



UU Report form - Erasmus 2018-2019

permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address	<input checked="" type="checkbox"/> yes: m.t.m.vandepoll@students.uu.nl
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input type="checkbox"/> yes:
	other (social) media	<input type="checkbox"/> yes:
	or	
	<input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @	
faculty/college	Psychology & Education	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychology	

destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	02 / 01 / 2019 (dd/mm/yyyy)
end date	20 / 05 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	
	The application process went quite easy. Of course there is a lot to do and a lot that you have to figure out, but for me it was really clear what I had to do. That was actually also a reason that I decided to study here in Jyväskylä, because the website was very clear with the steps you had to take, I could find everything easily and I was also able to get an apartment via the university. I was here the second semester, and because there are less (but still a lot!) exchange students than in the first semester, everybody will be able to get a room so you don't have to look for it by yourself! That was a big advantage for me.
counselling & support at Utrecht University	
	When I had a question, the International Office was always able to help me with it and they also responded very fast to my e-mails when I needed something signed or when I had a question. I was really glad with that.
academic preparation	
	I didn't have to do any academic preparation, I could just go with the courses I had done before and with the marks I received.
language preparation	
	I only had to do an OSL, but everybody gets that automatically. It was not that hard and with the level you have when you're studying at the UU, your English will for sure be good enough. You can't get rejected because of your result on the OSL, they can only advise you to do a language course if it is below average.
finances	
	As I knew that Finland is quite an expensive country and I also wanted to travel whilst being there, I saved money before. I worked a lot in the summer and put this apart, I also did an internship in the first semester (I didn't study then) where I got paid a bit so I could also save money from there. Furthermore, I borrowed money



from the government, using the 'basisbeurs' and I had the Erasmus grant. I was also lucky that I could put the total amount of my Honours budget into the exchange. I had no struggles with money at all, could do a lot of trips and didn't have to reject things because of money. The rent in Jyväskylä is quite low (mostly between 200-350, depending on where you stay), only some groceries (alcohol and medicines) are more expensive, and places to go for dinner. But overall, you can really influence the amount you spend by yourself.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied in the department of Psychology, but I also followed a course from the Sports & Health faculty and one Communication course. There were a lot of courses you could do as an exchange student, from different departments. For many you could just take them and it was not necessary to have a certain level of knowledge before. I also took Survival Finnish, which is quite easy and gives you at least some basic knowledge, because the Finnish language is really different from Dutch/English/other Scandinavian countries. I would recommend to do this. In the Psychology department, there were a lot of independent study courses. I took some and they were nice, but you really need to be able to motivate and to plan it, because you will do so many things that you might 'forget' about those courses. Because of this, I postponed it and had to do it at the end of my stay which is not what you really want. So I would recommend to choose mostly 'normal' courses, which have lectures or practical meetings, and intensive courses, in which you focus for example 5 days on 1 subject and then the course is finished in one week. Those were also very nice. Sometimes my courses overlapped, but the teachers at JYU are really kind and always help you to find a solution.

academic quality of education activities

The academic quality was in general quite good. The grading system is 0-5, and with a 1-5 you will pass the course. The teachers are very friendly, always willing to help and also if you face difficulties in your schedule, they will always change things for you. I had for example on one day two exams, but I could just take one a week later. Also with an independent study course, I could choose if I wanted to do an essay, and eExam or a home exam. In the Psychology department, there are not a lot of exams, mostly essays, practical exercises and learning diaries. The relationship between the teacher and students here is amazing, you are totally on one line and they are always open if you need something to change. Some of my courses were more difficult than others, but in general the level was not higher than in Utrecht and I have easily passed all my courses with higher grades and less amounts of work than in Utrecht.

counselling & support at receiving university abroad

The International Office is open every day and they are always there to help you. You can also email the coordinator of the department, she also helped me with some struggles I had with registering to courses. They have a very open atmosphere so it is easy to go to them for help. I really liked the whole study environment.

transfer of credits

I didn't receive my transferred grades and credits yet, so I don't know about that.

STUDENT LIFE

welcome & orientation programme

When you arrive, your tutor will pick you up somewhere and he or she will also attend parts of the orientation programme. The orientation program was okay, it gave useful tips about things you had to do now you have arrived and helped you starting up in Finland. As a lot of people in Jyväskylä cycle (even in the coldest winter!), we also got an 'how to cycle'-lecture, which was of course less useful for Dutch students. The tutors provided a citytour and campus tour, those were nice ways to get to know the city a bit. I felt really welcome because of my tutor and the presentations we had the first days. I didn't feel alone at all and everybody was willing to help if you didn't understand anything.



accommodation

I lived in an apartment from KOAS - Roninmäki. This was for me a perfect place to live, the apartments were big and equipped and there were a lot of exchange students. Most people from the University of Jyväskylä lived in Kortepohja, that is the other tenant organization which is normally recommended for students at the JYU. That is also a really good place and has more facilities, but the apartments are older and smaller. I decided to choose for KOAS because I heard very good stories from friends at home, and I didn't regret it a single second. Most exchange students that live there study at the JAMK university, but everybody mingled and it doesn't matter at all where you study or where you decide to live.

leisure & culture

Jyväskylä is not a big city, so for culture it is not the place to be. However, I really liked it that the city is not big, because I felt home really soon and it was much easier to get to know the city. There are a lot of nice places to go for a drink, to go out or to eat, and you will often see other exchange students at any place you go. Also almost all places offer students discounts, which make your beers much more affordable ;-). Every Wednesday we went out to a certain club, always with a lot of exchange students. In the weekends we also went out a lot, but the clubs are quite expensive. Finland is of course known for all its lakes and I definitely recommend to explore the environment during your stay! There are cheap buses with which you can go to nice places, nature parks, lakes and hiking tracks. Finland is beautiful, in summer and in winter, so definitely go and explore it! Also go to the sauna as often as you can, they are literally everywhere and they are also at your accommodation for free.

suggestions/tips

I recommend to become member of ESN! They provide a lot of awesome events for exchange students and if you have an ESN-card you will get discounts for it. I went skiing and snowboarding many times, had a lot of parties, experienced traditional sissits with ESN and most important I did amazing trips to Lapland and to Russia with ESN!

CONCLUSIONS

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

YES! I had the best time of my life and met awesome people from all over the world. I did awesome trips, experienced a real winter and had so many amazing experiences that I will carry with me for the rest of my life. The atmosphere at the university was really good and I love the city. I was at first a bit scared for the cold and for the darkness, but just buy good thermic clothes and a good coat and you will survive. The landscape is incredible and I literally was amazed everyday by the snow and how it makes the landscape beautiful (okay when it snowed in May again for a day I was done with it). It was also such a weird experience in January to have so much darkness, but it is so nice from February on when you literally see more daylight day by day. In the end, it was still not fully dark at midnight, and already completely light at 3:30!

do you have any additional advice or comments?

Just GO! I first was in doubt about the first or second semester, but I am really glad I went the second semester. Time flies by so fast so only 3,5 months in the first semester would have been too short for me and 4,5 months was perfect. I also preferred to have the cold and darkness at first, and see it getting warmer and lighter everyday instead of having the full november and december month with much more darkness. And for sure go to LAPLAND it was the most incredible, amazing trip I have ever made in my life in so far!



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<i>See end note for * and **</i>		
faculty/college	Psychology (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	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application process was very well organized. After registration at the university of Utrecht the university of Jyväskylä contacted me with a very detailed email which clearly stated instructions. Everything needed to be done in an online platform and you got more than enough time to fulfill all the requirements. Besides the 'standardized' email every exchange student got, I also got contacted by my faculty coordinator who helped me with any question I had. I experienced no problems at all during the application process.
counselling & support at Utrecht University	Besides the help from the university of Jyväskylä, I also experienced great support from the international office in Utrecht. I could contact them with any question I had, and they gave the feeling that no question or comment was silly. They responded quickly and with detailed explanations and answers.
academic preparation	Choosing the courses was something that I found hard, because the information about courses on the website of the University of Jyväskylä was often old and sometimes in Finnish. When I arrived in Finland it was much easier to understand what courses they offered, and we had a lot of time to change our learning agreement (I think it was six weeks from the start of semester). Almost all of the courses I choose when I was still in the Netherlands changed after I got to Finland, but for the better.
language preparation	I did not do anything to prepare for the language, most Finnish people speak English pretty well (at least at the university) and I was confident in my English skills.
finances	



Besides the Erasmus grant, OV money and DUO, I also saved some money for the exchange. All of this together was more than enough to live there. Finland is a bit more expensive than the Netherlands, especially alcohol, but in general the prices are pretty similar. The rent was extremely cheap (only €230 each month) so I was actually a bit cheaper out than I am in Utrecht, and this money I used for traveling and fun activities.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Jyväskylä has the amazing idea of having a tutor that you are coupled to. This tutor will contact you before you arrive and you can ask him/her many questions. Besides this does he/she pick you up or wait for you at your apartment with your Survival Kit, which contains sheets and some kitchen stuff. This immediately makes you feel really welcome. With this tutor and the rest of your tutorgroup you start the well organized orientation programme, in which you are overloaded with information. Very informing! After this week I felt prepared and informed about what there was to come.

academic quality of education activities

The level of the courses I took during my exchange was a little lower than I was used to in Utrecht. The courses I took were a lot of fun and very interesting, these courses were totally different than what I would have followed in Utrecht which made it a lot of fun. The professors were usually very friendly and there was a casual atmosphere between the student and the professor. Many courses that were being offered only had 3 to 5 ECTS, which was different than the 7.5 ECTS courses I was used to in Utrecht. This was something I had to get used to because I had to take a lot more courses to get to 30 ECTS. Something that was also different is that I almost only had to write essays instead of doing exams. Overall I experienced no problems with studying. There was also a very fun study organisation called Stimulus (for Psychology students) that organized many events which were fun to attend.

counselling & support at receiving university abroad

During the orientation programme a lot of information was given which prepared me thoroughly for the semester. Any questions I had during the semester were always very quickly answered by my study coordinator or by the international office, who were both very helpful and responded quickly and accurately.

transfer of credits

As I mentioned before, most of my courses changed after I got to Jyväskylä. Fortunately, most courses were accepted by UU. Some courses did get rated with a lower level than I would expect, but others got rated higher so this evened up.

STUDENT LIFE

welcome & orientation programme

The first week of the exchange was thoroughly organized by the university. As I previously mentioned, everyone was coupled to a tutor and a tutor group. With this group you went to many lectures and activities that were really informative. Besides information, there were also a lot of parties and activities going on that you could participate in. This week was intensive and also a lot of fun, the university made me feel very welcome.

accommodation

Through the university you could sign up for a student home, which was very easy. I was assigned to a flat in Roninmäki, which was really nice. Together with two lovely roommates I shared an apartment with furniture. Everything worked when we were there, there is a sauna and a gym in my building, so pretty good. The building itself did not look that appealing, but you could make it really nice on the inside. The distance to the university was only 10 minutes by bike, and 5 minutes walking to three supermarkets.



leisure & culture

The ESN organized many activities for exchange students that were typical Finnish, like the ultimate sauna experience, but also for the exchange students, like the international dinner. Through the university you could participate in the friendship and family programme, which was really nice. Here you got coupled to a Finnish family that you can spend time with and do activities with. This was really a highlight for me, because through them I really got to know the Finnish culture.

suggestions/tips

Go on adventures! There are many nice hiking paths and nature trails in the neighbourhood which are truly worth visiting and exploring. I've spend many hours in the forests, from really sunny and hot in the summer to climbing through the snow in the icecold in the winter. Enjoy all the seasons that Finland has to offer. Especially when you go during the autumn semester really appreciate the autumn period, because this is only short. The colors of the forest and the leaves of the trees are amazing but only short available.

CONCLUSIONS

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

I would definelty recommend going to Jyväskylä because of the beautiful nature, the amazing Finnish people, the open and welcome atmosphere that the university offers, the cheap partying (only) on Wednesdays in Bra, getting to know almost every exchange student that goes to the university of Jyväskylä, and the wonderful trips you can take with the highlight: going to Lapland.

do you have any additional advice or comments?

Be open minded, willing to meet people from different cultures and ready to face the cold in the winter and you will have an amazing time.

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

<p>destination city & country</p>	<p>Jyväskylä, Finland</p>
<p>name university abroad</p>	<p>University of Jyväskylä</p>
<p>start date</p>	<p>03 / 09 / 2018 (dd/mm/yyyy)</p>
<p>end date</p>	<p>22 / 12 / 2018 (dd/mm/yyyy)</p>



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

PREPARATION	
exchange application process	Jyväskylä was in one of the leftover spaces of exchange destinations, and I was very happy that I found this spot! A lot of paperwork needs to be done before going on exchange, so I would recommend taking enough time to prepare everything. I was a bit late and would have liked to prepare everything a bit better. Other than that, the application process went fine, since a lot of information could be found online or by asking other students. Especially the motivation letter takes some time, and it is also very convenient to make a plan of finances to know what you will need during your exchange.
counselling & support at Utrecht University	The staff from International Office was very helpful. Questions sent by email were always answered very quickly and it was really easy to reach the IO and get help with paperwork or other things.
academic preparation	I did not really do (or feel like I needed to do) any academic preparation, since I thought the level of courses would be more or less similar to the level at Utrecht University. I picked the courses I wanted to follow by reading the descriptions online, which was also similar to the system in Utrecht.
language preparation	Although I was not sure if my English level was high enough for using it in an academic setting, I was surprised when I found out the level of English of teachers and other students was actually quite similar to mine. I found it really easy to follow lectures and communicate with other students, and I also had no trouble writing assignments. To improve my Finnish skills, I also participated in a survival Finnish course, which taught me the basics such as ordering a drink and understanding signs and numbers. I would really recommend this, it was such a fun course.
finances	To pay everything I wanted to do on Erasmus, I made use of the Erasmus grant, the regular student grant and my own savings. Finland seemed expensive beforehand, but overall prices were really okay. Student housing is really affordable and groceries as well. Trips can be organised as cheap as possible, and lunch at student restaurants in Finland is also very cheap! Overall, I think I did not spend more money than I usually do at home, just the trips to other countries or cities I did were a bit more expensive, but they could easily be covered by the grants.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The courses I took were all from different fields, but all very well organised and interesting. I followed some psychology courses, and also 2 courses in communication. The university uses a system for schedules, grades and course materials, which makes it very easy to follow everything. The university also offers independent courses, which means that you are supposed to study all the materials by yourself and enroll in a public exam. This was a bit confusing at first, but the teachers at JYU are easy to reach and they answered all my questions about it. Also, different from the system in Utrecht, every course in Jyväskylä is different and has its own amount of credits. For one course I only had to write an essay and attend some lectures, whereas for other courses I had to write essays every week, do group discussions and presentations. So this really differs from course to course, and not one course is the same. This also meant that my schedule was a bit messy and I really had to plan everything myself, since a lot of courses were overlapping. I also had a really easy and quiet start of the semester, but a really busy last months. Especially november was really stressful and busy for a lot of students.
academic quality of education activities	



The quality of the courses for exchange students was, in my opinion, quite high. Teachers were usually very well prepared and had a lot of knowledge about their field. This made it interesting to follow. I also took some courses in communication, in which the lectures were very interactive and involved discussing a lot of topics with other students. That is something that happens a lot in Finnish education, together with doing groupwork. It was also more common to do reading at home and read articles to discuss in class, rather than just listening to lectures.

counselling & support at receiving university abroad

The International office and other counsellors were very helpful. Everything was explained well during the introduction week and everyone was assigned their own tutor. You could easily ask one of them about anything that you wanted to know about.

transfer of credits

My credits have not been transferred yet, but I was told that they will be converted in a way that is similar to the Dutch ECTS system.

STUDENT LIFE

welcome & orientation programme

The first week of the semester was full of introductory events, which really made you feel welcome and gave chances to meet other exchange students. It was a really fun week, in which I got to know my tutor group and got to hang out with them a bit more. Also, the campus was shown and everything was explained.

accommodation

Accommodation in Jyväskylä was very well organised. Both the student accommodations KOAS and Kortepohja had their own up and downsides. I lived in a KOAS building which was a bit out of the neighbourhood of most other students, but the apartments were really big and well equipped. You could use common areas and a sauna for free, and the rent was also really affordable. I lived with 3 roommates, and we had a big living room to share. It is also a great way to get to already have some international friends :).

leisure & culture

Jyväskylä itself is a really nice cozy city, with plenty of things to do. The university offers a lot of sports classes and there are also a lot of public events to attend, which you can usually find through your tutor or on facebook groups. The Finns like their sauna, cottages and campfires, which I also really enjoyed trying.

suggestions/tips

Say yes to everything! Take the chance to meet new people, make trips and engage in the Finnish culture. It will really bring you a lot of knowledge, memories and friendships with people from all over the world. Overall, I think everyone will enjoy their semester abroad, and I really enjoyed being surrounded by people who shared this mindset. The trip to Lapland is definitely a must do when in Finland, and Stockholm and Estonia are also really nice! It can be quite easy to organize trips yourself, and sometimes cheaper than going with organisations. Take some warm clothes with you, but don't worry too much about the cold, because it is really not that bad. Also, don't buy too much new stuff for your apartment. You can rent a 'survival kit', with all the necessities and in the first week of the semester, there was a free giveaway with lots of super nice kitchenware.

CONCLUSIONS

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

Yes! The education in Finland is of very high level, and everything in regards to the university is well organised. Jyväskylä focusses on exchange students, and has a wide range of courses to chose from. Finland is a really beautiful country, which is why I would recommend visiting it to everyone.



UU Report form - Erasmus 2018-2019

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

destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION

exchange application process

To make sure I was going to go somewhere where I could attend courses that I found interesting, I spent one day searching through all subjects of all partner universities in Europe. Afterwards, I could easily pick out the few universities that were left in which I thought I could earn 22,5 ECTS while only attending subjects that I liked. The application process that started afterwards was a lot of emailing and filling in quite some documents, but not difficult at all if you just take some time for it.

counselling & support at Utrecht University

The UU responded very fast with signed and/or filled in documents and send me to the right address when I had questions.

academic preparation

Even though I was going to do subjects in different subjects than home, I did not have to do any academic preparation.

language preparation

My English was already sufficient because of earlier experiences abroad. Do not let insecurities about the (English) language get in your way of going abroad! Afterall, you learn the fastest while being in an environment in which you have no other choice than to speak English.

finances

Uncle DUO on max!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Educational subjects. I did all kind of educational subjects, varying from practice in a kindergarten to teaching physical education to the use of language in education.

academic quality of education activities

Good.

counselling & support at receiving university abroad

I had a student mentor and the international office that I could contact for all kinds of questions.



transfer of credits

After changing my goal a couple of times, I went for 30 ECTS in the end (in my opinion easier to get there than at the UU). I got granted all ECTS.

STUDENT LIFE

welcome & orientation programme

They organised a couple of days in which you would get a campus tour, get to know some other (international) students and were able to attend parties if you wanted to. This was a nice way of getting used to the new situation.

accommodation

Great! Easy to get via university. I lived in a 4-persons KOAS apartment which had a huge living room and kitchen (especially compared to the 2-persons Kortepohja apartments).

leisure & culture

There is enough to see and do in and around Finland and (as I experienced) you will have enough time to explore. Go enjoy!

suggestions/tips

1) Definitely go to St. Petersburg (I went with ESN - from Helsinki with the boat to Russia -and it was great! Fantastic country and culture!). 2) Make sure that you go to Lapland when there is a lot of snow so you can enjoy a long husky ride. (And do not only go to Santa Claus village, go more North!) Both trips are expensive but definitely worth it so start saving up! 3) Do not go home before seeing the Northern Lights. 4) Join in on a typical Finnish Sauna Experience (ESN) 5) Go to Helsinki and combine it with Suomenlinna! 6) Visit as many cities as possible now you're there! You can get to quite a lot of cities by bus. Tips: Kuopio, Turku, Stockholm.

CONCLUSIONS

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

Yes, especially if you want to attend sports subjects and/or educational subjects. Jyväskylä is one of the few universities with sports subjects and Finland is a great example when it comes to education. The different way of learning is great; less exams and room for exploring your own interests related to the subject.

do you have any additional advice or comments?

You can always ask the UU for my contact information if you have got any questions!



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences
destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	24 / 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

For me, making the decision where to go took some time. When I decided where I wanted to go, the next steps were quite easy. I just followed the steps given on the UU site. The application process will take some time and effort, so I would recommend you to start on time.

counselling & support at Utrecht University

The support by the University of Utrecht was perfect. The meetings (general information meeting and pre-departure meeting) were helpful and the International Office answered my questions really quickly.

academic preparation

I did not do any specific academic preparation.

language preparation

I did not do any language preparation. For the Erasmus+ grant, I had to do one English language test before going abroad and one test when I came back.

finances

I had to upload a prove of funding before applying, so I already had to think about finances. This was helpful, because living in Finland is expensive. Especially making trips makes the semester expensive (but this is definitely worth it!). I have had a warm lunch for €2.60 at one of the student cafeteria almost every day, this has saved me a lot of money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Jyväskylä offers many interesting courses. The system is different from the system of Utrecht. At the University of Jyväskylä you can choose almost all subjects that are offered. This is great because you have a lot of freedom, but it took me a lot of time to choose all courses without overlap. In Jyväskylä you have many courses of only 2,3,4 or 5 ECTS. This means that you have to follow a lot of courses to get enough points.

academic quality of education activities

In general, the quality of the courses was high, but it was not difficult to pass. It was easy to get a good grade. I have done both exams and essays.

counselling & support at receiving university abroad



The University of Jyväskylä was very welcoming. They answered my questions really quickly.

transfer of credits

I am still waiting for one course to be graded, so I do not know yet.

STUDENT LIFE

welcome & orientation programme

You will get a tutor who helps you to become familiar with Jyväskylä and the University. He or she picks you up from the trainstation when you arrive and brings you to your apartment, really nice. The introduction week was helpful and nice, I met a lot of people during this week. Everyone tries to make you feel welcome.

accommodation

I lived in an apartment from KOAS, called Myllyjarvi, located close to different supermarkets (including Lidl). By bike, it takes you 15 minutes to go to the library/citycenter. In every building there is a sauna and the apartment was recently renovated. I shared the flat with 2 other persons.

leisure & culture

I joined a lot of activities organised by ESN and IDESCO. At these activities, I got to know a lot of people. I did a lot of trips, organized both by ESN and IDESCO as organized by myself. Besides this, I partied and I did several hikes.

suggestions/tips

I would recommend you to buy or rent a bike. This saves you a lot of money and I really liked to bike around in Jyväskylä. Besides this, do as many trips as possible! My personal highlight of the semester was the trip to Lapland, organized by ESN. With some friends I went to Tallinn (Estonia) for a weekend. This is a really nice city and you can buy cheap alcohol over there.

CONCLUSIONS

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

Yes, I would definitely recommend Jyväskylä! Because Jyväskylä is such a small city, it is really easy to feel welcome and to get to know people. Everything is well-organized and the university offers a lot of interesting courses. The nature around the city is amazing and perfect for making hikes. Because it was not really difficult to pass the courses, you have enough time to do trips. The city is very focused on students, so you get students discounts almost everywhere.



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 B
destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	25 / 08 / 2017 (dd/mm/yyyy)
end date	28 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

In general it takes some effort before you can go on an exchange. That wasn't different with the application for Jyväskylä. Sometimes it was difficult to find out which courses were available for my level of expertise, but you can always send an email to the University of Utrecht and the University of Jyväskylä. Their help is very useful!!

counselling & support at Utrecht University

As I said, the international office in Utrecht and in Jyväskylä are very quick in responding to emails. They are very nice in responding and want to make an effort to help you find the answers you need.

academic preparation

The academic preparation was minimal. I didn't have to do extra work to get into the University of Jyväskylä. The University of Jyväskylä offered a summer course to learn Finnish and to improve your academic English. I didn't go there, but I heard really good stories about those courses from people who did go.

language preparation

I hadn't really talked that much English after I graduated high school, so I was a bit afraid my English wouldn't be good enough. But that fear was not needed, my English level was perfectly fine to survive in Finland!

finances

I had some savings before hand, and with the Erasmus scholarship added to that I could do everything I wanted to do. Including a lot of trips in Finland and in nearby countries. But make sure that you have enough money so you won't regret not doing things in Finland!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I found the study system quite different from Utrecht's study system. In Finland you could choose almost every course, if it was also approved by the Examination Committee in Utrecht. There were also courses that only took 6 weeks, and other courses that took almost 3 months. Because of this, you really had to puzzle before admitting to a course, to see if it was possible to follow every course you wanted, without too much overlap. I found this quite hard, but luckily my mentor was really nice and helped me with figuring out everything! Also, they mostly use essay-questions instead of multiple choice questions. I had to get used to that a lot, because I had to learn in a completely different way.

academic quality of education activities

Most of the teachers were pretty good in speaking English, so that made classes easier to follow. Other than



that, you have to be a bit lucky with the way of teaching. Some teachers have a quite lazy way of teaching, others make you way more active and participating.

counselling & support at receiving university abroad

The coordinator of my faculty in Jyväskylä was super nice and saw almost every student of my faculty at least once during the semester. If you had a small question, most of the time you could come over the same day to take a look at it together. That was really helpful, especially in the first couple of weeks, when everything needed to be fixed for the whole semester.

transfer of credits

The credits have not been transferred yet.

STUDENT LIFE

welcome & orientation programme

The orientation programme was quite elaborate, they made sure you had seen the whole campus and understood what needed to be done in the first 2 weeks. Because of the mentor and mentorgroup you have the whole semester, you immediately know some people and immediately have someone to go to if you don't understand something.

accommodation

I lived in one of the student accommodations, with 2 roommates. The room was okay, not big, but big enough. There was also a pin-up board you could pin photo's on, so you could really personalise your room!

leisure & culture

I joined the ESN (Erasmus Student Network) and because of that I could join a lot of activities for a small amount of money. That was really nice, that was the way to meet new people and fill your free time with fun activities!

suggestions/tips

I would really recommend to join the ESN. It doesn't cost a lot of money and you will have so much fun because of it! They show you Finnish traditions and have some awesome trips you can join!

CONCLUSIONS

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

Yes I would recommend this university/destination. I do have to say that if you are looking for a party Erasmus, that this might not be the cheapest option (because of the alcohol prizes). If you enjoy nature, this is certainly the place to be, Finland is very beautiful. Even if you don't particularly enjoy nature, like I didn't particularly enjoy nature, you will fall in love with the Finnish nature!

do you have any additional advice or comments?

-



UU Report form - Erasmus 2017-2018

faculty/college	Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences
destination city & country	Jyväskylä, Finland
name university abroad	Jyväskylän yliopisto
start date	14 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was quite clear to me. According to me the most important thing is that you take enough time for yourself to read through everything you need to do. On the website of the UU you can find the steps you need to take before, during and after your stay abroad. Files you have to upload before are a study plan, financial plan, motivation letter and CV. I think almost nothing can go wrong when you do everything on time and when you take enough time for it. When my application was approved I had to fill in a form in an online mobility system of the University of Jyväskylä (JYU) about which courses I wanted to choose, based on courses that were given last year.

counselling & support at Utrecht University

I didn't have so many questions, but the questions I had were answered quickly by the International Office. Also when a document had to be signed it was signed as fast as possible.

academic preparation

I didn't had to do any obligatory academic preparation, but I chose to take a course for academic English in Jyväskylä before the semester started. It was nice to already meet new people before the semester started and make myself feel comfortable in speaking in English.

language preparation

See above, I took a course for academic English in Jyväskylä. In Jyväskylä it's also possible to take an intensive course in Finnish. I didn't take this course but I highly recommend this! I heard from other people that it's really useful to learn the basics in Finnish at the beginning of the semester, to make you feel less lost. I took a beginners course in Finnish instead later in the semester, which was also nice. You won't need it to understand your courses if you choose English courses only (there are a lot of them), but it can make you feel more connected with the Finnish people.

finances

I saved some money myself by working the summer holiday before I went abroad. Besides that I received an Erasmus grant of €270 per month. The living costs in Finland were higher than in the Netherlands, but the differences are not that big. Only alcohol was much more expensive than in the Netherlands, so be prepared ;). The rent of my room was lower than the rent for my room in Utrecht, it was around €250. It depends on your accommodation if you have kitchen stuff like cutlery, pots and pans in your house. In Kortepohja it's included, but in KOAS you have to buy it yourself. The student union offers a 'survival kit' for an affordable price with bedsheets, kitchen stuff etc.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I had chosen some courses of Educational Sciences, but also some courses outside my studies. To be specific: 1 course of Early Childhood Education, 3 courses of Intercultural Communication and 2 courses of Communication and Language studies. The courses do have less ECTS than my courses in Utrecht, 3 ECTS or 5 ECTS, so you had to do more courses than in Utrecht in order to receive 30 ECTS. This was absolutely possible, but it's different from what I'm used to. All the courses I had at JYU were really interesting. In my point of view the lecturers were more engaged with students than in Utrecht; you will notice that they really want you to understand everything and that they are interested in your own opinion. I think the way they give lectures is more relaxed, they really take their time to explain a topic really well.
academic quality of education activities	The courses I had were of high academic quality, but there were differences in the courses I had. Some of them didn't have seminars, but only lectures. Some of them included both seminars and lectures. Most of my courses didn't have exams at the end: instead of these exams I had to write an essay/paper and do a presentation. Most of my courses included group work and individual work. What I was not used to was that I had to write learning diaries in some courses, so about what was interesting in the course, what I've learned and make a connection with some articles that I had to read before. I think this is a really good exercise to improve your own understanding of the topics. To summarize, the focus is more on writing essays and papers than doing exams, which I think is a really good exercise to develop a critical view towards yourself.
counselling & support at receiving university abroad	I experienced the counselling and support of JYU as very friendly and helpful. They were fast in answering my emails and their office is opened through the weekdays. Also the contact with teachers is very informal and they underline explicitly that there is no hierarchy (almost every lecture ;)), so I really didn't hesitate to ask them something.
transfer of credits	I am still waiting to receive my credits, but I think this will be fine. The grading system is different (from 1 to 5), so my grades will be transferred into Dutch grades.

STUDENT LIFE	
welcome & orientation programme	I already felt really welcome the first days I arrived at Jyväskylä. With a group of students we had one tutor who gave me the keys for my house/room, my survival kit and we did some grocery shopping together on the first day. When we had questions later in the semester we could ask our tutor. There was an introduction week organised by the university, in which they tell you everything you need to know as a new student. Also ESN (student organisation for international students) organised a lot of events to meet other (international) students; I highly recommend you to go there! There is an event called 'Freshman party', in which new students (not only internationals) are welcomed by the older students, which is a lot of fun.
accommodation	As I mentioned above, there were two organisations that have student accommodations in Jyväskylä: Kortepohja and KOAS. KOAS has flats at several places in Jyväskylä. My accommodation, Roninmäki (KOAS), was a really nice place to live. Don't expect too much luxury (it's a bit outdated), but I'm sure you will start to love the place the longer you stay in Jyväskylä. There are saunas in every building, which is really nice when it starts to get colder. Also there was a lake on 2-minutes walking distance, where you can take a swim in summertime (when you're not afraid of a little cold). When you arrive in August/September berry season just started, don't forget to try some.
leisure & culture	



Jyväskylä itself is a not a big city, so don't expect many cultural hotspots that are nice to visit. On the contrary, the nature in Finland is stunning: everywhere you go you will see beautiful lakes and forest. When you're in Jyväskylä in wintertime the lakes will be frozen (around January) so then it's possible to go iceskating (especially on the biggest lake Jväsjärvi). ESN offers many trips for international students, a.o. to Finnish Lapland. This was such an amazing experience, that I almost can't describe in words. I absolutely recommend to go there.

suggestions/tips

Next to the trip to Lapland, ESN offers trips to Russia, Sweden and other baltic countries like Estonia, Latvia and Lithuania. I went to Russia (St. Petersburg) which was really impressing and worth going to. It's a really nice experience to travel with other international students. However, don't forget that Finland itself is also worth travelling through. Some students organised hiking trips in national parks themselves and stayed overnight in the forest: must be a really cool experience (in summer at least). Also cool to know: everybody is riding a bike in Jyväskylä, just like in the Netherlands. I rented a bike for one semester, but it's also possible to buy a second hand bike. I recommend you to buy all other stuff you need second hand (like a ski pants, shoes or kitchen stuff), because in general the quality is really good and it's a lot cheaper. There are a lot second hand shops in Jyväskylä and they also have an English facebook group for second hand stuff.

CONCLUSIONS

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

I surely recommend this university/destination to others. To summarize: education of good quality, beautiful nature and a vibrant student city. There are so many activities for students that are nice to join, you won't get bored in Jyväskylä. I wouldn't recommend you to go here when you want the vibes of a big city, because you won't find these in Jyväskylä. In general the Finns are a bit introvert at first side, but also very friendly and they are willing to help you with everything you ask.

do you have any additional advice or comments?

When it's getting colder in wintertime, don't stay inside all the time! Just dress well and enjoy winter wonderland!


UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology B
destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 08 / 2016 (dd/mm/yyyy)
end date	22 / 12 / 2016 (dd/mm/yyyy)

PREPARATION
exchange application process

The application process was quite complicated. As well as Utrecht University and the University in Jyväskylä were involved, so the process was dependent on the responses of both parties. The process started already in March. At first, I had to fill in online application forms. After this I had to send them my personal information and my transcript of records. I also had to choose the courses. Sometimes it was not very clear whether I am allowed to take master courses or virtual courses. Also, only the courses of the previous year were available, so the information was not really up-to-date. Eventually, the process went without any problems. The mobility-online center from Jyväskylä made the process really clear and made it quite easy to manage, although it was complicated.

counselling & support at Utrecht University

The counselling and the support by the Utrecht University was really great. They were really quickly in answering my questions. I had one contactperson and I could ask her all kind of questions. It also felt that both universities were in touch with each other about all kind of problems and issues. My contactperson was really involved in my situation and she was also really quickly with signing the papers. She had a lot of patience and she was really kind. We got information days in advance with various stands with countries and the possibilities and also several people with experiences gave us information about their own experience. This was really interesting. In the beginning, when I couldn't decide between the different countries, I was able to discuss this with the supporters. In overall, the counselling and support at the Utrecht University was really good.

academic preparation

Academic preparation was not needful. The courses in my minor were optional, even though they were different.

language preparation

In Finland I was able to follow international courses with English as the main language. No preparation was needed. To prove my English skills, I got a paper of the Utrecht University with my English level and capacity. During my studies, I had no problems with the language. The University of Jyväskylä didn't ask for it and in the summer I could follow English courses but instead of this I took a Finnish intensive course. This course took 4 weeks and learned me the Finnish basics. Eventually I had exams in grammar, listening, reading and writing. To feel less lost in your new environment, I would really recommend the Finnish intensive course. Overall, the population had a really good knowledge of English and nobody felt ashamed to talk in the language.

finances

For the finances I worked hard to have a basic amount of money on my account. Besides this, I lend a small amount of money, I had the erasmus bursary and my parents gave me a little bit. The living cost in Finland were



not that high. Only a few luxury products, like alcohol, were expensive. The room was really affordable and there was also a 'survival kit' to foresee me of the basic stuff like bedsheets and kitchen stuff.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose to follow the minor 'Living with globalization', which was really different when you compare it with my study programme Psychology in the Netherlands. Although I had sometimes problems with following the content, because of my lack of basic knowlegde , it was not that hard to follow the minor in general. I wanted to follow the minor 'Living with Globalization' but in order to do this, I had to follow 5 courses. This was really impossible to do because each course consist of essays and presentations and this took a lot of time. Also all the deadlines were planned in the end of the semester, so it was last minute work. In the end, I decided to quit a few courses and this was a little bit dissapointed because I participated in class. All in all, the courses which I followed, like had interesting content and it was really good organized.

academic quality of education activities

The content was deliverd with high academic quality. We had several education activites, such as seminars, lectures and exams. We also had to give presentations, we did groupwork and we had to write essays. It was very divers. During one course, there was emphasis on the process of writing an essay. This helped me a lot.

counselling & support at receiving university abroad

I really appreciated the counselling and the support at the University of Jyväskylä. They were really involved and accesible. The teachers behaved really informal and therefore you could ask them all kind of questions. There was not really a limit or a boundary between the teacher and the students

transfer of credits

The credits are based on the European standards, ECTS, so there will be no dificulties transferring them. The grade system is different but the grades will be transferred into the Dutch system, so there will be a average .

STUDENT LIFE

welcome & orientation programme

When I arrived in Finland in August, there were tutors available to show me around in the city. They also had my key and explained me everything the first day, which was very well organized. The university organized an official orientation progamme with explanations about their studies and university, but also for example about their health care, cycling advice and sport opportunities. The activities during this week were compulsory and optional. You could ask everything. I felt really welcome.

accommodation

My accommodation was called KOAS and was located very close near the supermarket and 15 minutes away from the city. All the buildings were equipped with a sauna and an elevator. I shared a flat with two other persons and our common areas were very big with a balcony. My own room was also 20 m2. Near our buildings was a lake, so this was really nice during summer but also during winter. Sometimes the buildings were a little bit noisy but all in all I really enjoyed the accommodation. They were really affordable and KOAS was accessible for all kind of questions about it.

leisure & culture

Jyväskylä is a real student city organized for and by students and it is an official education city and it is also called the 'Athene of Finland'. Erasmus Student Network Jyväskylä organizes a lot of events, such as picnics, pubquizes, ice hockey matches and barnights, to get to know people. Without this Network I wouldn't know a lot of people by now. I also made a lot of trips, with ESN discounts. I went to Russia and Lapland which was really amazing. This really made my stay unforgettable. The museums are open every Friday and are accessible



for everyone. The art and the museum about Alvar Alto, the architect in Jyväskylä are very interesting.

suggestions/tips

I would suggest events to get to know Finnish people because sometimes the people were not aware of the international students. Also I would do something with the inspection of the rooms in the end. We were not allowed to leave stuff in the buildings, but sometimes it was really hard to throw something away or give something away. A place to hand in stuff for the next people to use, would be a good advice. Now you get a fee when you leave stuff and I personally think that this is really unfair.

CONCLUSIONS

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

I would recommend the University of Jyväskylä to others. The education is of high quality and it is an English speaking country. When you would love to go to a place with a beautiful nature, where the silence is appreciated and with good education, than I would highly recommend Jyväskylä. You can enjoy many seasons in Finland and Finland is the link between many different interesting Scandinavian countries and Russia. Trips to these countries, during the spare time, are really recommended.

do you have any additional advice or comments?

Take time to pack your clothes and don't take too much with you.



UU Report form - Erasmus 2015-2016

faculty/college	UU
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Erasmus, exchange period
destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	31 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

Sometimes it was hard to discover what you exactly have to do, because there are several places where you get your information from. When you just summarize everything in one list, you will be fine. Actually, I expected more paperwork before I left. The paperwork after I came home, was more than I expected.

counselling & support at Utrecht University

I think the international office was good, they always answered my mails and also very fast. In my mind, I had some 'stupid' questions, but they just answered it , in a nice way.

academic preparation

I did not really academic preparations I think. At least, I can not think of some. My academic level was good enough for Jyvaskyla.

language preparation

My English level was good, so I did not do any language preparations. In Jyvaskyla I did a language course: Surviving Finnish, but Finnish people are speaking English very well. So speaking Finnish is sometimes fun, but you will survive with only English.

finances

I saved some money before I left and agreed with my parents that they would pay my flight. In the end, I did not have much money left. You always spend more than you expect.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

This was very different than the system of Utrecht. Actually, I could study everything I wanted. You have a list of all the courses there are and then you chose by yourself what courses you want follow. Then you import the courses in a schedule and then you check if you don't have overlapping courses. There also is not a timeline or something, some courses take place a couple of days and some three weeks and some 6 weeks. It differs per course. I liked it this way, although it takes some time to discover how the system works and realize that you really can do everything and that they are not strict. Furthermore, I study interdisciplinary social sciences with a minor in social psychology. When I was at Jyvaskyla there were not much social/work psychology course. They were more about neuro or clinical psychology. But I just followed some course from sociology to get enough ECTS. I have to say, there are a lot of changes in the courses, maybe next time there are more social psychology courses.



academic quality of education activities

I did not have much exams, on the other hand I wrote a lot of essays and learning logs. For me this worked out very well, because I prefer writing above learning/reading for an exam. Honestly, I think writing is also better for the improvement of your academic skills, so in my opinion the quality of the education activities was good because I was much more triggered to think critically, analyze myself and in general just writing.

counselling & support at receiving university abroad

The international office at Jyväskylä was very kind, they helped you wherever they could. You can compare them with the international office of Utrecht.

transfer of credits

I'm still waiting for it, but I think it will work out fine because it is sent by post and that just takes some time.

STUDENT LIFE

welcome & orientation programme

As an exchange student you will get a tutor (a Finnish student who helps you from the beginning), the tutor will pick you up and bring you to your room. Also the room is arranged for you in a student complex with international students. The tutor was really useful, I felt immediately welcomed and with all your questions you could first go to your tutor instead of the international office or something. The orientation programme was a lot of information, but it is all useful information. This was a good base to survive my exchange period.

accommodation

As I already mentioned, the accommodation is arranged for you, really nice. Most of the time, international students end up in a campus with other international students. The buildings are quite old, but still fine, everything you need is there. Also, you can hire survival kits (1 pot, 1 spoon, 1 mug, sheets etc). This was also really useful. And most important, there is free sauna in your building. Also the laundry is free, you only have to reserve a particular hour and the washing machine is yours. I had a lot of parties at the campus I lived, it was cosy and nice. In Jyväskylä almost everyone bikes, in general it is 10/15 minutes by bike to go to the city centre and university from the different student homes. There are also going enough buses.

leisure & culture

Jyväskylä is not really an old city or something, the city centre is one street with a lot of big malls. Still there are enough bars and things to go. It is also a sporty city, so I started to play Rugby. There are a lot of other sports you can do in your exchange period. I have to say, Finland is more expensive than the Netherlands, but not much. Alcohol on the other hand is more expensive, but ESN organises a lot of parties with normal prices or you could make a trip to Tallinn and buy a lot of cheap alcohol (Finnish way)

suggestions/tips

Just make as much as trips as possible and participate in a lot of activities, that will brighten up your exchange period.

CONCLUSIONS

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

I definitely recommend this university, I learned a lot of new things and it was not hard to pass the exams. I had enough time to have a good exchange period, furthermore everyone is kind to you and the English level of Finnish people is the same as that from Dutch people; quite good. At least, everyone speaks some words of English. It is also a very safe city and country. Furthermore, it is easy to go to Helsinki, but also cities in Finland because Jyväskylä is in the middle of Finland. At last, Finland itself. It is such a beautiful country and at some points so different with the Netherlands. Although, there are also enough similarities. I also went to Estonia and Russia, also 2 countries you otherwise would never visit.



do you have any additional advice or comments?

-



UU Report form - Erasmus 2015-2016

faculty/college	Universiteit voor Humanistiek
Level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Humanistiek

destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	18 / 12 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

I decided to go on an exchange only a few days before the deadline. I had to sort everything out in only a few days and that was very stressful, so I recommend everyone to start early. It was difficult to get all the required documents in time, but the International Offices of both universities were very helpful and made it easier.

counselling & support at Utrecht University

The International Office at Utrecht University has been a big help, responded always in time and made everything a lot easier. Do not hesitate to contact them with questions of all kinds, they can really help.

academic preparation

I didn't really prepare anything in terms of 'academic preparation'.

language preparation

I knew before I went that my English was at least sufficient. If you're not sure about your language skills I would recommend you to speak to English speakers or listen to some TedTalks without subtitles and decide for yourself if your understanding of the language is good enough to understand lectures and literature.

finances

I made a financial plan and this really helped in determining how much money I should bring to Finland. The Erasmus grant helped a lot, and it is a good idea to make a (realistic!) financial plan before you leave.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Jyväskylä made it very easy to pick the courses that I was interested in. They have a good working system and a huge range of courses.

academic quality of education activities

The courses had a high quality but it was not necessarily difficult to pass. They kind of left it up to the students to get as much out of it as possible. They offered a lot, but it was the students responsibility to work with it or not.

counselling & support at receiving university abroad

The University of Jyväskylä was a little slow with answering questions. Some questions I asked (per email) never received an answer.

transfer of credits



The credits have not been transferred yet

STUDENT LIFE

welcome & orientation programme

The Student Union made the orientation programme very interesting and fun. The University really takes good care of exchange students (especially in the beginning)

accommodation

I lived in one of the student accommodation complexes and it was small but it worked well. It wasn't very luxurious but fine for a few months

leisure & culture

The University and the city in general are very sportive so there was always something to do in terms of sports. Also, the department unions were very active and there were a lot of trips, evenings, parties and workshops

suggestions/tips

In august, this university offers a Finnish 1 language programme. I didn't go, but I've heard a lot of positive stories about this. A good way to meet people and enjoy the Finnish summer!

CONCLUSIONS

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

I would recommend this university as they are very focussed on exchange students, they really take good care of you. There are so many interesting courses and the trips to Sweden, Russia and Lapland are amazing.

do you have any additional advice or comments?

If you have trouble with season affective disorder (winter depression) you might want to rethink this option. In winter it gets very, very dark and cold. Not everyone can really handle that...