



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	Limerick, Ireland
how did you travel to your destination?	By plane
name university abroad	University of Limerick
start date	01 / 09 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I applied for my exchange in December '18 by uploading a top 3 with destinations, a motivation letter and a studyplan in Osiris. This required a lot of research about the different universities, because I wanted to make a good choice. In January, I heard that I was not accepted at one of my top 3 universities. There was a list with "leftover destinations" and I could make a new top 3, but I didn't have to write a new motivation letter or studyplan. This list was still quite long, so I was happy with the options. The University of Limerick was my second choice and in February I heard that I got accepted there. In the following months I enrolled online at the university and I went to the pre-departure meeting.

counselling & support at Utrecht University

The presentation about studying abroad in november was very informative and useful to me and there was an opportunity to ask questions. The online information about the whole process was clear, but you have to put some time and effort in looking up and reading all the information. Whenever I had questions, the International Office answered them quickly by email. The pre-departure meeting was also useful and prepared us well for the possible difficult aspects of studying abroad, like culture shock and homesickness. In summer, I had to prepare my learning agreement and I needed some information and signatures for this. The International Office helped me with this and they answered my questions even though it was during the summer vacation.

academic preparation

I decided what modules I was going to take after I arrived at the destination: there was an introduction period in which you could pick the modules. I had made a plan in the learning agreement before, but I changed some of the modules later. My academic preparation consisted of selecting the modules, but I didn't prepare for the content of these modules.

language preparation

The spoken language at the receiving university was English and I felt like my English was already sufficient, so I did not have much language preparation. However, I looked up some Irish words and slang because I wasn't used to the Irish accent. There is a mandatory language test before the exchange and my score was a C1, which made me feel confident enough about my English. It took some time to get used to speaking English, but I didn't experience many difficulties concerning the language.

finances

I didn't save up much money before my exchange, but I received the maximum amount of student loans (DUO) every month so I figured that would be enough. The provisional Erasmus grant that I received in September was



a nice extra amount of money (+- 1000 euro). If you want to stay on campus at the University of Limerick (recommended!) it's important to know that you have to pay all of the rent in advance, this is in July. This is a lot of money at once so it is important that you have this in your savings. The rent of the on-campus accomodations is higher than the average rent in Utrecht: for me it was about 550 euros a month including the facilities on campus. Life in Ireland is about just as expensive as life in the Netherlands if you look at groceries, going out, etc. However, I went on a lot of trips on the weekends so it is important to save some money for extra costs of the bus, hostels, restaurants, etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The system at University of Limerick is different than the one at UU. There's one semester in which you get 30 ECTS, which is the same as two blocks at UU. This semester lasts about 12 weeks and you take 5 modules at once. Each of these count for 6 ECTS. The amount of contact hours was similar, because each module had 1-2 lectures/tutorials a week. For me, attendance wasn't mandatory, but for some other modules it was. The content of the modules was definitely interesting and fun. We had no books, but we had online articles that belonged to the modules. I had to do different kinds of assignments than what I was used to, like writing blogs or designing an infographic. In my opinion, the differences are definitely good for your academic and personal development. My exams had essay questions, so I had to prepare a few topics very well and write an essay about those on the exam. I wasn't used to this kind of system because you only focus on a few topics, like 2 out of 10, instead of studying a whole book.

academic quality of education activities

The education was different, but not that challenging. I still have to get some results back so I am not sure how well I did yet. However, I felt like the assignments were less academic than the ones at UU and it reminded me of a university of applied sciences (HBO). I was happy that the content wasn't very difficult because I had to get used to the system, the country and the language. It wasn't boring because I learned a lot of new skills by doing the assignments there. If you want to get challenged, you can also pick a sixth module so I would not let the academic quality stop you from studying at University of Limerick. However, this is very personal. For me, some of the assignments were harder than what I was used to because I had to be more practical and creative.

counselling & support at receiving university abroad

Everybody at the university was really nice, supportive and helpful to the international students and they did so much for us: orientation activities, parties, presentations, counselling services, etc. You should not be scared to ask for help or support because there are a lot of people whose job it is to help you. Before I arrived, I emailed my academic coordinator about my learning agreement and he responded quite slow, but everything worked out fine in the end. In Ireland, everything is a little bit less official and strict. You have to get used to that, but don't worry if there is a problem because they will help you fix it. They also send a lot of emails, like 10 everyday. Some of these are useful. There is a "mental health monday email" every week with some advice on mental health issues like stress, homesickness, etc. Some emails were really irrelevant, about lost items or flashing car lights.

transfer of credits

I still have to get my results back so I don't know my grades yet. I will receive the grades as a A, B, C, etc, and it will be transferred to a pass or fail grade at UU. If I pass everything, I get 30 ECTS. The exact grades don't matter. My transcript of records from the University of Limerick will be sent to me and to the International Office of the UU soon (January 2020).

STUDENT LIFE

welcome & orientation programme



I arrived in Ireland on the 1st of September and the first week was orientation week. There were no classes yet and most of the Irish students weren't there yet, so this week was focused on the international students. There was a program with tours around campus, presentations, parties, trips to the city etc. It was a great way to make friends! I would recommend to be there the whole week and attend as much activities as possible.

accommodation

I stayed on campus at University of Limerick. There are several "villages" on campus where you can live. I picked Plassey Village because this was the cheapest option. I lived with 7 other international student and we shared a living room and kitchen. The location of Plassey Village is really good, it's a ten minute walk to all of the university buildings, the pubs and there is a Spar right next to village. It cost around 550 euros a month and this was a lot. You also get a membership for the gym and pool automatically, though. I feel like the money was worth it because it would have been really difficult to look for off-campus accomodation by myself. But, don't expect too much of Plassey Village. It's alright, but the bedrooms were small and the walls were really thin and the rooms didn't look very nice. We shared one fridge with 8 people which was a challenge. Also, there are no washing machines in any of the houses on campus: you have to go to a laundry room and pay for that. I liked living with 8 people because it was easy to become friends with some of my housemates and we hung out a lot together, which is a positive aspect of living on campus. Another positive aspect is the village reception: they can always help you if something is broken, you lost your key, you have a question, etc. There were some rules on campus and there was security that stopped us from making noise at night etc. This could be annoying, but it wasn't very strict. In conclusion, I do recommend living on campus because it's good for your social life, the location is good and it's easy to get the accomodation. Do this on time! I applied for a room on the first possible day and I got my first choice. The other villages like Kilmurry and Dromroe are a little bit more expensive, but the houses are nicer and there are more options like living with 4 or 6 people, having your own bathroom, etc. If you have the money I would recommend picking another village than Plassey.

leisure & culture

The on-campus life is really fun. The athmosphere is good and the other students and staff are always friendly. They organize a lot of parties. pub quizzes, etc and I recommend going there, especially in the first few weeks. There is a student union called UL Student Life. This is for all students and everybody is welcome. Almost every Irish student and international student is part of this. UL Student Life has clubs and societies with sports, games, hobbies, etc. There's even a "tea appreciation society". The clubs and societies are an easy way to get to know more people, also Irish students. There is also an international society that organizes trips around Ireland on the weekends. I highly recommend going on these trips! The international society organizes an international party in Stables (the pub on campus) every Friday as well. You can also volunteer at a language school where international students teach each other their own languages. You will probably also be busy with settling, studying and traveling, but I had enough time to join 3 societies and go to movie nights, parties, etc. I went on weekend trips around every 2-3 weeks, sometimes with the international society and sometimes with a smaller group of friends or housemates. I'm happy I got to see more of Ireland than just Limerick, because Limerick is not the nicest city (locals called it a shithole, not my words). Traveling is a great may to get to know more of the culture. The cities are nice, but it was also really impressive to go on hikes in nature. About the culture: Irish people are really fun in general. Try going to some traditional pubs with live music and chatting with some of the locals. they were always really nice and interested in internationals. They do drink a lot and they start drinking early! Pubs close around 1am, so the nightlife is earlier, so you have to go out earlier as well. I had to get used to that.

suggestions/tips

- Follow the UL channels on social media, like UL student life and the international society so you don't miss any events.
- Don't worry too much about dressing well, Irish students go to lectures in their sports clothes and everything is really casual, nobody cares.
- It might seem like a short time, but a semester is quite long so make sure you have all the stuff you need and buy it in ireland if needed. Looking back, I regretted not buying extra pillows and an extra charger. You will have



te leave stuff behind when you leave, but you can leave it in your house and it will be donated to the homeless.

- Look up local events, like music festivals. I went to a jazz festival & traditional festival nearby.
- If it's an option, take a course about Ireland like Irish Folklore, Irish Language or Irish Music and Dance. Many internationals do this, and you will learn more about the (very interesting) culture.
- Look up the module book at the UL website, you can probably find the one from last year. You can see the available modules there. For psychology, there were not that many options and some were similar to UU modules so I couldn't take them because the modules have to be approved. Check this on time!

CONCLUSIONS

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

Yes! Ireland is a great country and the culture shock was not that big. I had a really good time in Limerick and I highly recommend the destination because the campus is really big and has good facilities. However, I think any destination is good because you will make good friends and travel and that's always a good experience. So, I recommend going abroad in general but Ireland (and Limerick) was a good choice for me and I was happy I could blend in and speak English.

do you have any additional advice or comments?

Don't worry too much about having all the information. It's all a little bit more casual in Ireland and everything will be fine. Focus on making some good friends in the beginning and try to travel as much as possible! If you want to get to know more about the culture, don't be scared to talk to Irish students or locals because they are all very proud and happy to tell you about Ireland.



UU Report form - Erasmus 2018-2019

faculty/college	Behavioral Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

I found the exchange application process to be pretty easy. Once I went to the pre-departure meeting everything became clear for me. I started quite early with the whole process of choosing which university I wanted to go to and if things weren't clear to me I could always email the International Office for advice.

counselling & support at Utrecht University

Like I said in my previous answer the International Office at UU is very supportive and they are always willing to help you where needed. I also found that they replied very fast if I sent them a question by email.

academic preparation

I had to choose five courses at the University of Limerick which I found to be quite hard, because three of those had to be in the Psychology Department. Not all of the modules were available to international students, but in the end I ended up with five modules that I felt happy about

language preparation

.As for language I didn't really do any preparation because I found that my English was at a high enough level to commence my studies in Limerick.

finances

Before I left, I had already made a financial plan. This plan helped me to organise my financial situation in my head. It turned out that I had saved up enough money to cover for my expences, but you definitely have to keep in mind that you are going to spend more money there than in the Netherlands because of trips you are going to make.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

When I started I had selected five modules that I wanted to take during the semester. The first week is an introducton week, which was very helpful to me because to way that the university is organized takes some getting used to. In the second week you get the opportunity to go to lectures of the modules that you are interested in. After this week you have to hand in your final study plan. Some of the modules ended up to be not like I had expected and some were not available after all. This meant that I had to change most of my study plan, but at least I knew that these were modules that I was going to enjoy. I ended up with four modules instead of five and I could also choose two modules from the Psychology department instead of three so they were very flexible. What I found the most difficult was the fact that we had to make our timetable ourselves and make sure there weren't any clashes. It took some time but it wasn't too bad, I just was used to UU making



our schedules for us.
academic quality of education activities
I found the level of education at the University of Limerick to be lower than at UU. For some modules there were no tutorials at all and the lectures weren't mandatory which mean you really had nothing to commit to. The lecturers I had were pretty good over all, but some were definitely worse than I'm used to at UU. The exams were a lot easier than at UU as well.
counselling & support at receiving university abroad
The counselling and support at the University of Limerick were really good. This was something that really stood out to me. In the first 7 weeks there is extra support for first years and internationals which I found really comforting. Everything you needed is available on campus, even a doctor or therapist if you need it.
transfer of credits
I have not received my credits yet, so I don't know yet how they will transfer this to UU. The modules are 6 ECTS each so I expect this to be transferred just like that.

STUDENT LIFE	
welcome & orientation programme	
The first week of the semester was orientation week for international students. I found this week to be very helpful because I learnt a lot about the campus and facilities. However, I was very tired after this week because there were so many activities and all the new people I met. I do recommend going to a lot of these activities though, because this is where I met most of my friends for the semester. There was also the opportunity to sign up for clubs and societies. There are a lot of things to choose from but the International Society is something I would recommend to sign up for!	
accommodation	
I found accomodation on one of the on compus villages. The process of finding a room was quite easy to me. However, you have to apply very soon to make sure you get a place on the list as there are more students than rooms. I lived in Kilmurry Village and I became very good friends with my roommates which was nice.	
leisure & culture	
The Irish people are really kind and are always willing to help. This was something I had to get used to because this is not always the case in the Netherlands. This was a very positive experience. The Irish students don't really tend to hang out with internationals, but they are very recognisable as they wear sportswear a lot and the guys all have the same haircut. And as expected they are a beer-drinking nation, and they look very confused if you ask for a glass of beer instead of a pint.	
suggestions/tips	
My main suggestion is to stay on campus during your stay at the Univerity of Limerick. I didn't go into the city centre that often and I didn't need to because everything is available on campus. Another suggestion is to really take your time off to explore the country. Everything is easy accessible by bus or train and you get a student discount. The country is so beautiful and you really don't want to be stuck in one place if you have the change to travel around the country. Also keep an eye on the Ryanair flights from Dublin as they are extremely cheap. I flew to Portugal for 10 euros for intance and the possibilities are endless!	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
My conclusion is that I would definitely recommend University of Limerick. Not only is the campus is very nice and organised, the country is truly beautiful and the sights are breathtaking. I would recommend Limerick over Dublin because you get a true Ireland vibe as it is not a big city.	



do you have any additional advice or comments?

If you are in doubt right now, I would say: Just do it! I was very nervous before going as well, but this has been the best experience of my life. I have seen so much beautiful places and have made a lot of friends all over the world and I would do it all over again if I could.



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: j.vandenhout@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input checked="" type="checkbox"/> yes: jolijnxx (instagram) 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	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	Limerick, Ireland
name university abroad	University of Limerick
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process went rather smoothly. The university of Limerick responded very quickly and was very helpful with any of my questions. I messed up by applying twice, and within a day they had fixed it for me.
counselling & support at Utrecht University
I would suggest that, if you are interested in studying abroad, you go to the information night where students speak about their experiences. The extra information evening before your departure was also very helpful. Make use of the available information!
academic preparation
There is no real need for academic preparation. Have a close look at the courses, know what you want to do, know why you're going. But the level will be lower, the education will be easy if you are used to Dutch standards.
language preparation
Make sure you know how to follow a course in English. Be aware that not only the literature, but also all of the lectures and practicals will be in English. As far as accents go, most of the professors were American. But you could still prepare yourself for the accent a bit (by watching movies) to make sure you can understand people in the grocery store.
finances
Ireland is more expensive than the Netherlands, for sure. Because of the level of education, I was able to travel around quite a lot. Which obviously makes it even more expensive. I was prepared for that due to my savings.

STUDY ABROAD PERIOD



study programme (content and organisational issues)
I loved their course selection. There were some courses we do not have at UU. So take the opportunity to learn about different fields. For example, I followed organizational psychology, social psychology, economic psychology, sport psychology and sociology all in the same semester.
academic quality of education activities
If you want to be challenged academically, then I suggest you look into Trinity college or another country. Limerick is not hard or challenging in that way.
counselling & support at receiving university abroad
I really enjoyed the contact with the Univeristy of Limerick. Very easy going, very helpful. The Irish are honestly way too nice, so if you have a question: don't be afraid to let them know.
transfer of credits
You follow 5 courses of 6 ECTS, instead of 4 courses of 7,5 ECTS. But one semester, is 30 ECTS.

STUDENT LIFE	
welcome & orientation programme	Very nice! There is a great week set up for you with all of the other EU internationals. It's a shame that you are seperated from the Irish and non-EU, but it gives you the opportunity to become more of a unity with other internationals, which will help you throughout your stay.
accommodation	Overpriced. But, Ireland is expensive and the campus accomodation is very easily accesible with their online application system. I paid 2700 for four months, which is crazy. But even people I spoke to who lived off-campus paid around 2500. Prepare yourself for these costs.
leisure & culture	Culture shock? Not really. You can prepare yourself for fattier food, less options in the grocery store, pints (568 mL) instead of 250-300 mL glasses while going out and awfully nice people!
suggestions/tips	Travel! Ireland is wonderful. Limerick is located on the west coast which is gorgeous. But the DublinCoach gets you in Dublin for 20 euros (return) in 2,5 hours (single). We even went to London for only 50 return. Also, get yourself a creditcard. You will need for all of your payments online (think booking bus and train tickets to reserving your cinema tickets).

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	It totally depends on your personal challenges/goals. I was able to improve my writing in English, but because I hang out with mostly other internationals, I don't feel like my ENGLISH itself improved that much. The education is nto that challenging, but I did become more independent when it comes to travelling. I recommend the Erasmus experience for sure, but know what you want to achieve that semester and then search for the best fitting location.
do you have any additional advice or comments?	Just do it.



UU Report form - Erasmus 2017-2018

faculty/college	Behavioral Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology (Cognitive and Neurobiological)
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	28 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

Before applying for my study abroad, I did some research on possible countries I would like to go to and made a top 3 for myself. The website of the international office has a very clear document showing possible destinations. It is important to write down all the deadlines of the international office in advance and to make sure you are well prepared and on time when applying for a study abroad. You can find these on the website as well. Also, if you can, go to the pre-departure meeting from the international office and gather all the additional information you need for your application. Preparation can never start too early in this case.

counselling & support at Utrecht University

The international office is really supportive and always prepared to help you out whenever necessary with pretty much any question. Like mentioned earlier, the website is very informative as well and very much speaks for itself.

academic preparation

My academic preparation mainly consisted of reading the book of modules the host university offered and to see if there were courses offered that I was interested in and would fit my study programme.

language preparation

I didn't do any language preparation, since Ireland is an English speaking country.

finances

When applying for a study abroad, you are required to submit a written financial plan as well. I used the format provided by the international office to see what my monthly costs would be. In this case, it is important to know how much income you receive from different parties a month (parents/grant/government etc.) and to also take into account that you will spend more money than you would do at home, because of trips and maybe even the cost of living is higher in the country you're going to. So make sure you calculate that in into the financial plan as well and also give yourself the financial opportunity/freedom to spend more money, if possible, to fully enjoy your experiences abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme at the university of Limerick was quite a difference compared to studying at UU and took some getting used to. We got more than 10 e-mails a day from the university throughout the semester and the whole organisational structure of the university was very chaotic (teachers arriving too late in class, insufficient



powerpoints etc.). We had a two-week introduction in which we could follow pretty much every module to see what we would find interesting. In that periode I also found out that half of the modules I wanted to register for before I came to Ireland were not available anymore and I had to quickly find another solution. After that period you had to officially register for 5 modules (6 ECTS each) to get the full 30 ETCS. So by then, you had created your own personal schedule. I did 3 courses in psychology, 1 additional cultural course about Ireland and a course in sport science, which had great overlap with psychology. University of Limerick is known for having the best sport science faculty in the country, which made it interesting for me to do a course in that as well.
academic quality of education activities
The acadamic quality of the courses were a step back compared to lessons at UU. We did not have to read books for instance, articles given in class were enough to pass exams. Also, some classes consisted only of written essays without exams. Nevertheless, I can say I did learn a lot but in a different way than at home. I put more energy in the essay writing than I normally do and also to write everything in English and to be able to perform in English in every single aspect, was really something I learned a lot from.
counselling & support at receiving university abroad
University of Limerick was really helpful in every single way possible and their international office was really good.
transfer of credits
Ireland has a different grading system than the Netherlands and at this point I don't know yet how credits will be transferred into Dutch grades.

STUDENT LIFE

welcome & orientation programme
The orientation programme of university if Limerick was really good and they also put a lot of energy in making the internationals feel at home. We had a two-week orientation programme with academic information (where to find buildings, rules etc.) and there were also a lot of parties and other opportunities to get to know a lot of people. After the orientation every international pretty much knew each other.
accommodation
The students accomodations were great. The university had several student villages all over the university campus and some off-campus as well. It was expensive compared to prices in Utrecht to rent a room, but the facilities were very good. Most of the rooms were completely refurbished and everyone lived in small houses/flats, a little bit comparable to a holiday home.
leisure & culture
We had a lot of time for leisurement activities and Ireland has a very vibrant and welcoming culture. The months consisted of travelling around the country with roommates and other people we got to know there. Ireland also has a very beautiful nature which some people could never get enough from.
suggestions/tips
My main tip is to apply for a student accomodation with as many people as possible. I lived with 7 other people, which at first I found quite a lot and I was unsure if I was really up for it. But I quickly learned that those people are the way in to get to know as many people as possible and to make yourself feel really at home and have a lot of fun. We all became very close and the best of friends. It is also very handy to have connections all over the world when working internationally in the future for example. Some people I knew that lived in smaller accomodations with less people, did not have such a nice experience at all.

CONCLUSIONS



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

Yes, I would recommend this university to others. Eventhough the academic quality was not as good as UU, it did teach me to become more creative and to adjust to new situations easier, which is very important skill I can use in many situations. Also, I got to expand my network immensely due to the nice facilities this university offered with a great orientation programme that really connected people.

do you have any additional advice or comments?



UU Report form - Erasmus 2017-2018

faculty/college	Utrecht University Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	28 / 08 / 2017 (dd/mm/yyyy)
end date	17 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for an exchange the university requires several documents from you. I found it to be pretty easy to apply for an exchange. The hardest parts were probably choosing the universities for my top 3 and writing my motivation letter.

counselling & support at Utrecht University

The International Office was very helpful with any questions or inquiries you had during the process of application. For instance, I had trouble with translating some of my studies onto my Curriculum Vitae in English.

academic preparation

As for the studies, I found it quite hard to select the courses I wanted to take at UL. I needed to take 3 courses at the psychology department and the other 2 courses were completely up to me. There weren't as many courses to choose from and since I'm not a full psychology student in Utrecht, I wasn't sure which courses would fit into my program. In the end I managed to select 5 courses that I felt happy about.

language preparation

I didn't do any language preparation, I thought my level of English would be high enough to be able to understand my classes. And since Ireland has English as a main language, I didn't need to learn an additional language.

finances

I made a budget with my applications and I picked up some extra hours at work to save up some money. I also didn't go on holiday myself but went with my parents instead. That saved me a lot of money as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

During the semester I had to take 5 courses that would count up to 30 ects. 3 of those courses had to be within the psychology department and the other 2 could be of any department. I ended up taking none of the courses I selected at home. Some of the courses I had selected weren't available, others didn't fit within my schedule and others I just didn't like. So in the end I did; Educational Neuroscience (very similar to my studies at Utrecht, but more of a biological perspective), Biological Basis of Human Behaviour (pedagogical sciences doesn't cover a lot of biology, so I figured I would take my chance now), Psychology of the Personality (just sounded interesting and something I hadn't done before) and Social Influence and Attitude Change (this was the post-grad module and it also sounded really interesting), these 4 courses were all from the psychology department. Then for my 5th course I decided to do Irish Folklore because I wanted to learn something about Ireland while I



was there and it fitted nicely into my schedule. We had to pick all our courses ourselves and make up our own timetable and make sure none of the courses clashed with each other. This took some puzzling but you had the first 2 weeks of the semester to attend lectures and make your final decisions. So in my first week I attended 7 lectures to select which courses I wanted to take. This was very handy because the first lecture always gives an overview of what to expect from a course.
academic quality of education activities
The level of education at the University of Limerick is considerably lower than it is at Utrecht University. You only have lectures and there are some tutorial groups, but these are more used as mini-lectures than time that you can actually get to work with the theories and other information you heard about in the lectures. The way of teaching is also different in that it is a more passive way of teaching. You are not triggered to think critically about the materials covered in class. However, I took one post-graduate course and there was an German lecturer who also teaches at Utrecht sometimes. So he had a more active way of teaching that is more similar to the teaching style used at Utrecht.
counselling & support at receiving university abroad
There were a lot of oppurtunities for counseling and support available at UL. They had a first 7 weeks program for both international as first year students to get to know how to get around campus and what was available to them. There were also a lot of emails that let you know when there was writing tutors available to help you with your assignments for instance. Overall the university had a lot of support to offer whenever you needed it. Everything was available on campus, even a doctor.
transfer of credits
Because this was an Erasmus exchange my credits were all in ECTS and will be transferred directly.

STUDENT LIFE
welcome & orientation programme
The first of the semester was orientation week for international students. We were the only ones on the campus and none of the Irish students had arrived yet. We had a very full programme with lots of different activities. I found it very easy to get to know people during those events and some of my closest friends during the semester I've met during the first week. Because it was such a full week and you were flouded with new experiences, I also found it quite exhousing. Some of the activities included drinking coffee on Monday, going grocery shopping and other stuff on Tuesday, an irish dance and music performance on Wednesday, drinking some beers on Thursday, and the first of many to come TGIF International party at the campus bar The Stables on Friday night. And then on Saturday there was the first trip of the semester to the Cliffs of Moher and the Burren. During the week we also had a lot of information sessions and a tour around the campus etcetera. There was also a big drive where you could sign up for the different societies on campus. There are a lot of societies and almost everything you can think of, there is a society for it, even a tea appreciation society. Joining a society is a good way to get to know Irish students because it can be very hard because you hang out more with internationals.
accommodation
I had a room in one of the 5 on-campus accomodations. I found that most International students did the same thing because it is by far the easiest way to get housing. You do have to be quick with applying for this and it can be quite expensive. I am very happy I did this and I chose Thomond Village, which was a very nice village. Most of my friends lived in the same village or were my roommates, so you could just go across the main square of the village when you wanted to hang out which was super convenient.
leisure & culture
The Irish people are the most warmhearted lovely people I have ever met. They are kind and are nothing is too much to ask. I got a lift from the Aldi (which was a 30 minute walk from my village) on my first day! A thing we



did find strange were some of the clothing choices the students made. Don't look up if someone comes to class in their sportswear, around 70% of the Irish students does this, including all of the girls. And then they dress up in their high heels and short skirts for a night out. Early drinking is also a common thing, the Stables has students with beers in their hands all day round.

suggestions/tips

If you are going to the University of Limerick, do get your housing on campus. I found Thomond Village to be really nice and it had a nice mixture of Irish and International students. I had 3 Irish guys and 2 American girls as my roommates. But there were also some apartments that had only International students in them. You can join the International Society and they organise a lot of trips for a little money. You also get to know a lot of people through those trips, but I didn't like the tight schedule you are on when you do those big trips so I preferred to go on my own trips with just my friends.

CONCLUSIONS

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

Yes I would absolutely recommend Limerick. Ireland is one of the most beautiful countries ever, every piece of the country has a different landscape and a different atmosphere. The university itself is really good organized and provides for everything. The level of education might be lower but that also makes it easier to do all of the fun stuff throughout the weeks! I am really happy with my choice and I've had the time of my life.

do you have any additional advice or comments?

If you are thinking of going abroad, just go for it! Be prepared to make a lot of new memories and friends for life. Of course it is going to be hard, but as long as you are open to new people and experiences, everything is going to be fine. Remember everybody there is in the same exact situation. We are all looking for new friends! And yes it times it can get lonely, but you get through that as well. This was the best decision I've ever made and I'm said that I couldn't stay for another semester.



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	29 / 08 / 2017 (dd/mm/yyyy)
end date	17 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The process of application went very easy, the university sent me all the necessary information a month before the start of the semester. All the information was very clear as well.

counselling & support at Utrecht University

The support I got from Utrecht University was great, whenever I had a question I received an email back in 2 days max.

academic preparation

I did not prepare any academic skills beforehand.

language preparation

I did not prepare any language skills beforehand.

finances

I experienced studying at UL to be cheaper than UU, I did not have to pay for studybooks for example. I payed most out of the erasmus grant and the money I received from the Dutch government every month. I also had saved some money and I ended up spending around 800 euro's of my savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

We got to try all the courses in the first 2 weeks, which gave us a great oppurtunity to choose the best-fitting courses. We had to make our own timetable, which worked out very well.

academic quality of education activities

I enrolled in 3 psychology courses and 2 sport science courses. There was a big difference in quality between these two programmes. Sport sciences was very well organised, the lectures were of a high standard and so were the tutorials. Psychology on the other hand was of much lower standard, the level of education was very low and the the teachers were not very motivating.

counselling & support at receiving university abroad

I have not experienced any problems with counselling & support at UL.

transfer of credits

I have not experienced any problems with the transfer of credits.



STUDENT LIFE
welcome & orientation programme
I arrived too late to enroll in the orientation programme.
accommodation
I lived on-campus, which was a great experience. I lived with 8 people in total, which all were internationals as well. Living on-campus really improved my study abroad experience.
leisure & culture
I went on a trip almost every weekend with some of my roommates, we drove around Ireland and also visited Northern Ireland and Schotland. Nature in Ireland is amazing, the vibes in the pubs are great and most of the people were very friendly.
suggestions/tips
Say yes to everything, go on every trip, make friends, do everything you're scared of doing, it's all worth it.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, it has been a great experience, but if you really want a high level of education, UL may not be the right university for you.
do you have any additional advice or comments?



UU Report form - Erasmus 2017-2018

faculty/college	Social Scienced
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	28 / 08 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

This wasn't really hard. It was clear what you had to fill in and by what time.

counselling & support at Utrecht University

This was good. They responded quick on your emails and there were many possibilities to make an appointment as well. For personal problems as well which might influence your study abroad they really helped looking into this.

academic preparation

Since we didn't have to do so much for preperation it felt kind of far away. The only thing they needed was a photo of yourself and that was about it. Choosing courses happened in the first two weeks in Limerick.

language preparation

I didn't do any language preperation.

finances

When you'll live on campus you have to pay the whole amount for the semester in one time so this took some preparing as getting a creditcard which I'd recommend anyways and save enough money for this But this is also nice because you won't have to set money aside for rent monthly which makes it easier to spent more money on trips!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

They are really laid back, also in this you'll see this. The only thing you had to make sure was handing in your course form on time after two weeks of following classes.

academic quality of education activities

Not as good as Utrecht. Irish students are pretty unmotivated so they are kind of corresponding with this fact which makes it sometimes really easy. The classes I took were interesting especially creative writing since it was something completely different.

counselling & support at receiving university abroad

This was a lot, it sometimes felt like too much with an overload of emails from UL but I'm sure that it is good for people who'll need it.



transfer of credits

This was well done. The grading system in Ireland is really different and somewhat confusing so it was a surprise what kind of marks I got back.

STUDENT LIFE

welcome & orientation programme

This was a nice week with not too many activities. Since they have 4000 incoming students from abroad every year it was hard as well because there are so many people to meet.

accommodation

This was good. I stayed on campus in a renovated house and we had a reception so when anything was broken they'd come and fix it which was really handy it also felt like a little village which was cool. They also organized some activities as well. But Plassey was kind of their first year student village which made them really strict about curfews. This meant that your house had to be quiet around 10 pm.

leisure & culture

There are many clubs you could join which I highly recommend. I joined the hockey and surfclub and I enjoyed this very much because it gives a good opportunity to blend in with Irish students but also to have some irregular cool activities like surfing.

suggestions/tips

More activities for international students during the week. This was not really the case and the city was very far away from campus.

CONCLUSIONS

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

I do, but you will need to find your own way a lot, socially. I would have preferred a smaller amount of international students with a little more international community than Limerick had. But Ireland is beautiful and because of all the cool clubs and stuff you can do I really enjoyed my time here!

do you have any additional advice or comments?

Don't go for particular classes you can follow but choose Limerick because you like Ireland and want to know more about campus life.



UU Report form - Erasmus 2016-2017

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology - Cognitive Neurobiology Psychology
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	28 / 08 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application is very easy. The hardest part is mostly picking a University abroad since UU has so many connections. The main thing that you have to keep in mind while applying is that you are sure that you can afford to go on exchange in relationship to your study. And keep in mind that not all Universities respond as quickly as UU when collecting signatures. UL was pretty quickly though.

counselling & support at Utrecht University

UU was very helpful about basically any question. The only hard part is that you have to check yourself if you are allowed to take certain subjects. Because the timetable of UL changes every year, and the modules are not clear before arriving, this can be a little bit of a hassle.

academic preparation

I didn't have any academic preparation. Once I was excepted I could follow almost every modules except for the ones only available to Irish students.

language preparation

None. Eventhough the Irish have a sometimes difficult accent, the medium was English.

finances

I saved up some money from my parttime job but I payed mostly from study finance and savings. Keep in mind that you don't get your grant straightaway and not fully until you return. Be sure to have some sort of buffer because you shouldn't miss out on any trips or other fun activities.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Since I had complete freedom in which modules I should take I chose to take some random modules. You have the first 2 weeks to try different modules before having to sign up officially. As an international this was very pleasant since I had no idea if I would like the subjects I was interested in which I chose back home. The downside is that the first few weeks are very uncertain. You need to hurry as well to check with your home university if you are allowed to take the subjects. A big problem for me and other Psychology students was that most psychology modules had to much overlap with my courses at home.

academic quality of education activities

The academic quality is lower than UU. I took 4 modules but looking back at it now, I could have easily done 5. Their system is different resulting students from many different studies in one course. I found that the



academic level of most 4 year students had about the same level as a second year psychology student. I wish I was challenged more academically, but again I should have taking 5 courses instead of 4.
counselling & support at receiving university abroad
The support of UL was amazing. They have something they call 'the first 7 weeks' in which every week has a theme such as 'welcome week' and 'getting around' etc. This helps a lot when trying to find your way around college. They also had an organisation called the Hub whom had a room at student court. Whenever you had a question you could just pop in. Also, when I had to go back home (twice) for family reasons they helped me and were really understanding.
transfer of credits
They use the grading system from A1 to F. A1 being the highest and F the lowest. The % you needed to pass was not that high. Most subjects had an assignment during the semester and exam at the end but I had 2 modules which had 2 assignments (or more) and no exam. So the grading differs from the module.

STUDENT LIFE	
welcome & orientation programme	As said before, the first weeks they are really helpful. All internationals arrive 1 week before the rest of the students and you can get some extra 'international' attention since it's harder for us to figure out everything. Also, it was amazing to talk to all the different people from all over the world and to learn about all the different cultures, UL creates a great medium for that.
accommodation	I stayed in Troy. I think we had one of the most modern accommodation. I lived with 6 other: 1 German, 2 Dutch and 3 Spanish. We all had our own bathroom except for 2 guys who had to share one. Troy is a 25 minute walk away from the library (I came in that area the most). This is quite far but you will get used to the walk or you can buy a bike like some did. They did tend to be a little bit strict. For example, you were not allowed to have a party or get together after 10. When you did they would come and warn you which is ok. Keep in mind that you will have upstairs or downstairs neighbours, they can hear anything you do. It does feel safe in Troy though. Every night they have security and there is a big gate.
leisure & culture	I tried to do as much as I could next to studying. What I enjoyed most was that I joined the International Society and joined the Committee. This was a gateway in many trips around Ireland and fun parties. Be sure to go on as many trips as you can. Limerick is not the prettiest city so check out the cute towns around and mostly enjoy the nature. Be sure to check out some castles and cliffs! But, the biggest cultural highlight is mostly at night. Irish Pubs with live music and a pint are the most enjoyable. I loved to just go in town and watch the Irish dancing and folksmusic. Limerick it self has some great pubs. UL has a very broad range of clubs and societies so be sure to join as many as possible.
suggestions/tips	If you are thinking about studying in Limerick, then don't go for the academic level. I made that mistake because I thought the Univeristy was quite good. For me personally it was just not challenging and some other Dutch people I spoke thought the same. But Limerick is cheap(er), the Irish people are amazing and you will always have a great 'craic'.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes and no. Yes: Ireland is amazing, I feel like it doesn't really matter where you go, but who you meet. So for



the experience definitely go. No: Because I think there are other better universities available and you can meet greet people there as well, it just isn't Ireland.

do you have any additional advice or comments?

Be sure to have plenty of money.



UU Report form - Erasmus 2016-2017

faculty/college	UU Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cognitive and Neurobiological Psychology
destination city & country	Ireland, Limerick
name university abroad	University of Limerick (UL)
start date	29 / 08 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

This was pretty easy. You have to fill in some general forms and write a motivation letter and pick a top 3. Believe it or not Limerick was my first choice and I was very happy I got chosen to go there. You get an email from UL telling you that you are accepted and how to further apply for a semester at their University. The UL website is a bit different than the UU one so it was a bit of a hassle to find the right information and courses but in the end the application was actually quite easy.

counselling & support at Utrecht University

Emails to the International Office in Utrecht are replied to very quickly. I found their help very useful. You can email them with all the questions you have and they will really try and help you with your question.

academic preparation

non needed.

language preparation

In Ireland they speak English so I didn't think more preparation was needed. However the Irish accent did need some getting used to;

finances

It is a good idea to save as much money as possible beforehand. Especially accomodation was more expensive than I expected it to be and there are so many trips and places you will want to go to and explore so saving enough money to do all those things will be a good idea. Ireland isn't necessarily more expensive than the Netherlands but on Erasmus you spend a lot more than you would when staying in your home country.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Before leaving for Ireland I had to hand in a Learning Agreement with the courses I wanted to take. Like I mentioned before the UL website isn't the clearest site you'll ever see but eventually I was able to choose 5 courses (6 ECTS each). From my faculty here at UU I was meant to take a mininum of 3 courses within the psychology faculty in Limerick but I emailed the UU International Office and they arranged with UL that I could take less. So in the end I took only one psychology course and 4 others that had nothing to do with it. At UL, the first two weeks you are allowed to try out the courses you were initially planning on taking (and other courses aswell). After these two weeks you have to register for these courses. UL doesn't make a timetable for you with the courses you've picked, you have to use the website to see if the times of your lectures don't clash.



academic quality of education activities

Most courses at UL will say they are level 3 of 4 courses but UU will consider them to be first or second year courses. Or at least, this was the case with all the psychology courses they offered. Overall, I would say that the academic level at UL is lower than at the UU.

counselling & support at receiving university abroad

The International Office in Limerick is very good. They are very friendly and helpful.

transfer of credits

Credits haven't been transferred yet so I can't say anything about this yet.

STUDENT LIFE

welcome & orientation programme

UL had a very full and welcoming orientation week. You get a huge amount of information on the stuff you can do in Ireland and all the useful places on campus. In the beginning it all seems a bit overwhelming but you quickly find your way around the beautiful campus.

accommodation

Accommodation in Limerick is quite difficult to find. At the moment they have a huge housing shortage so I would recommend you apply for on campus quickly or start your off campus search. I was too late applying for on campus accommodation and finding another place was very difficult. Eventually I made a friend via Facebook and we were able to find a place together at Groody Student Park. Our house was quite basic for the money we paid but we were very happy we had found a place to stay and we had very nice housemates. Most of our friends stayed at Troy Village which is just next door to our house. Troy Village is a bit more expensive but very nice to live in. From our house it was approx. a 20-25 minute walk to campus.

leisure & culture

UL has about 70 different clubs and societies that you can join which are a lot of fun and a good opportunity to meet new people, both Erasmus and locals. One is the International Society which organises trips to a good variety of must-see places across Ireland for about 10-15 euros. I would definitely recommend joining! Also, the city centre of Limerick has some very nice Irish pubs if you want to go out for a drink.

suggestions/tips

Definitely join the International Society, have a pint at Stables or The Locke and party at Icon. The taxi back home is cheap!

CONCLUSIONS

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

Yes I would recommend UL. They have a beautiful campus and the University has a lot to offer and the huge amount of societies and clubs result in a lot of parties and fun experiences. TGIF party is every Friday in the on campus bar (Stables). However the city itself isn't that exciting.

do you have any additional advice or comments?

Ireland is amazingly beautiful and the people are very friendly. Definitely go on Erasmus! It's a great experience and you'll have so much fun exploring your new environment and making new friends.



UU Report form - Erasmus 2016-2017

faculty/college	SOCIAL SCIENCES
level	bachelor's
name study programme	PSYCHOLOGY

destination city & country	LIMERICK, IRELAND
name university abroad	UNIVERSITY OF LIMERICK
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

For me it was a bit disappointing, because I didn't really understand how hard it was to get into some universities and it was also unclear that some universities had restrictions. So I ended up at my fourth choice. But I don't regret anything. I still had the best time of my life (I even think I liked Ireland more than my first choices!)

counselling & support at Utrecht University

Enough counselling & support! The lectures and meetings are really covering most of what you need to know. Moreover they give you fast and extensive answers per email. Other than that I didn't really use much counselling.

academic preparation

I didn't have to do much preparation. Just make sure your English is okay, which you can check with the OLS test. Or bring a dictionary. And take some time to really figure out what courses you want to follow.

language preparation

The Irish accent is difficult to understand, but all the teacher speak proper English. The lectures are really easy to follow since the lecturer speaks clear and understandable English. You do need a certain level of writing skills in English in order to write papers and others written assignments.

finances

The cost of living in Ireland is a bit higher than in the Netherlands. The food is about the same price or cheaper (fish and nuts for example), a beer in a pub is about €5,- but you do get half a liter. The accommodation price is pretty high! I paid approximately €500,- per month. And always save some extra for trips, parties, activities, etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was quite good. There were a lot of courses to choose from. Although you need a certain amount of courses within your own field of expertise, there is also room for trying new subjects, languages or topics.

academic quality of education activities

For psychology the quality of education was a bit lower, since you already learned all the basics at the University of Utrecht. But there are subjects like Political psychology and Psychology at work that are new and very interesting. But you do need to check the book of modules really thoroughly to see if there are challenges and interesting topics for your study.

counselling & support at receiving university abroad



The counselling and support at the University of Limerick is the best. They have this first seven week program in which they take one universal topic like physical & mental health care or sexuality and learn you everything about it. They show you where to go with problems and how to find support. It really is a university for and with students. They are really committed to all their students and they really make you feel at home.
transfer of credits
As far as I know the transfer of credits at my home university is done with all fairness. You do need to take into account that some levels are rewarded lower in Utrecht. For example most psychology courses in Ireland are granted a level 2 in Utrecht. The grading system in Ireland is a bit different since they work with alphabetical grades (A1 to F) but the grading system is fair and good.

STUDENT LIFE	
welcome & orientation programme	The welcome and orientation programme couldn't be better. They have this first seven week program, in which they show you EVERYTHING. Your way around the campus, the best pubs, the library system but also were to go with (mental) problems, cheap doctors, sport activities, etc.
accommodation	Accommodation is really nice but expensive. You have all kinds of villages across the university or in the neighborhood. I was placed in Troy village, it was a bit further from the university (+/- 20 minutes by bike) but that made it a lot cheaper. I liked it a lot, since there were mostly internationals so you easily made friends. And because it was a bit further away, you could have house parties without noise complaints! But all the villages contained mostly international students, the houses were in real good quality, I had my own shower and toilet in my room, it was perfect!
leisure & culture	The Irish culture is amazing! I had low expectations about Ireland, but the landscape is amazing, the people are super friendly, the pubs are the best and the music is just wonderful!
suggestions/tips	Watch the movie PS. I love you, it is largely shot in Ireland so you get a nice image of the culture and the landscape. Furthermore, make sure to book accommodation on time! It is expensive, but if you're early you can get the cheaper ones. And make sure to save some money because somewhere in the first weeks you can join all kinds of societies for approximately €5,- and you really want to join! They have sport clubs, but also hiking tours, the international society plans the coolest trips to all the must sees in Ireland, the outdoor pursuit club takes you hiking, climbing and caving and it's all really awesome! So save some money and just join as many clubs as possible!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Definitely! The university is ruled by students so they have different parties, activities and games every week. They make you feel part of their community. You learn a lot about the culture! You meet a lot of internationals, even when you're not trying, just because the international society organises a lot of activities and parties for just the internationals. There are all kinds of societies and sport clubs you can join (they even have a tea appreciation society), places to visit and fun things to do. In the first week they had a freaking bouncing castle!
do you have any additional advice or comments?	At the beginning it looks like a lot of work to arrange everything, so start early. Especially for the Erasmus grant you need to read and sign a lot of paperwork. But as soon as you have finished that part, you can start looking forward to the best time of your life! Make sure you have your accommodation arranged before arrival. Check things like what kind of bedsheets to bring (saves you money). And furthermore, don't worry. In the first week



they explain everything to you; how their Sulis system works, were to go, etc. So you just have to participate in some kind of events in order to make some friends and enjoy your time there!



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
destination city & country	Limerick, Ireland
name university abroad	University of Limerick
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

I enrolled in the second round of the application process, as my friend notified that it was still possible to enroll. I thought I was too late. Sometimes I somewhat lost the overview of the process. There were a lot of forms to be filled, signed and sent/uploaded. This resulted in sometimes having multiple versions of a form, one signed by me and the sending institution and another only signed by the receiving institution. Signing the forms sometimes gave me stress to get it all done on time.

counselling & support at Utrecht University

As stated above I experienced some stressful moments during the application process but the staff of the International Office from Utrecht University were very quick in signing the forms as well as elaborately answering questions.

academic preparation

This exchange was a part of the fourth year of my Bachelor in Psychology. So I had already three years of pre-existing knowledge.

language preparation

The language spoken at the receiving institution is English. My English was already fluent upon application so I did not need language preparation.

finances

Due to insufficient Erasmus funds for my sending institution it was a bit insecure if, when and how much funding we would receive. In the end we received funding but unfortunately not sufficient. I had to use money from my own savings to reach the total amount of the accomodation at the receiving institution.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The available courses for my study were quite limited compared to my own university and a lot of the available courses had the same content as the courses I have been following for the past three years. Nevertheless the way of teaching and the organisation of the courses was very pleasant.

academic quality of education activities

The quality of education was good, the teachers were passionate about teaching their subjects and thoroughly handled the subjects, in an interactive way, starting debates in class.

counselling & support at receiving university abroad

It was a pleasant surprise to see the amount of counselling and support the receiving university offered. I was not used to this from my sending university, at least, my sending institution might have a good counselling system as well, but they don't show it as much as the receiving university. In my opinion a very nice plus.



transfer of credits

This is still in progress

STUDENT LIFE

welcome & orientation programme

The welcome at our student village was very nice, we were received by the village office with thee, coffee and cookies. We had a nice chat and they were very helpful in answering our questions, giving us route maps and even helping us with our luggage. The introduction was nothing less then great. Filled with many nice activities, a tour on campus and useful information, we were set to start the semester. The First Seven Weeks support programme was the cherry on top. Every week a different theme to offer support to the newcomers and let them adjust to the UL life easily.

accommodation

The house was wonderful, it was big, bright and clean. We had a balcony which was an absolute plus. We were off campus in Troy Student Village and the vibe in our village was very pleasant, the reception was kind and helpful, and sufficient services in the village such as laundry room and cleaning supplies.

leisure & culture

The University of Limerick offers a wide range of activities and clubs to join. From cultural clubs to sports and artistic clubs, they have it all and even the opportunity to start your own!

suggestions/tips

No suggestions

CONCLUSIONS

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

Yes! I would definitely recommend this university, it was the best experience of my student life and the whole vibe at UL was good. A friendly and happy community of students, many nice activities and parties , good education and good support.

do you have any additional advice or comments?

No