



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>	
	<p>my e-mail address <input checked="" type="checkbox"/> yes: f.c.bekius@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input checked="" type="checkbox"/> yes: Froukje Bekius</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><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: @</p>	
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	Southampton, England
name university abroad	University of Southampton
start date	28 / 01 / 2019 (dd/mm/yyyy)
end date	15 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	My process went a bit slow. Because I did my second semester abroad I had to wait quite a long time for all the documents. It was also sometimes difficult to choose my modules. The website can be hard to get a hang on and not all the modules they advertise are actually available. But after I had some patient and waited for my documents everything went a lot smoother.
counselling & support at Utrecht University	The support of the UU was good. I changed my modules during the first weeks but I got these approved by the UU very quickly.
academic preparation	I did no specific academic preparation and these were not necessary. The level of difficulty is comparable to the University of Utrecht so preparations were not needed.
language preparation	I also did not do any language preparations. I only did the language test for the Erasmus grant and that showed I already have the second highest level of English so I did not think any more preparations were necessary.
finances	I saved up 2500 euro in total, got 90 euro a month from OV, 280 a month from Erasmus grant and 700 a month from my parents. This was more than enough money. I did try to live as cheap as possible but I never found myself in the situation where I did not have the money to do something. The amount of money you spend on food in Southampton is comparable to that in Utrecht. Public transport can be expensive if you don't book it in advance, but once you get the hang of it, it's alright. Just keep in mind that you do spend more than in the



Netherlands, since you're constantly planning trips and fun things to discover the country.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I am a Psychology students but I wanted to do one module outside of Psychology. I had a lot of troubles with trying to arrange this. In the first few weeks I switched modules three times. They don't allow Psychology students in every module and there was a lot of overlap in the lectures which made the choice limited. I ended up following three instead of four modules because of this. But this did give me a lot of free time!

academic quality of education activities

The level of education is comparable to the University of Utrecht. You can choose between first, second and third year modules which are almost the same as our level 1, 2 and 3 modules. I had a two hour lecture for each module and 2 seminars in the entire semester. The seminars are not like in the Netherlands, a lot of people don't show up and you also don't need to prepare anything. The lectures are pretty much the same as in the Netherlands. I followed the modules Psychology of Advertisement, Psychology of Attractiveness, and Self-conscious Emotions. If you want more information about these modules, just contact me!

counselling & support at receiving university abroad

When I was switching modules the University of Southampton was very helpful and answered my emails within a day. Other than that I did not have much contact with the university. They did organize a introduction day and a (free) farewell BBQ.

transfer of credits

I have not transferred my credits yet. I will get my marks after the deadline of this document. I am pretty sure I passed everything.

STUDENT LIFE

welcome & orientation programme

The freshersweek was already over because I came in the second semester. They did have a psychology specific introduction day, but I missed that because I was still writing my thesis in the Netherlands. ESN did do a lot of fun activities and I went to almost all of them. In the first week they did a quiz and curry, getting ice cream together and they threw a big party. ESN was very great overall, lovely welcoming people who organize a lot. I also had a buddy mom (a British student) and international sisters (usually do the same study programme). You could always ask your buddy mom questions and it was a great way of meeting internationals who do the same study programme.

accommodation

I lived in student halls (Archers road). It was quite expensive, but I didn't have to worry about gas, electricity, etc. And you also get a free bus pass (very helpful!) when you live in halls. I lived with 5 others, they were all first years British students. I did not really feel a connection with them but they were friendly. We also had a cleaner who came once a week and cleaned the kitchen. You can also live privately rented. This is a lot cheaper and is not that hard to find. But these houses are often very dirty.

leisure & culture

Southampton is not that big or beautiful. But there are a lot of pubs and clubs in a wide variety. If you want, you can go clubbing every night. And the pub culture is amazing. The people have no accent and are very friendly. There are hundreds of societies you can join. There is something for everyone (sports, fanclubs, volunteering, board games, etc.). I joined the hill hiking society and I definitely recommend this if you want to see some of the country sides of England. They organize a hike every Saturday somewhere around Southampton. And I also went to hike in the highlands of Scotland with them. Overall I travelled a lot. Even though Southampton is not



the most beautiful city, it is the perfect base to travel around. I went to Dover, Canterbury, Bath, London (several times), Winchester, Isle of Wight, Oxford, New Forest, Portsmouth, Liverpool, Manchester, Bournemouth, Brighton and the Jurassic coast. I also did trips to Fort William in Scotland, Belfast in North Ireland, Dublin and Galway in Ireland, and Newport and Cardiff in Wales. In the second semester they have springbreak in England and somehow my springbreak was the entire month of April so I had a lot of time to travel. If you want to know how to get to the places I went to or what I recommed just contact me!

suggestions/tips

Try to do as much as possible! Travelling around is amazing but there are also so many fun things to do in Southampton. Join a society, go clubbing, eating out (especially breakfast), hang out in the parks, shopping, etc. And you can get a cinema pass in the student cinema for 10 pounds and go to the cinema for free for the entire semester!

CONCLUSIONS

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

Yes I absolutely loved my time in Southampton. Everything is nicely organized, the ESN is very active, there are so many places you can travel from there and student life is just great. I just recommend England in general, the county has so much more to offer than you think.

do you have any additional advice or comments?

Just do an exchange.

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permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>		
	my e-mail address	<input type="checkbox"/> yes:	@ veerle-schepens@live.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: @		
<i>See end note for * and **</i>			
faculty/college	Social Sciences		
level	<input type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD		
name study programme	Interdisciplinary Social Sciences		

destination city & country	UK, Southampton
name university abroad	University of Southampton
start date	28 / 09 / 2018 (dd/mm/yyyy)
end date	26 / 01 / 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 exchange application process takes some time and effort because you need to submit multiple different documents and have to keep track of what is needed and when. But this was totally worth it in my opinion.
counselling & support at Utrecht University
The FSW International Office always replied quickly and helpful to my emails.
academic preparation
No academic preparation was necessary for me since I had already been studying at uni for 3 years.
language preparation
I was sufficiently confident about my English skills before departure. The online thing I had to do was an online English exam for the Erasmus+ grant. This takes 40 minutes and tests your grammar, vocabulary, listening and reading. You also have to take this test after the period abroad. I found it interesting and nice to see that I had improved my language skills.
finances
I found it very useful to make a balance of the expected costs and expenses abroad because then you know what to expect and if you need to get a secondary job for example. Also, make sure that you double check online if you really switched off your OV-chipkaart (on DUO or OV website) after you have done this at a machine because I forgot to do so and thus did not get my first monthly €90 compensation.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I did Sociology in Southampton. There is plenty of choice in terms of modules. You have to do 3 modules within the course (Sociology) but you are allowed to do 1 module in a different area. Anthropology is also part of Sociology there. I enrolled in the following modules: - Race and Ethnicity - Sexuality and Intimacy Lives? New technologies and social change - Social Psychology (outside of Sociology) These were all level 5 or 6 modules, level 6 there is normally comparable to level 3 in Utrecht but not always so make sure you check this with the examination committee in Utrecht. Before arrival I had a different list of modules in mind but they did not all exist anymore and I had some timetable clashes so do not expect that you definitely will get all the modules you first chose.
academic quality of education activities
In the beginning I expected the modules to be very easy because of the first introductory lectures. However, I found it quite difficult to do 4 modules at the same time and keep up with all the readings. The level was quite similar to the level in Utrecht, but English students are more used to keeping up with the reading and prepare well for seminars. Something I found surprising was that the sociology lectures lasted for only 45 mins, and for 2 modules, I only had 1 class per week.
counselling & support at receiving university abroad
The University of Southampton is well organised and offers a lot of support. If necessary, they can support you 24/7 because of their telephone nightline and other services. You receive all the information about this in the first days of the semester and via email. Also, you get a tutor (one of the teachers in your course) to answer your questions and teachers have office hours every week which you can use to discuss personal or study issues.



All staff members were very friendly and helpful and replied to my emails very quickly.

transfer of credits

This part of the administration still needs to take place but that's because the marking deadline for exams and papers is the 21st of February. But I do not expect any problems with this because so far, all correspondence went very well.

STUDENT LIFE

welcome & orientation programme

The University of Southampton organises a huge amount of different activities for freshers (first year students) before the start of the academic year. There was a week full of welcome activities, parties, presentations and fayres with information about student (sport)societies and university services. This was not specifically for exchange students but fun and useful anyway. Also, there was a welcome meeting per faculty especially for exchange students in which the staff introduced themselves and we got extra information. So, this was also very well organised. I think they will have something similar but smaller for the start of the second semester too.

accommodation

I had read in almost all student experiences that the University accommodation was very overpriced and that private rented was way better, so I started looking for a room on spareroom.uk. This did not really work so I posted a question in a Facebook group (I think it was ESN Southampton) to ask whether anyone could recommend anything. Someone replied that The Student Quarter had nice houses on good locations, so I contacted them and ended up in a nice house with 2 other international students (in a house for 7 students). I had a great time here but the price (+/- 380 euros per month) was excluding bills (water, wifi and electricity) so in the end I think I paid almost as much as I would have paid for Uni accommodation. But our house was in a great location, between the city centre and the campus in a student neighbourhood and I had a big room, double bed, only 2 roomies and nice bathrooms and shared livingroom and kitchen, while most uni accommodation has small rooms with single beds, smaller shared spaces and a lot more roomies (10 or 12). A lot of private landlords do not offer contracts shorter than 6 months though but if you find someone to take over your room, you're good. So, I do recommend private rented accommodation but if you do not want extra things to take care of, university accommodation might be easier.

leisure & culture

As you will probably read in other student experiences too, Southampton is quite an ugly city. Although it's a harbour city, don't expect any beaches or promenades! The city does have some nice parks and two big shopping centres but not really an historical centre because this was bombed in WW2 and not rebuilt. Nevertheless, there are plenty of things to do for students (many pubs, bars and clubs) and a lot of beautiful places to visit in the surroundings (e.g. Isle of Wight, New Forest, Salisbury, Portsmouth, Brighton, Bristol, Bath, London etcetera.). You can easily visit most of these places by coach (cheap!) and maybe this makes you appreciate beautiful places such as Utrecht more.

Do not expect too much from the ESN committee in Southampton. Unfortunately, they were a bit lazy and did not organize any fun weekend trips. But you don't need them of course! Just become a member of Southampton International Facebook and WhatsApp groups and organise your own trips and other social activities!

The societies at uni are also a great opportunity to get to know more British students and learn more about their culture. They have a society for almost everything (sports, hobbies, charity, nationality etcetera.) so just



choose something you like or want to try.

suggestions/tips

The first semester here starts and ends quite late. My classes started around the 1st of October and the last exams and deadlines took place throughout January (till the 25th this year). The second semester starts directly after this so at the beginning of February and ends at the beginning of June. There are no classes during the entire month of April!! So, keep this in mind and plan a nice trip to Ireland or Scotland for example!

I recommend to buy a 2nd hand mountain bike because Southampton is quite hilly and buses are not very reliable and very expensive By bike you can go anywhere in the city in less than 30 mins. There are not many bike lanes but as long as you bike carefully and have good lights, you're safe.

CONCLUSIONS

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

Absolutely! Well organised university, good level and variety of modules, nice facilities on campus, fun city with a lot of opportunities for beautiful trips in the surrounding areas.

do you have any additional advice or comments?

The Brits are also extremely polite, patient and friendly so it was a pleasure living in their culture for a couple of months.

Feel free to contact me if you have any further 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	Psychology

destination city & country	Southampton, UK
name university abroad	University of Southampton
start date	01 / 10 / 2018 (dd/mm/yyyy)
end date	25 / 01 / 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 exchange application process was quite easy. Because as a Dutch student your English level is good enough you do not need to do an extra language test as many of my international friends needed to do. The university is pretty inviting and welcome to foreign students, so they are happy to help you with the application and all the questions you might have.

counselling & support at Utrecht University

I didn't use either of these really, but I know that there are multiple options if you need some extra help or advise as an erasmus student.



academic preparation
There was not much academic preparation needed for the uni.
language preparation
Not needed.
finances
I will recommend people to save up some money before going. Housing is a lot more expensive than in the Netherlands and also your normal groceries are just a bit more expensive. Also, me myself, liked to get the full erasmus experience by traveling a lot of places in the UK and Ireland and doing a lot of social events. I would recommend every student to do this, since it's a one in a life time experience, but this also means you need a bit more money. The erasmus grant and extra money from your own are not going to be enough so take care of that before you take off.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
At uni you have a lot more freedom and independence as Utrecht gives you. I also thought the content was a lot less and a bit easier. Passing is not the hardest to do, but getting really high marks might be harder than at Utrecht.
academic quality of education activities
I think the university has an really interesting program with a lot of different and alternative modules that are more specific and special than Utrecht has to offer. Also I really liked the interaction between lecturer and student. This was way less formal, but also triggering to really think about topics discussed in the lecture.
counselling & support at receiving university abroad
-
transfer of credits
This was quite late and not in time within the given period from the erasmus organisation.

STUDENT LIFE
welcome & orientation programme
There is a lot going on at the university of Southampton. The first week there is a special program for freshers and new students. The university is really involved with their students and organises way more activities (fun and academic) than Utrecht does. There are more than 100 societies for every hobby, sport or other interest where you can find some new friends. For international students there is a special esn community where you can meet other erasmus students and join for fun events.
accommodation
There are multiple options for accommodation. You can either live in halls or in a private accommodation. Halls is something via the Uni and maybe a saver choice. But I have to say that I am happy I didn't choose halls. Halls are basically big accommodations where you live with more than 10 on a floor and share one kitchen and bathroom. These houses are mostly filled with English freshers who party a lot and aren't always the cleanest. This is really different per hall. Also are halls very expensive, compared to private rent. I would suggest you look at facebook, or the esn page for a place and do some viewings before you really move in. The best places to live are in between highfield and the centre, for example Potswood.
leisure & culture



The British students are a lot of fun. They know how to do a good party and can be a bit crazy, but that's what I loved. If you are not so fond of these crazy Brits, there is a big esn community where you can find friends from anywhere in Europe.

suggestions/tips

Join a society! They are great fun, have nice socials and give you instant friends.

CONCLUSIONS

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

Yes,, I loved my sta here. I have to say that Southampton itself is not the most pretiest place in the world. But the uni and its students make more than up for it. Futhermore, ther location in the South of England is pretty good, since it's easy to visit a lot of nice other cities nt to far from it.

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	Algemene Sociale Wetenschappen

destination city & country	Southampton, England
name university abroad	University of Southampton
start date	01 / 10 / 2018 (dd/mm/yyyy)
end date	25 / 01 / 2019 (dd/mm/yyyy)

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

PREPARATION

exchange application process

Dit is wel even wat werk, maar je wordt er wel goed in begeleid en duidelijk gemaakt wat je nodig hebt of moet doen.

counselling & support at Utrecht University

Er werd snel op mijn mails gereageerd en mensen waren erg behulpzaam

academic preparation

Dit was niet nodig. Ik heb vakken uitgekozen waar ik zonder verdere voorbereidingen aan me kon doen

language preparation

Dit was niet nodig aangezien mijn Engels al op een adequaat niveau was om te studeren in Engeland.

finances

Naast de Erasmus beurs heb ik zelf ook geld gespaard en een bijdrage gekregen van mijn ouders.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
Sociology
academic quality of education activities
Deze is lager dan in Utrecht, maar nog steeds wel interessant om te volgen.
counselling & support at receiving university abroad
Net als in Utrecht waren de mensen in Southampton erg behulpzaam en redelijk snel in het beantwoorden van mails
transfer of credits
ik heb nog niet al m'n cijfers binnen

STUDENT LIFE
welcome & orientation programme
ze hadden een welkomsweek voor eerstejaars waar de internationals ook aan mee deden. Het was leuk georganiseerd en gezellig, maar het was wel duidelijk dat het op eerste jaars was gericht en niet op mensen die op uitwisseling zijn
accommodation
ik heb een huis gevonden bij een landlord. Beiden de campus en huizen bij landlords zijn vrij prijzig
leisure & culture
het was erg leuk om op daguitjes naar andere steden te gaan. Dit was erg makkelijk te doen met het openbaar vervoer (ookal kan dat soms nog duur zijn). De cultuur was verder makkelijk aan te wennen aangezien het niet erg veel verschilt van de Nederlandse cultuur.
suggestions/tips
x

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
jazeker, het is een mooie universiteit met interessante vakken. Het ligt mooi gelegen en daarmee bedoel ik dat er veel leuke engelse steden in de buurt liggen waar je gemakkelijk heen kunt gaan als een uitje.



UU Report form - Erasmus 2017-2018

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

destination city & country	Southampton, United Kingdom
name university abroad	University of Southampton
start date	23 / 09 / 2017 (dd/mm/yyyy)
end date	27 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process for the University of Southampton was quite straightforward and easy. You will receive an email from the University which directly explains what you should prepare and what to fill in. It might take a bit of time. If you were to run into any difficulties, don't hesitate on seeking contact with the University of Southampton. They respond really fast.

counselling & support at Utrecht University

The International Office was very helpful and nice whenever I needed them. Usually you will get a reply in a couple of hours tops.

academic preparation

I did not need to prepare anything for my studies at the University of Southampton.

language preparation

No special language preparations were needed. The Uni thinks your English is fine. If you passed secondary school. However, it might be a good idea to follow some English courses for some students who don't feel too confident speaking in other languages. I was fine without any classes and I think the majority will be as well.

finances

I made a financial plan with my parents which was very useful. I knew the UK would be more expensive than Utrecht so I saved some money. The exchange charges were worse than expected.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Psychology. I followed three Psychology modules and one Forensic module. You will follow four modules simultaneous, instead of having two blocks with two modules. In some weeks you will have to do much more than what you are used to, but in general you will have more time for the same amount of work which means that you'll have a lot of spare time.

academic quality of education activities

Everything was quite straightforward and not too difficult. Teachers knew what they were talking about and students were participating a lot more than what I was used to. Less homework but more participation compared to Utrecht.

counselling & support at receiving university abroad



Same as our counselling & support at Utrecht University; very helpful when needed.

transfer of credits

They use the CATS system for credits. 1 ECTS = 2 CATS. The university has a chart which will tell you how many CATS and ECTS a module contains, when you want to choose your module. I did 30 ECTS as suggested, which was fine.

STUDENT LIFE

welcome & orientation programme

The University organised a Fresher's week which was fun. It was aimed for the Freshers(First year students) but was also available for the Internationals. We internationals also had special events.

accommodation

You could live in halls with other students or could rent a room. I chose for the latter. I lived in a private rented house where I got to live with 4 guys and girls from the UK and with 2 international girls (from Germany and Austria). I really enjoyed the mix of Internationals and locals. Price wise it was very similar to halls but now I didn't have to live with Freshers. I found a room via spareroom.co.uk which is also useful for other cities in the UK.

leisure & culture

Southampton itself isn't a beautiful city where you can do a lot but it has a lot of opportunities. There are lots of students and many societies which you can join. You will meet these societies in your first week. They throw sick house parties and partying in the UK is sick compared to Utrecht. Southampton has great access to other places in the UK. In less than two hours you can be London, in an hour you're in Bath, in 1.5 in Bristol and in 2 hours you are in Brighton etc.

suggestions/tips

If you were to go to Southampton you will have a lot of spare time! It's the perfect opportunity to travel around. I was able to visit a new city almost every weekend. So make some nice friends and get on the train! Also, join some societies and make sure to meet a lot of new people!

CONCLUSIONS

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

All things considered, I would 100% recommend studying in Southampton! It might not be New York, Sydney or a fancy place in Sweden but Southampton offers more than one would expect. I made some friends for life with whom I've discovered three countries while also passing my modules. You really have the opportunity in Southampton to make the most of it, if you want to. Not a lot of stuff is obligated so you can really turn it into your own experience!

do you have any additional advice or comments?

Fortune favours the bold.



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	Southampton, United Kingdom
name university abroad	University of Southampton
start date	24 / 09 / 2017 (dd/mm/yyyy)
end date	27 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

I always knew I wanted to study in the UK. I just didn't know which city yet. So I read all the student experiences and looked at the courses that were available in the Universities and made my decisions based on that. I had to hand in a study plan, motivation letter, financial plan and curriculum vitae via Osiris. You can find all of these documents on the website of the International office.

counselling & support at Utrecht University

People at the international office were very helpful. They would always answer questions very quickly and you can just step by during office hours to get your documents signed.

academic preparation

I didn't have to do anything regarding academical preparations before my exchange.

language preparation

Besides the language test that all exchange students have to do, I didn't have to do any language preparation.

finances

You should keep in mind that the UK is a very expensive country. Even just considering rent and groceries it's much more expensive than in the Netherlands. Therefore you should start saving money early. You do get an Erasmus grant but it isn't even enough to pay your rent.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose 4 modules:

PSYC2022: Forensic Cognitive and Affective Neuroscience

PSYC3015: Social and Psychological Approaches to Understanding Sexual Health

PSYC3056: Current & Emerging Issues in PSycho-Oncology and Pain Research

CRIM1003: Introduction to Criminology

You can easily find all the available modules on the website of the University. I initially wanted to do another criminology module but my tutor from Southampton emailed me that that module would probably be too hard and recommended this criminology module. They are very helpful in making your module decisions.

academic quality of education activities

I think over all the academic quality is high. I had 4 lectures and 1 seminar a week and I have to write some



essays and do some presentations. The professors are really involved with the students and provide good guidance with assignments. What bothered me was the fact that in two of my modules, all the lectures were student presentations. The professors would provide more information during the discussions, but still I felt like the professors could have done more. We didn't know if the information given by the students was completely correct, but we depended on that information for the exams.

counselling & support at receiving university abroad

The university offers a lot of support. As I said already, the professors are really helpful if you have any questions. Besides that there's also help to get accommodation, and the international office is also very helpful.

transfer of credits

I still need to receive my exam marks, I will hopefully get an email in the following week. The grading system is very different in the UK, as is explained in the other student experiences.

STUDENT LIFE

welcome & orientation programme

Freshers week was so much fun. The day I arrived I immediately had a welcome party planned that night. And there were all kinds of events planned throughout the first two weeks or so. You don't need to worry about going to such an event by yourself, because no one knows anyone. I would especially encourage you to go to Erasmus events if you don't know anyone.

accommodation

I stayed in Student Halls (Archers Road). In Southampton it's not one big campus, but the halls are more spread out through the city. My halls were in between the University and the city centre and close to Bedford place (which is a place with lots of pubs) so I was really glad I stayed there.

leisure & culture

The Student's Union (SUSU) offers a lot of societies. They have a society for literally everything. All kinds of sports, a cocktail society, anime society, etc. I joined the jazz dance society and I would really encourage you to join any society that suits you. Societies usually have one night a week for practice and besides that they organise all kinds of social events. Don't worry about going to your first social alone, because everyone does that. This is the way to get to know people besides Erasmus students!

I went on a lot of trips. England has some very beautiful places and this is a good way to get to know the culture.

suggestions/tips

- I would really recommend living in halls, because you get to know so many people so soon and I met some of my best friends there. Everything is taken care of in halls, if something is broken they fix it within a day.
- Go to erasmus events, especially in the first few weeks. I also met a lot of people here.
- Join a society!!! There is a bunfight in the first week where you can see which societies there are and you can sign up to tag along for a session. Societies are one aspect of university which is really different from the Netherlands and I would really recommend you to join one!
- Go on a lot of trips :)

CONCLUSIONS

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

Yes! The city itself isn't very special, but the student life is so good. I really had the best time. There are a lot of pubs/bars/clubs etc. The university is really organised and they will help you with anything.

do you have any additional advice or comments?

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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	Pedagogical Sciences
destination city & country	Southampton, United Kingdom
name university abroad	University of Southampton
start date	30 / 01 / 2017 (dd/mm/yyyy)
end date	01 / 07 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I first chose another country to go to, but since the place and subjects didn't feel good, I decided to cancel it. I was very sorry that my plan to study abroad didn't work out. Hence I asked the International Office if there would be any other opportunity for me. I told them I actually always wanted to go to England, and regretted not choosing it. Miraculously (and meant to be!) there was one place left in Southampton, because another girl decided not to go. Although the application process was more work than I thought it would be and paperwork didn't stop coming, because of the inestimable help of the International Office from the Utrecht University everything went very well and I couldn't be more happy. The contact with the Southampton University went also really prosperous, always got an immediate reply on my emails.

counselling & support at Utrecht University

As I already mentoned above, the International Office in Utrecht is indispensable. The International Office crew is fast, competent, super helpful and really kind too. They always want to help you out and no question is too much. You get an extremely fast reply on every email you send and you can always make an appointment with them if something isn't clear. I'm really grateful.

academic preparation

I didn't have to do anything regarding academical preparations before my exchange.

language preparation

Beside the language test I didn't had to prepare that much for my exchange. I also didn't feel like I had to do an English course or something before my stay abroad, because my level was good enough.

finances

I already started saving money in 2016, the year before my stay abroad. Besides, I worked a lot in the first semester (september-january) of my studyyear (2016-2017) and applicated for a student loan. I really didn't want to have the feeling of being limited in money and withheld in spending. I really wanted to say: 'yes' to everything and besides, I knew that England would be an expensive country regarding lettings, trips and groceries.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Choosing modules already started in the Netherlands, so I chose four modules. Everything was made very clear about what modules I could choose and which ones I couldn't. When I came to Southampton some modules



turned out to be not available anymore, so I had to make some changes, but it was not at all a big deal and the secretary from the University of Southampton was super kind and helped me with everything. The university also provided the opportunity to change a module after a few weeks. I also made use of that and skipped one module, because I wasn't really sure about that. Everything went really smooth thanks to all the people from Southampton and Utrecht.

academic quality of education activities

I think the standard of education is quite high in Southampton. The lecturers are really involved with the students and provide a lot of help and support. I had around 4 lectures a week and 2 seminars. Lecturers were all really well prepared and what I very much liked about the lecturers was that they were so close with the students and really wanted to do everything well. Also: lecturers use a lot of humor when giving their talk, I enjoyed every lecture. The seminars are also very well-prepared, I had to do a lot of discussions and a few presentations and learned a lot thanks to that. I also had to write a few essays. I had difficulties to sense what the teachers wanted, what they wanted to hear from us. I suspect it was a bit because of the fact that I'm not a natural speaker, but also because the module handbooks were not always very clear. Now I know how I have to address writing an essay, but I found out at the end of my stay and therefore too late. I think in order to really know what to do, you have to stay a year or longer. A semester is too short for that.

counselling & support at receiving university abroad

The university offers a lot of counseling and support. Lecturers are all really open to provide support. They offer the students to Email them or make appointments to talk about the readings or about the content of the essay. Besides, there is an academical support to help you with writing. You can make a personal appointment and talk about your essay, check if you're on the right track. And for foreign students, they can provide help with grammar. There is also an ICT desk on campus, which offers help with computers.

transfer of credits

The marking system in the UK differs from the Dutch marking system. In the UK, marks are given between 1 and 100% whereby you need a 40% in order to pass. A 40% thus stands for a 5,5 in the Dutch system. I'll probably get my marks at the end of June or at the beginning of July. I don't know yet how the transfer of credits will be done and I'm also not sure if the marks will be converted into 'Dutch grades'. We don't get much information about this.

STUDENT LIFE

welcome & orientation programme

There wasn't really a welcoming 'week' as we have in the Netherlands. However, there were two important welcoming presentations. After a short tour around the campus in groups to get know the most important buildings and places, we got one presentation organized for all Erasmus students who arrived in the second semester. It was a general information session whereby we were welcomed by the university staff and the 'Union staff'. The Union is an organisation within the university especially for the students. They talked about the facilities on campus: safety, ICT, lettings, library, shops, restaurants and so on. The second presentation was a short talk for the Psychology (Erasmus)students enumerating all the important websites we had to use, for example: Blackboard, E-assignments, SUSSED and e-folio. Websites on which you have to submit your essays for example and where you can find your timetable and grades. Both presentations were really well organized and useful. In the same week there was an Erasmus welcoming party. Every student was asked to wear a white t-shirt so that people could write words or sentences about you or about themselves on your t-shirt. It was really nice to have a party in the first week in order to meet people and to see you weren't the only foreigner who came alone.

accommodation

There were two possible options for accommodation: a student 'hall', a big complex with a lot of students under the supervision of the university, or a private rented house . At first I really wanted to live in a hall,



because I thought that was the way of meeting people and being surrounded by students. However, after I almost agreed with the hall, I got a message from the International Office that a Dutch girl who studied the first semester in England offered the private room she lived in the first semester. I got in contact with her and concluded that a private rented house suited me better. Especially the strong bond with your housemates and the privacy you have when you don't live with 15 people on the same floor, was what triggered me to rearrange my accommodation into private rented. I have to admit that it came along with a lot of paperwork and drama with the landlord, but nevertheless I'm super happy that I choose for private rented. During my stay here I found out that the halls are perfect for the first year students, where the only important thing is: go out, drink a lot and have fun, don't sleep and do as less study as you can. If you are looking for that: a hall is the place to be. However, I wanted a place where I could be on my own as well in a calm environment. A place where I could come 'home' and could study and rest. The most important thing of all is that you are surrounded by people, whether it's in a hall or in a private rented house. Housemates are really important. You want to tell your story to someone when you come home. However, I prefer a place where you could also choose to be on your own sometime and I think that works out the best when you're living private rented. The university site provides a list of private rented houses and rooms.

leisure & culture

The university and the student Union (SUSU) in particular offer a lot of different societies, including sport societies but also cultural and creative societies. You could thus choose whatever you want to fill in your leisure time. Besides, there are a lot of parties organized by the International Exchange Erasmus Student Network (ESN) who organize a lot of trips and activities. Societies are a very good way of getting to know the English culture (more about this in the next section). Besides, trips are a wonderful way to see the country. I did as much trips as I could and saw a lot. It definitely deepened my trip. Another way of getting to know the English (student) culture is to go out. Drinking beer is an essential aspect of the student life for the English students and it is very good to experience.

suggestions/tips

- Live private rented if you want to be on your own sometime. In contrast to living in halls, it offers you a lot more privacy and a lot more calmth. Besides, its also very easy to meet people when you live private rented. It is just what you make out of it yourself: have dinner with your housemates, join a society, do a lot of nice things with the Erasmuspeople (organized trips or just by yourself) and be open to everything.
- Live close to the campus. I wouldn't recommend living in the city centre, since you're actually never there. Everything takes place around Portswood (where most of the pubs are) and around the campus. Besides, it's very convenient being able to walk to the campus instead of going by bus every day. And since you have lectures during the week, it is very nice to get there soon and be even able to go home during a break or something.
- Join a society. I think that joining a society is one of the best choices I ever made. Next to a lot of fun and implementation of the free hours you have, it is THE way of getting in contact with native English people. Although it is nice to get close friends with the Erasmuspeople (something undoubtedly happens because you're all in the same boat) you can't learn the English language as good, because every foreigner has his own accent and besides, you don't come into contact with the English culture.

CONCLUSIONS

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

I would definitely recommend the university as well as Southampton itself as a city to other students. Although Southampton isn't that pretty or has a lot of culture, it's a really nice place for students to stay. It provides everything a student needs. Food shopping malls, a lot of pubs, a nice centre with a lot of shops, beautiful parks to walk or sit down for a picnic and last but not least a super pretty campus with red bricks and a lot of trees and flowers. But most of all, I couldn't wish for a better organized university, than the university of Southampton. Besides the fact that everything that has to do with studying is super well organized for the



students, the university also provides a lot of opportunities for students to do in their leisure time, including sports, societies, activities and parties. Besides, the university staff and lecturers are very kind and open and willing to help you with anything. I thus can ensure another student a wonderful stay, although it is obviously also what you make out of it yourself.

do you have any additional advice or comments?

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UU Report form - Erasmus 2016-2017

faculty/college	Faculteit 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	Southampton, United Kingdom
name university abroad	University of Southampton
start date	03 / 10 / 2016 (dd/mm/yyyy)
end date	24 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

You need to do a lot of preparation in order to get ready for your exchange. It can be quite frustrating when you need to wait for a response from the University of Southampton when the deadline is approaching. Therefore, you should start early with this preparation.

counselling & support at Utrecht University

I had a lot of support at Utrecht University. I could email them whenever I had a question

academic preparation

I didn't prepare myself academically. The level of education in Utrecht is comparable to the level in Southampton. So I don't think you should worry about it.

language preparation

I didn't really prepared myself for it. I was to read a lot of English books, but I tried to do that even more in the minths before my departure.

finances

I saved a lot of money beofre my departure. I knew England was going to be expansive, and it turned out to be even worse than I thought! So, my first advise is: don't underestimate the English prices, even after the Brexit.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Psychologie

(i) PSYC2022 Forensic Cognitive and Affective Neuroscience:

<http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc2022-forensic-cognitive-and-affective-neuroscience.page>

(ii) PSYC3061 Intergroup Relations and Interpersonal Influence:

http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3061_intergroup_relations_and_interpersonal_influence.page

(iii) PSYC3043 Making Sense of Ambiguous Scenes:

http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3043_making_sense_of_ambiguous_scenes.page



<p>These are the courses I did during my stay. The University of Southampton is well organized, so everything was quite clear. The content was comparable to the content I had in Utrecht. The only thing was that in the modules Forensic Cognitive and Affective Neuroscience and Intergroup Relations and Interpersonal Influence a little bit of prior knowledge was required, which I didn't have before I started. So in the beginning I had to catch up with the content by reading books that the other students had to read in other similar modules.</p>
<p>academic quality of education activities</p>
<p>The academic quality is high. The University of Southampton is famous for its Social Psychology, and after doing the module about Intergroup Relations I could totally understand why. It was very interesting, the lecturer was inspiring and the assignments contributed well to my understanding of the content. Also, Making Sense of Ambiguous Scene was very interesting. The lecturers have a lot of experience with doing research in the visual system area, so they could tell us a lot about what they've been doing lately. I wasn't very enthusiastic about the Forensic Neuroscience module. That is because the assignments and lectures were quite confusing and not very interesting.</p>
<p>counselling & support at receiving university abroad</p>
<p>The University of Southampton provided a lot of support. There was a Freshers Week in the beginning of the semester in which you had the opportunity to get to know everything the university has to offer. That was really nice, because the university has a lot of societies and activities you could attend. Also, when I wanted to change my module, they were very helpful. The Psychology faculty has its own student office where you could go to ask questions, collect stamps or change modules.</p>
<p>transfer of credits</p>
<p>The University of Southampton sent me an email with my transcript of records, so now it's up to the board in Utrecht to decide how they will transfer the credits to the Dutch system.</p>

<p>STUDENT LIFE</p>	
<p>welcome & orientation programme</p>	<p>As said, there was a Freshers Week which was much fun! They organized a Bonfire Fight event where all the societies could present themselves. There were also a lot of other events to get to know the other students, to buy second-hand study books or to get a tour over the campus or in the city center.</p>
<p>accommodation</p>	<p>I lived in a private rented accommodation. It was close to the campus, close to Portswood and several shops. I lived with three other Erasmus girls, which was very nice because we were all in the same situation. We didn't know the city or university so we had the opportunity to discover it together. I found the house because I posted a message on one of the Facebook pages for Southampton Housing and an agent responded to the message by offering me the room. I had to pay agency fees and more rent because I only stayed for half a year.</p>
<p>leisure & culture</p>	<p>I really like the English culture. People are very friendly and patient when you're struggling with speaking English.</p>
<p>suggestions/tips</p>	<p>Get a Unilink bus pass, a discount national express card and a discount trainrail card. That will save you a lot of money.</p>

<p>CONCLUSIONS</p>	
<p>would you recommend this university/destination abroad to others? please explain</p>	<p>Yes, I would! Southampton isn't the prettiest city you'll ever be, but because all the Erasmus students have that same experience, they all want to go on weekend trips together. And, because Southampton is close to a lot of</p>



nice cities, I've been on a lot of city trips to cities like Bath, Exeter, Brighton, Cardiff, Cambridge and London. Also at the university everything is well organized. There are a lot of activities to attend, a gym and a cinema, several pubs and restaurants at the campus.

do you have any additional advice or comments?

Try to become a member of one of the Uni societies (they've got everything you could think of), because they are well organized and a lot of fun! I was a part of the tennis society, and it made my exchange extra special!



UU Report form - Erasmus 2016-2017

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

destination city & country	Southampton, UK
name university abroad	University of Southampton
start date	24 / 09 / 2016 (dd/mm/yyyy)
end date	28 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

Very tedious and stressfull. I've been emailed that I supposedly had made a mistake when choosing modules (with the 75% rule), while I didn't. After I emailed them back about it, it was fine and I had no further problems. But I would recommend checking everything they say, because they can also make mistakes.

counselling & support at Utrecht University

I found the support from the IO of the UU of outstanding quality, they were so helpful and even when I completely had it during the endless application process they would still kindly and patiently explain what I needed to do. It made everything just so much easier.

academic preparation

I did not really prepare academically for my semester abroad. I decided to do modules from other degrees, but did not specifically prepare for that. In hindsight I think this was also not necessary.

language preparation

I did not prepare for speaking English on a daily basis either. You really don't need to, in my opinion. I got used to it quite quickly, although the first few weeks I was quite tired from all the new experiences and speaking English all the time. That will get better, of course.

finances

Even though the currency is very favourable at the moment, the UK is still a very expensive country. Housing, groceries and transport are very expensive. 500 pounds a month for a room is quite common, for example. If you have accomodation in one of the university provided halls, you'll get a free bus card for most buslines in Southampton. Make sure you have enough savings and a back-up plan in case of emergencies.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I've completed first and second year modules from Sociology and Criminology and on top of that an English language module. This last module turned out to be completely different from what I expected. If you plan to do an English language module to improve your English, read the module descriptions very carefully or you could end up studying the English language from a very theoretical point of view (unless, of course, if you are interested in that). The other modules were quite satisfactory. No organisational issues occurred.

academic quality of education activities

The academic quality was approximately the same as at the UU (except for the language module, which was



very unacademic and in my opinion not university worthy). Work load is a lot higher at the UoS. It is essential to keep up with all the readings and start working on assignments in time, since they tend to be scheduled quite close to each other. Be prepared for a lot of essay writing.
counselling & support at receiving university abroad
Overall very supportive. You will get an academic tutor, you'll be assigned a student office for practical queries about your timetable, assignment marks etc. There is also student services and teachers generally are very approachable. They are all very kind and will help you find your way. Furthermore, there are lots of supporting activities for preparing for exams, assignments and other academic skills.
transfer of credits
Because my exams were so close to the deadline for submitting this report and it takes the University of Southampton 4 weeks to return your results, I do not know, as yet, how my grades are going to be transferred.

STUDENT LIFE
welcome & orientation programme
The first week at UoS is meant to show you around the campus, get your student card, meet new people and attend some introductory lectures. This week is a good moment to get all the Erasmus forms signed, figure out your timetable and resolve any occurring clashes. Classes will start the following week. I personally decided to use this week also for meeting other Erasmus students and that was a good decision. I've maintained contact with them for the rest of the semester and it proved to be a lot of fun to meet people of so many different countries (think international Christmas dinner, for example).
accommodation
I managed to get a room in one of the university halls, which was quite a relief. I know many Erasmus students that got to find their own accomodation. It is not guaranteed for Erasmus students, that's why. You'll be notified quite late about whether or not you are placed in the uni halls and you can only access your room the weekend before Fresher's week. The rooms are basic. A bed, wardrobe, desk, sink, bedside table and some bookshelves. There is no bedding (!) and the quality of the matras is very bad (not exaggerating). I had a shared kitchen and bathroom, which were quite old and basic as well, but it will do. There is a cleaning lady for 4 days a week, which is very nice. I was located on a very large campus, where there would be a lot of noise from other students. There is a reception at the halls, open 24/7.
leisure & culture
There are loads of student societies at the UoS, ranging from knitting to all kind of sports. I joined a few societies and (in my experience) they are quite cheap. A la 10 pounds membership fee and (for sports) 1-3 pounds each class. You could also get a gym membership, but personally I found this too expensive (90 pounds for a year, there is no option to pay for one semester). At the uni there is a very strong campus feeling and lots of facilities (pub, lunchroom, pizzeria, shops, cinema, gym, etc).
suggestions/tips
Embrace the international students, even if you are more interested in the British ones. The internationals will probably be your closest friends.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I do, for those that don't mind the ugly city and mediocre surroundings. The university itself is great.
do you have any additional advice or comments?
No

