tips:

Go explore as much as you can! We had a reading break mid November and we flew to Vancouver and Seattle for a few days and went skiing at Sunshine for the weekend. It is close to Banff and it opens quite early in the season. You can rent skis and gear quite cheap at the outdoor centre. Make sure you invest in some warm boots and jacket because it can be quite cold in the winter.

Also go to a flames ice hockey game and a Canadian football game. It is a really cool experience.

Conclusions

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

I would highly recommend going to Calgary. I made amazing friends, did a lot of fun activities and fell in love with the nature. I would definitely go again!

Do you have any additional advice or comments?:


UU Report form - Erasmus 2017-2018

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary (UofC)
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)	22/08/2017
Return date (dd/mm/yyyy)	11/01/2018

Preparation

Exchange/placement application process:

After I decided where I wanted to go, I wrote a motivation letter, a CV, a financial plan, and a studyplan and I send this to the International Office. After about two months I received an email that I got accepted to go to UofC. After that I had to fill in an application form for the University of Calgary

Counselling/support at home university:

They were very helpful at my home university. They responded to emails pretty quickly and they also hosted a pre-departure meeting, which was very helpful

Academic preparation:

I did not prepare academically

Language preparation:

I did not prepare the language

Finances:

Make sure you have enough money on your bank account, since for example groceries are more expensive. You probably also want to have money to do fun trips and activities. I would recommend getting a Canadian bank account. I had mine at ATB, since they had an office on campus, but I think RBC is also on campus and Scotiabank is pretty close to campus

Study/placement abroad period



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

I did two psychology courses, one sociology course and one communication and media course. Make sure that if you want to do higher year courses, that you can prove you meet the prerequisites. The international office in Calgary was really helpful with this, because they already sent me information about how to do this.

Academic quality of education/placement activities:

I think the quality of the lectures is about the same. I ended up taking 3 200 level courses, so they were more crowded (you can compare it to first year courses at UU). The lectures in 400 level course I did where with about 30 people. I think the exams are a bit easier to pass in Calgary as well as the papers. The teachers are easier with giving students 90 percent on a paper than they are in Utrecht.

You can expect to have a lot of assignments and exam during the semester, especially if you're doing 200 level courses. But I think I actually liked to have more exams, because then you don't have to study to many chapters per exam, whereas for one exam at the end, you have to study an entire book at once

Counselling/support at host institution/organisation:

The international office was really approachable if you had any questions. They also had facilities, such as a welcome centre for international students, academic support, counselling etcetera. International students could also request a mentor, which I did. If you have questions about residence, finances, classes or whatsoever, I would really recommend requesting a mentor. It really helped me feeling more prepared. Even when the mentor didn't know the answer of a question, she would make effort to ask others, so that she would give me an answer. In August and September I had a lot of contact with her, and throughout the other months we emailed about once every month. We also met up once and they organize a few activities you can attend with your mentor

Transfer of credits:

I needed to fill in a form so that UofC would send my transcript of records, this went all very smoothly. The grades at UU do turn out slightly lower than they were in Calgary. For example, 90 percent is an 8 in Utrecht

Student life

Welcome/orientation programme:

The week before classes started, I went to Orientation Week. This was the general orientation for new students, so most people from my group were Canadian students who were starting there bachelor program. This meant that some activities in that week weren't really useful for me, but it was really nice to get to know a bit more about the school system and university spirit in Canada. Besides, it is a nice way to get to know the campus a bit better.

Accommodation:

During my stay, I lived in residence on campus. I really enjoyed it here. You know for sure you will meet a lot of people, especially since the building I was in had a lot of international students. But,



Residence is a lot more expensive than housing off campus. I also think that you don't really get the services you should get for the amount of money you pay. They do host some activities every month, which is nice. Even though there are some disadvantages, I really liked living on campus in residence. You meet a lot of people, everything is really close (except a grocery store), and for me, while on an exchange, this experience really matters more to me than living in a cheaper apartment, where you might meet less people. And the nice thing about residence is, is that before you leave your home country, you already know you have a place to stay (But do plan an Ikea trip, since you have to buy your own bedding and kitchen utensils).

Leisure/culture:

The international office hosts a lot of activities. They host some day trips to the Canadian Rockies and to Drumheller for example, but they also host smaller activities in the city or on campus. Here you'll get the chance to meet fellow international students, which is fun.

You can also rent a car to go to the Rockies or you can have a meal in the city center and go to a club for example. There are enough things to do, that's for sure

Suggestions/tips:

Depending on which semester you're going, I would definitely recommend spending some time in the Canadian Rockies. I left The Netherlands a few weeks before my move in date in Residence and I spent some time in the Canadian Rockies with my dad. The mountains are really beautiful and the colours of the many lakes are just amazing.

Conclusions

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

Yes, definitely. The University of Calgary is really well organized for international students. They host fun events and they are really approachable if you have any questions. It's also really nice to have a peek in the North-American culture. It is pretty similar to the Dutch culture, but especially at university you can also spot some interesting differences.

Do you have any additional advice or comments?:



UU Report form - Erasmus 2017-2018

Faculty/college:	Sociale wetenschappen
Level:	X bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other <input type="checkbox"/>
Name degree programme:	Algemene sociale wetenschappen

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	Calgary University
Purpose of exchange	x study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other <input type="checkbox"/>
Departure date (dd/mm/yyyy)	29 – 08 - 2017
Return date (dd/mm/yyyy)	24 – 12- 2017

Preparation

Exchange/placement application process:

I wrote a motivation letter, and I made a financial plan and a study plan.

Counselling/support at home university:

Went to a information evening

Academic preparation:

none

Language preparation:

none

Finances:

Made a financial plan

Study/placement abroad period

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

Signed up for some courses at the Calgary university

Academic quality of education/placement activities:

Same.

Counselling/support at host institution/organisation:

Went to an information evening



Transfer of credits:
Took some time
Student life
Welcome/orientation programme:
I attended a orientation week for new students at the Calgary university. It was nice, but I didn't make any friends. Most of them were first years.
Accommodation:
Stayed on campus
Leisure/culture:
Almost the same. They are very polite. And not as direct as we are.
Suggestions/tips:
Go explore the mountains
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
Yes, it's a good university. It's a one-hour drive to the rocky mountains, so a lot to explore.
Do you have any additional advice or comments?:
no


UU Report form - Erasmus 2016-2017

Faculty/college:	Social Sciences
Level:	X <input type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	, Calgary, Canada
Name host institution	University of Calgary
Purpose of exchange	X <input type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date	10/01/2017
Return date	20/05/2017

Preparation
Exchange/placement application process:

I had to write a motivation letter, study plan, financial plan and CV in order to get accepted at my preferred university. The application process for the University of Calgary went smoothly; they replied very quickly and were very helpful during the process.

Counselling/support at home university:

International Office was very helpful with any problems that occurred before departure. The University itself, however, was less helpful. I missed their support and co-operation. As a consequence, I had to go to Calgary while the school term had already started. I missed the introduction week and several classes because of that. As advice for future students, I would like to say that you have to pay attention to when you are going to the University of Calgary. The winter term starts while your second term at Utrecht University has not finished yet. Be careful for any overlap that might occur.

Academic preparation:

I did not really academically prepare for my exchange.

Language preparation:

I did not prepare my English as well. This is part due the fact that I followed some English programs in high school.

Finances:

I saved a lot of money for my exchange, but it still was not quite enough. You should think about €5000/6000,- or more. In that way, you could also do fun things, such as trips and backpacking after your exchange.

Study/placement abroad period



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

I really like the study program at the University of Calgary. The academic level is comparable to that of Utrecht University.

Academic quality of education/placement activities:

The academic quality is very similar to Utrecht University. I preferred the shorter classes, as I remembered the subject material better.

Counselling/support at host institution/organisation:

I didn't use the counselling/support at the University of Calgary, but I do know there are some good support institutions at the University itself. They also have support institutions for any academic problems that might occur during your exchange

Transfer of credits:

Credits transferred automatically at the end of the exchange. However, an A is only an 8.

Student life

Welcome/orientation programme:

As stated before, I missed the introduction week/program. They did organise a belated orientation, but this was very short.

Accommodation:

The accommodation is really good! You live with other students and you'll meet a lot of international students.

Leisure/culture:

The culture is very similar to the Netherlands, so I did not experience any kind of culture shock. The University itself organises several trips for international students. Calgary is also very close to the mountains → weekend trips 😊

Suggestions/tips:

The winter term is only 1 term (in stead of 2). You might have to come back in April to start a new term at Utrecht.

Conclusions

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

Yes, I would highly recommend the University of Calgary. Academic levels are similar so you will not experience much difficulties. Calgary itself has a perfect location. With 1 hour driving, you are in the middle of national parks and mountains. There are also a lot of international students at this University and people are very friendly and helpful.

Do you have any additional advice or comments?:

It can get cold during winter, so be prepared for cold weathers.



UU Report form - Erasmus 2016-2017

Faculty/college:	Behavioral Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Kind- en JeugdPsychologie

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
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)	01-01-2017
Return date (dd/mm/yyyy)	18-05-2017

Preparation

Exchange/placement application process:

The application process went smoothly. You just have to fill in all the requested documents and then wait to see if you got in the programs you wanted. The hard part is deciding where to go.

Counselling/support at home university:

Pretty good. There were some good informative evenings and the people at the International Office always tried to help where they could.

Academic preparation:

Not really. I had to choose the courses I wanted to take and send them to the Examencommissie.

Language preparation:

I went to an English speaking country so I did not have to follow any language courses.

Finances:

The more money you are able to save, the more you can see and do in Canada or wherever you want to go. Of course first make sure you have enough to pay rent and for groceries and for the plane, but when you are in a new country for only a short period of time you want to see everything and you don't want to miss out on things just because you are afraid you won't have enough money. So save up as much as you can also for weekendtrips, travelling afterwards and for all the fun activities your new country has to offer.

Canada is quite expensive. Of course the plane ticket is expensive (it is cheaper to buy a return ticket than to buy two one-way tickets). Living on campus is expensive, but so worth it, it will make



you time in Calgary so much fun! Groceries are a little more expensive than in the Netherlands.

Study/placement abroad period

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

The main problem is making the courses you want to take fit. Courses require you to be in class more than in the Netherlands, and you normally have to take 4 in one term (Canadians take usually 3 or 4 classes per term, sometimes 5 but that is really too much if you want to also have fun). There is a lot of choices so you just need to be patient and select a lot of options and try to make a schedule that will work.

Academic quality of education/placement activities:

The quality of the courses is really good. Classes are small and very interactive; professors really care about your opinion and are definitely there to help you whenever they can.

Counselling/support at host institution/organisation:

There are a lot of services for international students at the University of Calgary. They have an office or designated person for everything (fun activities, medical issues, financial issues, legal issues, travelling info, sport, ..) so you just have to go to the CISSA (the international office there) and they will direct you wherever you have to be.

Transfer of credits:

Went really good. Before going to Calgary I had to get approval of my courses list form the Examencommissie; after that I didn't have to do anything at all. After I finished my courses in Canada, the list of credits and grades was sent directly to the Universiteit Utrecht without me having to do anything. I just got an email that they had them and how many credits I had earned.

Student life

Welcome/orientation programme:

If you arrive in September in the first semester, orientation is pretty big. I was there for the second semester so we only got one morning of orientation. They made us feel so welcome though! They had so many offices and clubs lined up for us, for whatever we could possibly need. Also, by living on campus you get to know other internationals that have been there since September and they will teach you everything.

Accommodation:

I strongly advise living on campus. It is practical, cause you need to spend a lot of time at the university for classes so it makes sense. Also, it can be sooo cold in Calgary in the winter, so only having to walk 5 minutes to class can make a huge difference. Also, the University campus has everything you need (gym, pool, food court, shops, library, cafés, ...)! But most important, you can't get lonely. Just by living on campus you get to know so many people who also live on residence, there are a lot of parties and social activities.

Leisure/culture:

Canada has so much to offer! If you are a fan of nature (cold nature, like mountains and skiing and



hiking), this is your place. You are surrounded by wonderful places just a couple of hours of driving away (and there are always other international students willing to go) so every weekend you can go on an adventure! Also, at the end of February they have Reading week/break, so you get a whole week: you can fly to the east to Montreal and Toronto and Quebec or you can go the opposite way to Vancouver and Victoria!

Suggestions/tips:

Invest in good warm hiking boots, a good winter jacket and mittens and warm stuff, it can be really cold but you don't want to miss out on the Canadian winter! Also, use the swimming pool and the gym and go ice skating and go see the Dinos games!

Conclusions

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

Yes, for sure. I had an amazing time there, it is a very welcoming land and it is sooo beautiful!

Do you have any additional advice or comments?:

.


UU Report form - Erasmus 2016-2017

Faculty/college:	Faculteit Sociale Wetenschappen
Level:	X <input type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Pedagogische Wetenschappen

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary (UofC)
Purpose of exchange	X <input type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	02 September 2016
Return date (dd/mm/yyyy)	12 December 2016

Preparation

Exchange/placement application process:

I looked online to which country and then which city I wanted to go. I wrote a motivation letter and send that, together with an English version of my CV to the international office. They then gave me a green light to go to Calgary! I didn't get a confirmation from Calgary straight away so I emailed them just to be sure. I would advise you to do that too as not to miss any important deadlines.

Counselling/support at home university:

Whenever something of the application process was unclear I went to the International Office and they helped me.

Academic preparation:

I took courses that were not related to my programme so I didn't require any academic preparation for that. Next to that I took only 200 and 300 courses which were relatively easy.

Language preparation:

I didn't prepare for the language as I have a good mastery of English. I had a bilingual education in secondary school so my English level was already quite high when I got into university. Next to that I feel most Dutch people have a great level of English, and therefore won't have any problems studying in English ☺

Finances:

I took a loan from Duo to make sure I had enough money. The rent was far more expensive then at Utrecht (about 550 euro's per month), I didn't spend a lot on public transportation as you get a pass with which you can travel for free in Calgary. With this pass you can also enter all sports



facilities for free (pool, gym, bouldering/climbing walls, etc.)! The costs of the food are quite the same (maybe slightly more expensive), alcohol is way more expensive. Further else I made sure I had enough money saved to make trips throughout Canada. It's fairly easy to rent a car so I spend some money on that too.

Study/placement abroad period

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

I took French, Spanish, and two history courses

Academic quality of education/placement activities:

The 200 courses were really easy. It felt a little bit like high school. The 300 courses were a bit harder but still very doable.

Counselling/support at host institution/organisation:

Whenever I had a question I emailed or went to the Cissa (center international students something advisement) in Calgary.

Transfer of credits:

I didn't have to do anything for this as my grades were automatically transferred.

Student life

Welcome/orientation programme:

The orientation programme is nice, I would advise you to do this as to meet new people. Further else, make sure you enlist everywhere as an exchange student, and not as an international students. The latter is for people who follow an entire degree abroad.

Accommodation:

I stayed at Cascade hall which was really nice. I was in a four room apartment with two bathrooms with a toilet and showerbath. There was a really big shared kitchen with stove, microwave and huge refrigerator. There is also a living room. If you want to sleep well at night I would advise you to look up the map and not choose a room at the side of Yamnuska or Glacier because a lot of people get home drunk so you can't leave your window opened at night due to the noise. There are a lot of internationals in this building so it's easy to make friends. Next to that the CA's (I forgot this abbreviation but they're students who live there who are supposed to make you follow the rules of the building) organize stuff for the building too. The rent was about 550 euro's per month.

Leisure/culture:

There is a pub at the university called "the Den" and there is a party there every Tuesday –or Thursday, I forgot. It's really nice to go out there because it's so close and a lot of people go there. You can also go out in downtown Calgary (you need to take a cab back though, but Uber's quite cheap). In downtown Calgary you could go to Cowboys, which –very surprisingly- is all about country music. But you also have places like the Hifi which have occasional parties with specific music type, such as techno.

**Suggestions/tips:**

- Try and socialize a lot in the first few weeks, meet people, make friends. And don't worry, it's really easy as everybody is alone and everybody wants to make friends.
- Rent a car! And go to the Rockies, I took a lot of trips there and it was great. You should definitely visit Banff and Jasper's. the Tyrell museum at Drumheller is also cool, go there too. As you're in Banff go to lake Moraine, you'll love it, it's way less touristic then lake Louise (which is also really pretty). Go skiing at Sunshine, it's closer than lake Louise and in my opinion better.
- Take a hike to Nose Hill park, and find out why it's named that way ;)
- Rent a bike at the bikeshare, it's quite cheap!
- Drink an iced cappuchino at Tim Horton's
- Take bus 51 (or 52, I'm not sure) to go to Walmart. There's a busstop close to the Domino's (you get 50% off domino's pizza if you order it online at the campus and enter "student" as a discount code)
- Make sure you have a creditcard as it's easier to pay with and allows you to rent a car!

Conclusions

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

Definitely! I took some really nice courses from which I learned a lot. Also, I made a lot of friends. Lastly Canada is amazing, especially the Rockies, I have definitely fallen in love with them <3

Do you have any additional advice or comments?:

Nope, this was about it. If you want to you can contact me for everything! And we'll drink a cup of coffee and I'll tell you all I know! My e-mail address is: aylavanderpasch@hotmail.com.



UU Report form - Erasmus 2016-2017

Faculty/college:	Social Sciences
Level:	X bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
Purpose of exchange	X study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	01/09/16
Return date (dd/mm/yyyy)	02/02/17

Preparation

Exchange/placement application process:

I had to write a motivation letter and make a course plan and a financial plan for the semester abroad. This really helped me to get estimation about how much money I still need to save and also to get an orientation about which courses they will offer for the semester. I could still switch courses though so your choice of the course plan is not definite.

Counselling/support at home university:

I felt like I could ask every question to the international office of Utrecht University and they always replied in time so that was quite helpful!

Academic preparation:

I did not prepare academically

Language preparation:

Neither did I do any language preparation

Finances:

You should prepare well and bring more money than expected. Food and booze is quite expensive in Calgary (especially the healthy non-fast food stuff like vegetables) and you will probably do a lot of trips and activities. Also the books for your courses will be very expensive! Living on campus is definitely much more expensive than living off campus.

Study/placement abroad period

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

Academic quality of education/placement activities:

The level of education at University of Calgary is much lower than at Utrecht University! This doesn't mean that it is less work to do I had more presentations and papers and exams there than



at home.

Counselling/support at host institution/organisation:

There is a student desk especially for international students in MacHall. They are really nice and helpful!

Transfer of credits:

Make sure that your courses are accepted by the exam commission of your home institution in advance! I did not do that and they wouldn't recognize one course because they thought the level was too low for University Utrecht standards.

Student life

Welcome/orientation programme:

Accommodation:

I lived at Cascade Hall, the cheapest and best opportunity how I think. I shared an apartment with three other girls. Campus live at Calgary University was like in the American movies.. lots of parties, alcohol and activities also rules. You don't have very much privacy there and it is very expensive, but in my opinion it is definitely the best choice for one semester because you get to know so much people!

Leisure/culture:

I came to Canada because of the nature and with the friends I made there we rented cars and went to the rocky mountains quite often. The nature is stunning! The culture of Canada is very poor in my opinion; there is no real good food/art/clubs in Calgary. You can have fun though!!

Conclusions

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

Yes definitely! I had so much fun there and met amazing people! I would do it definitely again!

Do you have any additional advice or comments?:

You will need a working credit card for renting cars! Check out Value Village! Make as many trips as you can the time goes by really fast!