



UU Report form - Erasmus 2022-2023

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|----------------------|---|
| email address | rosansum@gmail.com insta; @rosanvsommeren (I posted quite a few pictures and stories from my exchange experience on there) |
| faculty/college | Lund University |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Faculty of Social Sciences |

| | |
|---|---|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | My parents drove there by car and took some of my stuff with them and I flew to Copenhagen airport and then took the train to Lund. |
| name university abroad | Lund University |
| start date | 15 / 08 / 2022 (dd/mm/yyyy) |
| end date | 22 / 12 / 2023 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application period went very smoothly and it was pretty clear what needed to be done. Orientation wise I just read a lot of student experiences and researched the student life and information about different universities myself.

counselling & support at Utrecht University

Whenever I had a question, I just emailed the international office and usually they responded within one day. They were very helpful!

academic preparation

I didn't have to do any academic presentation

language preparation

Since all the classes I took in Lund were taught in English, I didn't need to prepare. Before the semester started, I took a Swedish course for incoming exchange students provided by the University. Although it seemed quite hard at first, it was so nice to know some of the basics.

finances

For finances I got some support from my parents, worked a lot in the years leading up to my exchange, applied for the Erasmus grant and also the public transportation compensation was quite helpful. Sweden is quite expensive compared to The Netherlands, but if you cook at home often and go out at nations (alcohol is cheaper there) it should be manageable! You can definitely make it more expensive if you like, but overall I spent less money than I thought beforehand while still doing everything I wanted and more.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At Lund University they have a few courses designed for exchange students, the special area studies (SAS). I took two classes in that area (Gender, Social Change & Modernity in Sweden & Scandinavia; Media & Armed Conflicts) and it is also very easy to look up other courses on the website and in the course catalog. The other



courses I took were Social Work in Sweden (highly recommend, you have a lot of field trips in this class, so this means a lot of practical knowledge and they were also just fun to go on) and The UN Convention on the Rights of The Child (this was taught online, so if you like that it is a great course since it is not very hard, but if you prefer in-person classes, I wouldn't take this one).

academic quality of education activities

Overall, I found the classes quite easy. In all of my classes there were mostly international students and the classes for international students are easier than the ones that are also open to Swedish students. All of my classes had examination papers instead of tests, which made it easy to travel around and do fun things.

counselling & support at receiving university abroad

Whenever I had a question, my international officer responded very quickly and the communication with the teachers was very easy and could even be quite informal. You do however have to check your spam folder regularly, cause Swedsh email addresses usually end up there, otherwise you will miss some important emails.

transfer of credits

The grades get transferred as pass/fail. I haven't received my last grade yet, so I don't know how smoothly that goes, but from what I've read it should be very easy to get a transcript of records.

STUDENT LIFE

welcome & orientation programme

In Sweden, there are a few arrival meetings related to academic life. On arrival day, there were people there to help you every step of the way. There is also a novice week, which is essentially an introduction period for the student nations for the new arrivals (Swedish & international students mixed). I will explain the nations a bit more below.

accommodation

It is very hard to find accommodation in Lund. There is a lottery for exchange students for Lund Accommodation (LU Accommodation), but chances of getting a room through that are very low, since students from outside of Europe are prioritized. There is also a lottery from AF Bostader. I've heard that you have a way bigger chance of getting a room there, however I got a very bad randomly assigned time in the queue, so I didn't get my accomodation through that either. What I did is post in a few different Facebook groups and that is how I got approached by my then future roommates. I ended up living in a house that was originally listed as an AirBnb with 4 other girls very close to the centre. I honestly just got lucky with that, cause I know that a lot of people had to hop between hostels, airbnb, hotels and guesthouses the first couple of weeks of the semester. My tip is to start looking for a room as early as you can. So if your semester starts end of August, maybe start looking in April already.

leisure & culture

Student life in Lund is so fun. Your way into student life in Lund is by joining any nation, which is very easy to do. If you join a nation, you can sign up for their novice period. Nations are not academically related, so you can join any nation you like, regardless of what you study. If you join one nation, you can participate in almost every activity from all the other nations. It is very free in the sense that no activities are obligatory and there is also no hazing like we have in The Netherlands. They organize club & pub nights (so the going out culture in Lund mainly takes place at the clubs from the nation), you can have lunch at the nations for a very low price and they organize occasional sittings, which are fun dinners. They really have a student culture of their own and I loved every part of it. I even attended a ball there, which was very cool to experience Swedes just love their traditions, especially in student life.

Fika is also a very fun Swedish tradition, which is having a coffee and a pastry with your friends as a 'break' in the afternoon. I did that a lot and became a huge fan of all the Swedish pastries ;)

Swedes are overall pretty nice, but very reserved and keep to themselves a lot, which you kind of have to get used to as a Dutch person.



The region Lund is located in, Skåne, is beautiful and very easy to explore by train. I did a hike, went to a few cities in Skåne and since it is very easy to go to Denmark, I went to Copenhagen quite a lot. Helsingør is also very fun and easy to go to.

suggestions/tips

My number one tip is to join a nation and take some trips if you have the time! I went to Lapland with ESN, which was one of the coolest experiences ever and also didn't cost as much money as you would usually pay for something a trip to Lapland. I also went on the ESN Sea Battle, which I highly recommend. It is a cruise ship filled with international students that departs from Stockholm and goes to either Riga or Talinn (I went to Talinn) and on the way there and back, it's just a huge party. It was very fun and we also made it into a Stockholm trip the weekend before. Different schools from all over Scandinavia participate, so not only the internationals from LU.

CONCLUSIONS

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

Yes! Lund is a small and absolutely beautiful student city with a lot of great opportunities. I had the best time there and from what I've seen and heard, that is a very universal experience.

do you have any additional advice or comments?

To sum up: start looking for a room early on and save up your money to take all the opportunities you can while you're there, cause it is 100% worth it.



UU Report form - Erasmus 2022-2023

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|----------------------|---|
| email address | nadine.van.nijen@gmail.com |
| 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 | Lund, Sweden |
| how did you travel to your destination? | Train |
| name university abroad | Lund University |
| start date | 15 / 08 / 2022 (dd/mm/yyyy) |
| end date | 15 / 01 / 2023 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application process was a bit overwhelming at first, because of all the things you have to arrange before application and departure, but the UU-webpage for Study Abroad and the pre-departure meetings were very helpful in this process! When you follow the proposed timeline from Erasmus+ UU, you have plenty of time to organise everything.

counselling & support at Utrecht University

The support at UU was very good and helpful. The International Office and the coordinator of my bachelor's program, Kirsten Buist, helped me find my way in all the different forms and university websites.

academic preparation

For the academic preparation I looked through the course guide with all the different courses I could choose. I picked out my favorite courses and enrolled in SoleMove (the program Lund uses for course enrolment). Despite all the effort I put in picking out courses, I had to switch 3 of my 4 courses for the fall semester because there were too many conflicts between courses in my time schedule. I was not aware of this at first, but looking back on it, you can check this yourself in TimeEdit before departure. TimeEdit is the timetable app of Lund University where you can look up the schedule for every course, although the schedule won't be available too far in advance of the start of the semester.

language preparation

The people in Sweden all speak fluent English, but still it's nice to learn some basic words in Swedish before you leave. I watched some Youtube videos and did some Duolingo, but to be honest, I learned the most when I was in Sweden. So I would recommend to just look up some basic words before you go and try to learn as many new words as possible when you are in Sweden :)

If you really want to be able to have a conversation in Swedish, I highly recommend Babble. This is a great app that teaches you relevant Swedish words and sentences that you can use in daily life. You have to pay some money to use it, but I think it can be worth it! From my perspective, you learn a lot more than with the free Duolingo app...

finances

I had some savings especially for this adventure, I used at least 4000 for traveling and trips. Of course you can decide your own budget, it depends how much you have and how much you want to spend. Also during my



exchange I saw people spending less or more money and both of them had a great time. It's just what you value and want to take away from this Study Abroad experiences.

I would just recommend to think about it before you go and giving yourself a budget.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied different courses at different faculties within the social science faculty. My experience was very good with this faculty. The course coordinators were very easy to reach by mail and very approachable in real life. Over all I would say that the academic culture at this faculty in Lund is very informal, which I really enjoyed :)

academic quality of education activities

I really enjoyed my courses during my exchange. Mainly because of the interesting topics, but also because of the "different" level of education. I would say that the academic pressure is a bit lower in Lund than in Utrecht. For example, there is no specific grading table, but more freedom for your own interpretation of the task when you write an essay.

counselling & support at receiving university abroad

The support at Lund University is sufficient. I didn't use it that much, so I don't really know. In the first weeks I needed some support, but it was hard to find the right person, because I didn't know how the system worked yet.

transfer of credits

The transfer of credits is quite easy between Lund and Utrecht. Just make sure you register and complete enough courses so you receive your Erasmus+ grant ;)

STUDENT LIFE

welcome & orientation programme

The welcoming weeks (2 weeks) at Lund University were very nice and well organised. There were more than enough activities to attend. I would highly recommend to visit some nations and to attend the Swedish language course!

accommodation

Looking for accommodation can be quite difficult, but the guidance from Lund University is sufficient, just follow their tips. It can be super stressful, I've experienced that myself as well. I would recommend to book a hostel or Airbnb for the first 2 weeks in advance, as long as it's refundable. Then you are secured that you can attend the introduction weeks also if you haven't found housing yet. Don't wait too long with this since you are not the only one!

Good news: in the end everyone finds a nice place :)

leisure & culture

There are many free museums to visit in both Lund and Malmö! Also the nations are a good place to spend your time as a student. And of course, the NATURE. Go into nature as much as possible if you like it! There are so many nice places to discover, for example the national parks.

suggestions/tips

CONCLUSIONS



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

Yes! Lund is a city a the very southern end of Sweden, because of that you can experience a bit of Swedish culture without it being to cold, dark or snowy. Besides that the student culture is very good and the city + university if beautiful!

do you have any additional advice or comments?



UU Report form - Erasmus 2022-2023

| | |
|----------------------|---|
| faculty/college | Utrecht University |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Pedagogische Wetenschappen/Pedagogical Sciences |

| | |
|---|-----------------------------|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | Train |
| name university abroad | Lund University |
| start date | 15 / 08 / 2022 (dd/mm/yyyy) |
| end date | 23 / 12 / 2022 (dd/mm/yyyy) |

PREPARATION

exchange application process

The exchange application process was very easy to me. You get a lecture that prepares you for the things you need to fill in and for when you need to fill this in. They provide you with a contact you can reach if you need any help with writing your motivation letter or with picking a university. This makes it very easy to write a motivation letter and start your application process prepared.

counselling & support at Utrecht University

Utrecht University is very reachable to their students. Their international office responds fast and helps you whenever you need some help. They also provide you with a teacher, as said before, who helps you with finding a suitable university and courses and with writing a motivational letter.

academic preparation

Help is provided with finding the right courses and university that suits you best. It's nice to have the view of a professional there that can help you with making certain decisions. For example, I wanted to do a language course in Lund, but the contact person provided told me that it is harder to learn a language in a foreign country, because you have to translate from English to Dutch to the language you want to learn. This helped me with the decision to not take a language course in Lund.

language preparation

We didn't get any language preparation. Personally, I didn't need any but this may be nice for people who need some help with English.

finances

The preparing lecture provided clear information about the Erasmus grant, the Erasmus travel grant, the tuition money you had to pay, and money you get from the government for not taking public transport in the Netherlands. All this information contributed to me deciding to go on an exchange and I appreciated the help they provided. They were also available for questions after the lecture and easy to reach by email.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The program was well arranged. It was clear which courses you were able to pick and there was a wide range of courses you could pick from. For some courses it was hard to find what the course was about, but overall it was clear where you could find information about this. During my exchange there was a person I could ask for



general questions and who was very reachable. Professors were also very kind, easy to reach by email and very understanding if you ever needed help. My overall experience of the courses in Lund was very positive.

academic quality of education activities

The courses were well set up. There were clear seminars and lectures and it was clear when the examination was and what this examination contained. For one course, SOAA02, the course contained field visits. This was really fun and really contributed to getting a good overview of social work in practice in Sweden. The lectures of other courses were fun, interactive and interesting. It provided you with a lot of information and was easy to follow, even if you had no experience in this subject.

counselling & support at receiving university abroad

There was a contact person available for general questions or the signing of documents. She was easy to reach and would provide you with a lot of information and help. It was also clear where to find other help, such as hospitals or mental health. This was really nice.

transfer of credits

I haven't received my credits yet. I am in touch with my contact person at Lund University about this, but so far she is helping me well.

STUDENT LIFE

welcome & orientation programme

The orientation programme was really good at Lund University. We were welcomed at the train station where good help was provided. They transferred us to a central place where we were able to pick up our keys and could buy things such as bedding. Afterwards, they would provide transport to our accommodation which made the arrival day very easy. The orientation programme provided a lot of activities which all differed from each other and provided a very good way of getting to know people. I met a lot of people through the orientation programme, which contributed to me making friends in the first two weeks and knowing many people in my courses. This was really nice.

accommodation

There was information provided before coming to Lund about where to find accommodation. This helped with finding accommodation. I found accommodation through AF Bostader, but I do think I was very lucky with finding accommodation. I think there were too many people and not enough accommodation, which is something that could be taken into consideration next time. If you are going as an exchange student, I recommend you looking for other places where you can find accommodation as well. However, AF Bostader provided very nice housing. It was provided with furniture and it had all the facilities needed.

leisure & culture

You have enough spare time left in Lund to do fun things. Definitely do this! You can join a nation where you can join activities, see an icehockey match, visit Copenhagen or Malmo or other cities nearby and so on. This exchange provides you a chance to study abroad, but to also get to know Sweden and its culture and nature.

suggestions/tips

- Join a nation!
- Join orientation week
- Buy a bike, this will help you with transport in Lund. Lund is very easy to travel in with a bike.

CONCLUSIONS

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

YES. Exchange in general will give you an opportunity to get to know yourself in a new way, become independent, meet many new people with different backgrounds and culture, improve your English and



experience a new country to the fullest. I would recommend Lund, because it is a student city with many internationals. It is easy to do anything in Lund, because everyone speaks good English and is used to so many international students. The courses are very nice and interesting. They provide you with new knowledge, but you still get the opportunity to also have enough leisure time for other things during your exchange (which is as important). Lund is a small city, but bigger cities such as Malmo, Copenhagen and Gothenburg are close and easy to reach.

do you have any additional advice or comments?

Just go on exchange! I know it sounds really cheesy, but I am very happy I went and very grateful for the experience and memories I have from exchange.



UU Report form - Erasmus 2022-2023

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|----------------------|---|
| email address | i.j.a.richmond@students.uu.nl |
| faculty/college | Social Sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Bachelor Psychology |

| | |
|---|-----------------------------|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | By train |
| name university abroad | Lund University |
| start date | 15 / 08 / 2022 (dd/mm/yyyy) |
| end date | 15 / 01 / 2023 (dd/mm/yyyy) |

PREPARATION

exchange application process

To prepare myself for my time in Lund, i carefully read the information in the e-mails I received from Lund University. The most important preparation aspects were: 1) securing housing and 2) financial arrangements (arrangements for the Erasmus grant). Lund University's mails particularly contained a lot of information about securing housing. Firstly, I applied for University housing: unfortunately I did not get a place. The next step was to look on Facebook and bopoolen for private housing organisation and to take part in the Afbostader novice lottery. Luckily, received housing via Afbostader from the 1st of September (I shared an Airbnb with a girl from my University for the first two weeks). For the Erasmus grant, I followed all the steps in the application process. I found the steps easy and straightforward. I also applied for the travel green grant, which I received. Furthermore, I watched some videos on YouTube about the student life in Lund. I wanted the experience to be a bit of a surprise, so I tried to not rely on other people's experiences too much. I was also in contact with a friend of mine who has been on Erasmus in Lisbon and a friend of my cousin who went to Lund University. Talking to them prepared me a bit for what I should expect from exchange. The girl who had been to Lund also gave me some tips about where to find housing.

Lastly, I packed my suitcases. It was hard for me to know what to bring, because I am prone to taking too much stuff. My friend who went to Lisbon told me to bring only two big suitcases and a handbag. This was more than enough!

counselling & support at Utrecht University

For counseling with Utrecht University, I contacted the international office via e-mail. They helped me out with all my questions and forms. Also, they were easy to reach (as they replied quickly).

academic preparation

I did not do any extra academic preparation, other than all the previous courses I did in my bachelors. I did not need any additional academic preparation for my courses. I do think that general knowledge about referencing was needed to follow my courses.

language preparation

Before the official start of the semester (16th of august - 31st of august) I followed an introductory Swedish language course in Lund (SUSA). This learned me the basics of Swedish language. Since I am dutch (which is also a germanic language), the language was easy for me to learn, although I never learned to speak Swedish fluently.



All the courses and examinations where in English and Swedes in general are very proficient English speakers, so there was no practical need to fully learn Swedish.

finances

Financially, I relied on the money from the dutch government (duo) and a monthly financial contribution from my mom. Both of these, I also received back home. Furthermore, I relied on my Erasmus Grant. I did not particularly save money for my exchange beforehand. I did not need to.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose one psychology course (Psychology: Consciousness, Altered States of Consciousness and Parapsychology), one genderstudies course (Gender, Social Change and Modernity in Sweden/Scandinavia) and a media studies course (Media History: Old and New Media after1940). I was supposed to follow two other courses, but they overlapped with my Psychology course so I switched courses when I was in Lund. I found it a bit unhandy that they did not post course schedules online beforehand. I only found out right before the courses started via time edit (a website I was not familiar with). It would have saved me a lot of last minute stressful arrangements if the course schedules were posted online beforehand.

academic quality of education activities

While the course literature was of high quality and challenged me, I feel like my courses at Utrecht University have higher academic standards. For example, with some papers referencing was not even necessary. With my courses in Utrecht University on the other hand, it goes without saying that you reference correctly.

counselling & support at receiving university abroad

There was an international officer I could contact for counselling (here name is Lu Yi Nilsson). She helped me in a good way when I had to switch courses. However, due to her high workload she was a bit hard to reach. It took up to 1,5 week for her to reply to my question. Thus, I could not count on her for problems that needed immediate help.

transfer of credits

The course crediting system is the same as for my home university (7,5 ECTS for one course) so I had no problems with this.

STUDENT LIFE

welcome & orientation programme

There were a lot of introductory activities to get to know Lund and meet new people. Lund University gave me such a warm welcome, that I almost immediately felt at home in the city. At times there were even too many social and introductory activities to choose from.

accommodation

It was very hard to find housing. I was lucky to find housing via AFbostader, but a lot of people around me did not and struggled to get a place. Some even hopped between short term housing during the semester.

leisure & culture

There are a lot of activities for students in Lund: you can be as active as you want to be. The nations offer a variety of fun things to do for students (for example, help with cooking, eat with friends or going to their bar/club). Other than that, the city has a lot of cozy café's where you can go for a coffee. Lund also has a very nice gym (Gerdahallen), which I visited frequently.

suggestions/tips

My tip is to try everything out at least once. The city and student life has a lot to offer and with an open



attitude, you will have a great time. Another tip is to go to ESN activities. It is a great way to make new friends and they organise nice and relatively cheap trips. I went to Lapland with ESN and had the best time. Also, during my time in Lund i visited Copenhagen quite a few times. It is easy to reach and quite close (50 minutes with the train), so a last tip is to visit this city at least once!

CONCLUSIONS

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

I would definitely recommend this city to others. It is a small town, which makes it easy to get around and you will not feel "lost" like in a bigger city. The student life is amazing and the University and schooling system is also very good. Lastly, Lund is close to the bigger city's Copenhagen and Malmö, so if you are tired of the small town you can easily travel to a bigger city!

do you have any additional advice or comments?

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UU Report form - Erasmus 2021-2022

| | |
|----------------------|---|
| 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 | Lund, Sweden |
| how did you travel to your destination? | By plane |
| name university abroad | Lund University |
| start date | 10 / 01 / 2022 |
| end date | 5 / 06 / 2022 |

PREPARATION

exchange application process

In the beginning of the exchange application process I made a list with my top 3 Universities. For my number 1 University I wrote a motivation letter and a course plan. Eventually I got admitted at my number one choice. After this admission I needed to choose which courses I wanted to follow and apply for an ERASMUS grant. This application for my Erasmus grant took more time then expected, but eventually everything worked out.

counselling & support at Utrecht University

Everytime when I had a question about the application process I could contact the international office of the UU, which helped me a lot.

academic preparation

For the academic preparation I tried to find which courses I really wanted to follow and which also fitted my study profile.

language preparation

I took the erasmus language test in which already came forward that my english level is okay. So I did not really had some language preparations.

finances

After finishing the Erasmus process I got already 80% of the Erasmus grant for in Sweden.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the semester I followed three courses, which all had 1 seminar per week. This was really good organised and we needed to do group work most of the times.

academic quality of education activities

I would say that the academic quality is good in Sweden, but the amount of hours that I needed to invest in my studies was lower then in the Netherlands. Which was nice because beside the courses there were a lot of other activities to do.

counselling & support at receiving university abroad

I could always message my study counselor if I did not understood something. Which was really nice, because in that way all my questions got answered.



transfer of credits

The credits are the same as we are used to in utrecht so this was easy to transfer.

STUDENT LIFE

welcome & orientation programme

The orientation and welcome in Lund is really good organized. They help you a lot in the first days with the practical stuff and they organize a lot of activities to meet other internationals. In this way I had in a short amount of time already a lot of friends.

accommodation

I organized my accomodation through the University by applying in time. In this way I got an accomodation with other internationals.

leisure & culture

The student life in Lund is very big. Which made that there was every week a lot to do to meet people and to visit with your friends. It is very welcoming to international students, which makes you feel at home really quick.

CONCLUSIONS

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

I would definetely recommend this destination, because Lund has a big student life and is well organized. In this way I never needed to worry about things and could meet a lot of people to make it a great time.



UU Report form - Erasmus 2021-2022

| | |
|----------------------|---|
| faculty/college | Social Sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Cultural Anthropology |

| | |
|---|--|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | By car and by plane on the way back home |
| name university abroad | Lund University |
| start date | 10 / 01 / 2022 (dd/mm/yyyy) |
| end date | 05 / 06 / 2022 (dd/mm/yyyy) |

PREPARATION

exchange application process

This was easy to follow since a lot of the information is already on the International Office website. I do suggest making a to do list for yourself with all the deadlines to create an overview whether you have done everything and on time.

counselling & support at Utrecht University

International Office is easily accessible for questions or help through email and over the phone which helped a lot.

academic preparation

I did not necessarily do any academic preparation other than the bachelor I was already attending.

language preparation

I had a good enough knowledge of English which was the main language I ended up speaking in Lund. I did already have knowledge of the Swedish language as well but this was more for myself and for fun but it was definitely not necessary.

finances

I made sure I had enough money saved to begin with since I was not going to work in Sweden but I did want to do a lot of fun stuff whilst I was there.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I attended Swedish level 3 and 4 for exchange students. I also followed the courses Gender, Social Change and Modernity in Sweden/Scandinavia and Media and the History of Political Rhetoric. This was all

academic quality of education activities

The quality of the courses was more or less the same as in Utrecht and perhaps maybe a little bit easier regarding the special courses for exchange students.

counselling & support at receiving university abroad

The international office at Lund University was very busy since they have a lot of exchange students coming



each semester. I suggest starting early with emailing them if you have any questions as well as getting all your documents prepared.

transfer of credits

All of the courses you do abroad are seen as level 1 unless otherwise decided which was in my case that the two language courses I followed were considered level 1 and the other two were considered level 2.

STUDENT LIFE

welcome & orientation programme

Since Lund University has so many international students each year they also do a lot regarding the welcome and the first few weeks. You have arrival day which is very well organised where you can get additional information as well as keys to your housing. After that there are some activities planned and you can join a mentor group as well.

accommodation

I lived in Eddan which I got through LU accommodation. It was a great place to live since all the other students were also international. I suggest checking the deadlines and the start date of signing up for housing as quickly as possible since you have to be early if you want to get housing. You can also try to find something through

leisure & culture

Lund is very much a student town and a lot of it is organised for the students by the students. There are a lot of groups you can sign up for and definitely go for fika with your friends!

suggestions/tips

I would definitely sign up for one of the student nations. This is the best way of meeting new people as well as really getting into the student life. If you have signed up for one, you can go to all of them. Almost all of the nations have daily activities such as brunch, lunch, sports, pub (quizes) and clubs.

CONCLUSIONS

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

Yes! Sweden in general is a very fun country to explore and Lund specifically is amazing for students since Lund is known for its student life.

do you have any additional advice or comments?

Hopefully you will enjoy your time in Sweden/Lund and if you can, sign up for the ESN trip to Swedish Lapland, it is a long bus journey but a trip you will never forget!

UU Report form - Erasmus 2021-2022

| | |
|---|---|
| faculty/college | Faculty of 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 | Lund, Sweden |
| how did you travel to your destination? | By car |
| name university abroad | Lund University |



| | |
|------------|----------------|
| start date | 16 / 08 / 2021 |
| end date | 16 / 01 / 2022 |

PREPARATION

exchange application process

I personally decided very last minute where I wanted to go because I could not make a decision. After I heard I got accepted to Lund University, I had to fill in several forms. This took some time and all the e-mails can be overwhelming. I would therefore recommend to keep track of all the information and deadlines.

counselling & support at Utrecht University

The International Office was very helpful and responded to my questions and e-mails very quickly.

academic preparation

I did not do any academic preparation since all my courses were in English and I had done some English courses in Utrecht before.

language preparation

Like I mentioned, all my courses were in English so I did not do any preparation for that. I did learn some basic Swedish phrases with use of Duolingo before I left. I also took part in an introductory Swedish course at Lund University during the first weeks of my exchange. However I did not speak Swedish very often, because Swedes speak English really well.

finances

I got the Erasmus+ grant and a compensation for public transport which helped a lot. I also worked before I left and saved some money myself, which enabled me to go on trips and to do fun activities. I would say that life in general is more expensive in Sweden than in the Netherlands (especially alcohol), so keep this in mind but don't worry too much about it. There are a lot of cheaper options for students and it really depends on how you spend your money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed SUSA11, which is a short Swedish language course that takes two weeks. I also followed another Swedish course for exchange students (SVEE11), which was okay and not too difficult. I especially liked the PSYE21 course I took, which was completely different than any course I had followed in Utrecht before. If you are interested in psychology or paranormal experiences, I would definitely recommend that one. Furthermore, I followed SUSA27, which was interesting, but a little too focused on politics for me.

In general I had way less contact hours than in Utrecht, so I experienced a less heavy workload. At one point, I had only two classes a week, taking up around 5 hours. The exams I had were mostly take home exams, with an exception of the Swedish courses.

academic quality of education activities

The quality of PSYE21 was quite high, I really had the feeling I was gaining new knowledge and the take home exams were challenging. However, the quality of the other courses was not that high. You do not need to be very involved in the courses to pass them.

counselling & support at receiving university abroad

In the orientation week, there a lot of seminars organized by the international office in Lund to provide you with information about studying/life in Lund, which is helpful. For the rest, I did not have that much contact with them.



transfer of credits

My credits are not transferred yet. However it may be helpful to keep in mind that all your grades will be transferred to either pass or fail.

STUDENT LIFE

welcome & orientation programme

Lund University organizes an arrival day, on which they help incoming students. I however arrived a few days earlier, which was fine too. They also organize an orientation week, which is very fun. A lot of different activities (hikes, karaoke, game nights, etc.) are organized which makes it easy to meet new people.

accommodation

I got an accomodation through LU accomodation, which I think is quite rare. Personally, I applied the minute the application opened and I think this may have helped me, so I would recommend to do the same. I lived at Margaretavägen, which is a small and quiet accomdation with 27 tenants. The location of my accomdation was great, I only lived 5 minutes away by bike from my faculty and very close to the city center and supermarkets.

leisure & culture

Lund really is a student city, a lot of (international) students live there and there is always something to do. There are a lot of nations, which are a sort of student associations. I think almost everyone becomes a member of one, and if you are a member of a nation you can join activities of the other nations too. This is however completely without any obligations. Furthermore, in my leisure time I did a lot of fika (which is the Swedish tradition of having a cup of coffee with a pastry), sports and trips.

suggestions/tips

Join a nation! And if you like sports/fitness, I would really recommend Gerdahallen, which is a great gym with a lot of different classes and fitness options. I would also highly (!) recommend joining ESN and their trips. I went to (Finnish) Lapland with them, which was the most amazing trips I have ever been on. I even saw the Northern lights there! Furthemore, travelling in general is a great thing to do in Sweden, since it is a beautiful country with great cities.

CONCLUSIONS

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

Yes, definitely! Lund is very cosy and comfortable student city with everything very closeby. There is always something to do and I feel like because a lot of international students live there, it is very easy to connect to others, making it easy to create a social life.

do you have any additional advice or comments?

If you are reading this and you are not sure if you want to go on an exchange, I would really recommend you to go. I had the time of my life there and made so many great memories. Furthemore, I would really advice you to enjoy your time there, because it goes by super fast.

UU Report form - Erasmus 2021-2022

contact details

my e-mail address erjavdm@hotmail.com



| | |
|----------------------|---|
| | |
| faculty/college | Pedagogische wetenschappen, faculteit sociale wetenschappen |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Pedagogische wetenschappen profileringsruimte |

| | |
|---|-----------------------------|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | By plane and train |
| name university abroad | Lund University |
| start date | 15 / 08 / 2021 (dd/mm/yyyy) |
| end date | 15 / 01 / 2022 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application process went by very easily, you are guided very well throughout the whole process. Something I found a bit difficult though during my application process was the insecurity covid caused regarding if my exchange would happen or not.

counselling & support at Utrecht University

The international office is very, very helpful and they responded quickly when I had questions.

academic preparation

I did not do anything special to prepare myself for the courses I was going to follow at Lund University since there were no special requirements.

language preparation

Other than watching all my netflix shows with English subtitles I did not do any language preparation. I practised a little bit of Swedish with duolingo beforehand, but I knew this was not particularly necessary so that was more for fun.

finances

I worked two jobs before I went, so I had extra money to spend during my exchange.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three courses from the Faculty of Social sciences. All these courses had nothing to do with the studies in my home university because overlap was not allowed. Choosing courses was very easy since a very detailed document with all the possible courses was published far before choosing. While studying in Sweden I experienced that they were very flexible with the registration to certain courses, So it was possible for me to enlist myself in a course I did not register before.

academic quality of education activities

I think the quality of education is comparable to the quality of education in the Netherlands, however in Sweden I experienced a much lower workload, and less deadlines in between. For many courses I had to do presentations every week, but you did this together with a group. Examination in Sweden is usually done



through take home essays.

counselling & support at receiving university abroad

I did not experience major issues during my exchange so I luckily did not have to receive lots of support, but when I wanted to enlist myself in an additional course this was fixed very quickly.

transfer of credits

I choose my courses carefully so I would get the necessary credits and they could be transferred without problems (after getting the courses checked by the exam commission of course).

STUDENT LIFE

welcome & orientation programme

Lund University has a very active introduction time for internationals. Eventhough covid had impact on the first weeks of my exchange, Lund university organised a lot of activities to make the internationals feel welcome. I have the idea that the investment of Lund University in internationals is special and more than for other universities.

accommodation

I got lucky because after being placed on the waiting list, I received accomodation through LU accomodation. I lived in a complex with all other internationals and I was very happy with my room. Student accomodations in Lund are very limited so I advice to start the search for a room on time. If LUaccomodation can't offer you a place I suggest trying it through AF bostader.

leisure & culture

Lund has a very active student life, since the whole city is filled with students. And at least in my experience the international students were organising a lot of activities. You can also sign up to a nation (a student association) and they have clubs and other activities that you can attend with your student card. A typical thing in Swedish culture is FIKA (a moment you drink coffee, eat a cinnamon roll and have a little chat), this is very cosy and a typical student activity between studying.

suggestions/tips

Lund is very close to Copenhagen, so I would definitely suggest visiting that. Also, there are lots of options with night trains and so you can travel through Sweden. The Skaneladen is nice for hyking.

CONCLUSIONS

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

I would highly recommend Lund University to other students. As mentioned earlier the University is very invested in international students and that makes it easy to feel at home. The city is small, but supercute and nothing is far. You can travel everywhere by bike. And literally everyone speaks fluently English.

do you have any additional advice or comments?

Just enjoy it!



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 | Interdisciplinary Social Sciences |

| | |
|---|-----------------------------|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | By plane |
| name university abroad | Lund University |
| start date | 20 / 08 / 2019 (dd/mm/yyyy) |
| end date | 19 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application process takes some time, since you have to figure out at which university you want to do your exchange and which courses will fit into your program, and you have to write a motivation letter and fill in a number of forms. Especially since the deadline is quite early in the academic year (at least when applying for the autumn semester), I would recommend to start looking at the application process early.

counselling & support at Utrecht University

The International Office at the FSW was very helpful in answering all my questions. They were also very quick in signing the required forms, which really helped to get everything done in time. I was also very happy with the



general information meeting for all the upcoming exchange students, in which they informed us in a clear way which steps needed to be taken before the start of the exchange and what scholarships we could apply for.

academic preparation

Since I had already followed a lot of courses in English during my bachelor studies, I did not do any academic preparation.

language preparation

All of my courses were taught in English, so I did not do a language preparation for that. I did try to learn a bit of Swedish before my arrival in Lund via the DuoLingo App. However, most Swedes speak English very well, so learning Swedish is not necessary per se.

finances

Sweden is more expensive than the Netherlands, especially concerning alcohol and groceries. Rental prices are almost the same (sometimes even a bit cheaper) as/than in Utrecht. I would recommend saving some money before going on exchange, especially if you want to do some travelling during your semester abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed some courses from the gender studies department, which were quite interesting. It was nice to be able to get some more insight on the Swedish welfare state and look at some criticism on the Swedish reputation of being very gender equal. My courses gave me a broad spectrum of information, but did not fail to provide a critical look.

academic quality of education activities

Overall I think the quality of the courses was quite good. The amount of hours spent at university was almost the same as I was used to in my bachelor, so I did not have a lot of contact hours. This differs a bit per course and study area though. I was taking courses for exchange students, and I would say that the level was a bit easier than the level of my courses in Utrecht. This was in this case very nice, so I was able to have an active social life alongside my studies.

counselling & support at receiving university abroad

The staff of Lund University was very helpful. I got an email from my contact person, and whenever I had questions I was always able to get an answer from her. She responded very quickly.

transfer of credits

Credits were transferred normally. It is good to know in advance that the grades you attain during your exchange will be converted to a "pass" or "fail" on your transcript.

STUDENT LIFE

welcome & orientation programme

Before the courses started, we had a 2-week long orientation programme. This was a lot of fun and I would definitely recommend joining it! I found it very nice to have some time to explore the city and make my first friends during these weeks. You are also assigned to a mentor group, which is a great way to meet new people!

accommodation

It is quite hard to find accommodation in Lund, since it is a small town with a lot of (international) students. I would advise anyone to begin early with your search for a room. It is useful to sign up for LU Accommodation and AF Bostader, that both have a lottery for rooms. However, they don't have enough rooms for everyone, so it is also useful to look at rooms at the site BoPoolen (this is how I found my room).

leisure & culture



Lund has a vibrant student life, with over 10 'student nations'. These are student organisations that host events a couple of times a week, from club nights, to pubs, game nights and hikes on the weekends. If you become a member of one of them, you can join events from all the other nations as well. I would also recommend doing a novisch week at one of the nations and becoming active, if that is our thing, since it is a great opportunity to meet people and make new friends!

suggestions/tips

I would recommend people to become active of a nation, or maybe a sports team or a choir. This is a great opportunity to meet people and do fun activities. Also, ESN Lund organises some amazing trips that are definitely worth looking at, for example to Iceland and Lapland.

CONCLUSIONS

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

I would definitely recommend Lund for its amazing student life. There are a lot of students in the city and a lot of opportunities to make new friends. It is a cosy small city, which means that everyone is closeby. If I would have stayed longer, the city might have been too small for my preferences, but I think this was perfect for an exchange semester! Also the university in Lund is very helpful and well organised, which means there is one less thing to worry about.

do you have any additional advice or comments?

Even though it may seem scary to go to a foreign country on your own, I would definitely recommend going on an exchange! I have learned a lot about people from other countries and about myself. Everyone was very friendly and open, and also looking to make new friends, so you don't have to worry about that. Lund is a great destination with many opportunities to meet others, and is a destination worth travelling to!

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 | Lund, Sweden |
| how did you travel to your destination? | By car |
| name university abroad | Lund University |
| start date | 02 / 09 / 2019 (dd/mm/yyyy) |
| end date | 19 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

I researched most of the universities in the countries I might wanted to go to. I however did not focus on the countries and cities themselves, but at what courses each university offered and which ones I thought had the most interesting ones. Furthermore I read the erasmus reports of the people who had already gone to study at the universities, which helped me a lot. If you inform yourself well enough, it is not too difficult to complete the application process.

counselling & support at Utrecht University



I did not ask for any counselling or support, but whenever I needed a paper signed I almost always got it back signed within an hour to a day.

academic preparation

I had not done any academic preparation. I did take a couple of English courses at the UU, but that was not because I wanted to go study abroad. It did help me practice writing, speaking, and listening to English in advance though.

language preparation

I did not practice any more English than I did before. What I did do was that I downloaded DuoLingo to start practicing a bit of Swedish. However Swedish looks a lot like Dutch and German, so it's quite easy to understand it without practicing beforehand.

finances

Luckily my parents enabled me to study abroad. Furthermore I had also worked a part-time job for years to save money and the Erasmus Grant helped me a lot as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had two SASA courses, which are courses for exchange students, and one regular course that was given in English. They were SASA16, SASA23, and PSYE21 (you can look them up online if you're interested). On the university website they constantly say it's very difficult to switch courses once you're there, but in my experience this is not the case. It's fairly easy if you just send an email. So don't be too worried about which courses you choose! (though of course you make it easier for yourself if you can stick with the courses you picked out beforehand)

academic quality of education activities

The SASA courses were not of the highest quality. They were definitely fun and interesting, but for the one's I had, I didn't have to do too much. I had around 2-4 contact hours per week for those courses and for the regular course mainly 2 hours as well. This left me with a lot of free time, which is of course never a bad thing when you go on an exchange!

counselling & support at receiving university abroad

The contact people at Lund University are very open and nice. They also responded very quickly whenever you had a question and always let you know beforehand if there was a period of time where they weren't able to respond to emails.

transfer of credits

If everything goes according to plan, Lund University will send the transcript of records to me in February. Since the semester ended at the end of January, they (probably) don't take too much time with this.

STUDENT LIFE

welcome & orientation programme

They had a very extended welcome and orientation programme. It enabled everyone to get to know a lot of people and it definitely made sure you wouldn't feel alone in at least the first two weeks of your stay abroad. You're also divided into mentorgroups, between which you are allowed to switch, with whom you will probably interact quite a bit the first month of your stay.

accommodation

It can be tricky to get accommodation in or around Lund. The university only has a limited amount of spots for exchange students and if you're from within Europe, there is a big chance that you won't get one! Luckily there



are other sites to help you, such as BoPoolen.se and afbostader.se. The latter one sometimes has a lottery which can help a lot. With the first one you just have to respond to as many rooms as possible and then you're bound to get a response from at least a couple of people.

leisure & culture

Lots of Fika! If you don't know yet what it is, you'll learn soon enough once you're here. The Swedish culture is quite similar to the Dutch one in my opinion, so you won't get too big of a culture shock. Just make sure to say tack or tack så mycket when people have helped you to keep a polite image.

suggestions/tips

Make sure to join a student nation (if you don't know what this is, don't worry, it will be explained properly when you're there) and/or a sports association. This will make it a lot easier to meet new people

CONCLUSIONS

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

I definitely recommend both the university and the destination to other people. It is such a lovely country and city! It's also not too busy, it's very close to Denmark (literally within an hour by train)

do you have any additional advice or comments?

Got to as many coffeeshops as you can! They have a lot of lovely one's (though I suggest you definitely visit Old Town's and Ebba's, they are definitely worth the visit). Also make sure you obtain a bicycle for your stay. Although Lund is really small and you could walk to most places, it's a lot more convenient to have a bike. Lastly make sure to follow all the student nations and ESN Lund on Facebook. They organise lots of fun activities and they are all posted on Facebook.

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 | Interdisciplinary Social Sciences |

| | |
|----------------------------|-----------------------------|
| destination city & country | Lund, Sweden |
| name university abroad | Lund University |
| start date | 19 / 08 / 2019 (dd/mm/yyyy) |
| end date | 19 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

To apply for an exchange study you had to give a top 3 of destinations with a motivational letter based on your destinations. You need to apply before the 1st of December. After this application you received your final destination at the end of January from the sending university. After this selection the application process goes further at the receiving University. Applying for your courses, housing etc.

counselling & support at Utrecht University

The International Office of the social sciences offers really good support and counseling during and after the application period. They give a presentation before the application to explain why people go study abroad

academic preparation



For Lund University you didn't need further academic preparation. Only for the Erasmus grand you had to take a language test to test your level of English in grammar, vocabulary, reading and listening.

language preparation

Only for the Erasmus grand there was a language test. See above.

finances

Sweden is quite expensive compared to the Netherlands, but it was less expensive than I expected. I saved a lot of money and received the Erasmus grand.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied at the faculty of social sciences. Lund University offers special courses only for exchange students. I registered for one course that wasn't in the city of Lund, but at the campus in Helsingborg, which is 30 min by train. The faculty of Strategic Communication is at the campus in Helsingborg.

academic quality of education activities

The courses that I followed were easier compared to the courses that I followed back home. For every course I had to write an essay or paper, or work on a group assignment. I didn't had any written exams as we have in Utrecht.

counselling & support at receiving university abroad

Lund university has a good international office, and from the faculty you also receive a coordinator who helps you with al the questions related to study.

transfer of credits

The type of credits is similar to the Netherlands. All my courses where 7,5 credits.

STUDENT LIFE

welcome & orientation programme

There is a special arrival day where all the new exchange student will be guided through the administration, housing, bedlinen etc. The universtiy offers different activities in the first two weeks to get to know the city, environment, university and the student life. Also the Nations organize some introduction parties to welcome the students.

accommodation

There are many options to found housing in Lund. You have LUaccomodation, but they offer first the rooms to students outside of the EU. AFbostader is a bigger student organisation that offers housing.

leisure & culture

The Swedish culture is quite similar to the Dutch culture. There are some other rules about alcohol and smoking. The university also has a acadamic quarter what means that every class starts 15 min later then on your schedule. One of the things that makes the student life in Lund special are the Nations. This are student associations were you can become a member of. They offer a lot of possibilities to make the most out of your exchange period. They throw parties, lunches, activities etc.

suggestions/tips

Start early with administration for housing, because from some of my friends experience it is hard to find a room. Join a nation to make the most out of your student life in Lund, and buy a bike. Lund is a small city and everyone bikes everywhere.

**CONCLUSIONS**

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

Yes definitely. Lund is a small, cosy and real student city. The student life in Lund is welcoming for exchange students and everything at the University is well organized. From the arrival day to a farewell reception.

do you have any additional advice or comments?

NO



UU Report form - Erasmus 2019-2020

| | |
|----------------------|---|
| 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 | Lund, Sweden |
| how did you travel to your destination? | by plane |
| name university abroad | Lund University |
| start date | 20 / 08 / 2019 (dd/mm/yyyy) |
| end date | 19 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

I had to fill in a lot of paperwork and I got tons of emails from Lund University. After a while I got confused by all the emails, so one tip: keep all the emails ordered so that you won't miss anything important! But after all it was very clear what you had to do and the International Office and Lund University help you out with everything.

counselling & support at Utrecht University

The people who work at the International Office are very kind and help you with everything. I didn't get that much help, but the help I got was always useful and fast.

academic preparation

To prepare for Lund University I didn't do anything, since my English level was already good and the academic level is almost the same as in Utrecht University. Some courses were of a lower level than UU and one other was higher.

language preparation

To prepare for Lund University I didn't do anything, since my English level was already good. Everyone there speaks English very well, but the level of English is not that high that it is too hard to communicate with everyone in Sweden.

finances

I worked a lot and saved around 2000 euro's myself. I also saved some money from a loan and from my parents. Also, with the erasmus grant I had enough money to pay my rent and living.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the first two weeks I followed the course 'Swedish: Introductory Course for Exchange Students (SASA11)' which was designed for international students who want to learn a bit Swedish in the beginning of the semester. The course took 2 weeks and was really fun. I even got 3 ECTS points out of it, so don't forget to put this course in the list of courses you want to follow, because it is easy, fun and you get 3 ECTS points for "free"! Also, I took the course 'Genderstudies: Gender, Social Change and Modernity in Sweden/Scandinavia (SASA16)'. It was a nice course, only because I thought the literature was interesting. However, the quality of the course was very bad. The teachers were very unmotivated and bad and the seminars were all the same and very



boring. Thus, I would and would not recommend this course... only if you are motivated enough to read the literature yourself and don't bother getting no benefit out of the seminars and teachers... Furthermore, I followed the course 'Psychology: Consciousness, Altered States of Consciousness and Parapsychology (PSYE21)' which was one of the best courses I ever had. It was for half a year and we had one teacher, who was an intelligent, good but interesting teacher. His lectures were very interesting, but he put a lot of pressure on us. The course was challenging, but definitely worth following if you are interested in this area. At last, I followed another SASA course; SASA27, which was quite boring and the same structure as SASA16. I decided to quit SASA27, since I didn't need the points.

academic quality of education activities

The quality of the SASA courses is very bad, so think about if they are worth following or not. In my opinion, if you want to have enough time to do fun activities and so on after class, go for some SASA courses, since you don't need to do that much for it and since it is very easy to get a good grade. The PSYE21 course is pretty tough, so you need to study a lot and be very motivated for it, otherwise you can fail... The quality of it is a bit higher than at Utrecht University.

counselling & support at receiving university abroad

My coordinator was very kind and helped me if I needed her. I didn't need that much support or counseling so I can't tell anything more than that Lund University is well organised and helpful.

transfer of credits

I just finished my last take home exam so I have to wait for my grades and thus for my transfer of credits. I think it's gonna take a while, since I got an email that it could take around the beginning of February.

STUDENT LIFE

welcome & orientation programme

This was really fun. I met a lot of people and most of my friends in those two weeks and everything was well organized. They arranged a lot of fun activities, like hikes, game nights, a lot of parties and much more. So don't miss this week, since you will meet most of the people over there and you will have the opportunity to enjoy the last summer days.

accommodation

I was very lucky that I found an accommodation via bopoolen.nu, which is a housing organisation like kamernet.nl. I signed in too late for the Lund housing accommodation, which you really need to be on time with (the exact minute the website opens, somewhere in the beginning of June I think, you have to sign up that minute). So do not only sign in for the Lund housing accommodation, but also search on the website bopoolen.nu. This website is safe (but still be cautious, check if the landlord really exists and otherwise ask for his/her Swedish number). My landlady was the best. I lived above her home with 5 other students in the middle of the city and we were like a family. I think I was very lucky, since I've heard a lot of awful stories about weird landlords and scammers, so be careful with the landlords! Also, start searching for a room as soon as possible. It is very hard to find a room and I've heard from some students that it took them so long they even had to change from rooms a few times.

leisure & culture

I joined Lund's nation, but after all I wasn't active at the nation at all. But you can! I didn't join a choir, but I know it is a real thing there, so if you like to sing I think it is really fun to join. Also, it is normal to join a nation, but I think for exchange students it is a bit harder to get very active, since a lot of active students in the nations are Swedish and they talk a lot in Swedish around you, which makes it harder to be part of the group sometimes. I eventually travelled almost every weekend and this was so much fun. Sweden is an amazing country which has a lot of beautiful cities and nature, so go around as much as you can! I also went three times to Norway which was sooooo nice. Go to Bergen and hike around. Oslo has also beautiful forests with hiking trails. I also went with ESN to Lapland (Levi, Finland) which was the most beautiful trip I ever did. Check ESN



when you are in Lund, because they offer a lot of nice trips. And if you want to see to Nordern Lights, go to lapland, it's amazing. Furthermore, you will hear the word FIKA a lot, since it is really a thing in Sweden. It is just having a cup of coffee and cake with friends, but they give a name for it.

suggestions/tips

Go traveling as much as you can, since now is the time. Also, make lots of friends but invest in a few truly good friends, since that is much more worth it. I made so many friends, but the one's that were really close to me will stay my friends for a longer time I believe. Also, see this exchange as an opportunity to start again, do things differently than at home, enjoy and give yourself enough time to chill and relax since you are a few months away from all the chaos and obligations at home.

CONCLUSIONS

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

Yes yes and yes. Lund University is very well organized and Sweden is very safe and an easy going country. The cities are great and the nature is amazing. Traveling in Scandinavia is easy and it is worth visiting every country over there. I had an amazing time over there, because of my accomodation, friends, some courses which I liked and all the freedom I had over there. So go, you are gonna love it.

do you have any additional advice or comments?

Keep your emails well organized, since you are getting a lot from Utrecht- and Lund University. Also, start directly searching for a room, both at bopoolen.nu and at LU accomodation. Furthermore, see this exchange as a chance to do what you always wanted to do, change your way of living or find a new hobby. And ofcourse, travel till your money is gone... ;). Before you know it you are home again...



UU Report form - Erasmus 2019-2020

| | |
|----------------------|---|
| faculty/college | Faculty of Social Sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Interdisciplinary Social Sciences (ISW) |

| | |
|---|--|
| destination city & country | Lund, Sweden |
| how did you travel to your destination? | By plane (to Copenhagen) and train (to Lund) |
| name university abroad | Lund University |
| start date | 20 / 08 / 2019 (dd/mm/yyyy) |
| end date | 19 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

Although there were many steps to follow in order to apply for exchange, Utrecht University was helpful in providing information events, sending emails and responding to all of my questions.

counselling & support at Utrecht University

Especially before my departure I definitely received a lot of support. My emails were usually answered within the same day and if there was anything I needed I immediately got help!

academic preparation

University wise, apart from the grading system, Lund is quite similar to Utrecht. Therefore I didn't really need to prepare academically. All useful information about what the academic world in Lund is like was sent to me by Lund University itself.

language preparation

Through OLS I could learn some basic Swedish, which was a really fun way of preparing for my departure. It already brought me 'in the mood', even though it wasn't necessary for me to actually learn Swedish. I also took introductory Swedish language courses in Lund, so having some pre-knowledge definitely helped me with that.

finances

The Erasmus grant was really helpful and I didn't worry a lot about my finances during my time abroad. Sweden is known as an expensive country, but I think it's similar to Dutch living standards, depending on how you spend your money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I was really happy with the choices I made for my study programme. It really fit with my interests and I enjoyed studying in an international environment with people who share the same interests. Choosing courses was at the beginning quite challenging because there was a lot to choose from (there were even special courses designed for international students coming to Sweden), but luckily my exchange coordinator in Lund was there to advise me when I needed help. It was also clear to me what was important to take into account when choosing courses and what kind of requirements there were for exchange students coming to Lund.



| |
|---|
| academic quality of education activities |
| Lund University provides good education with - as far as I can judge - teachers who are excited to teach you about their field of interest. Also, teacher-student relationships are less formal in Lund, so teachers were more approachable in a way. There was always a nice atmosphere in class and during lectures, and I really felt like I was engaging in the group, rather than simply being one of many students. |
| counselling & support at receiving university abroad |
| Lund University sent a newsletter every month - similar to Utrecht University - with general information about what's going on in Lund University and Lund itself. This was a helpful way of integrating more in the student and city life. There was also a Facebook page designed for international students with a lot of tips and news about what's going on in Lund and places nearby. |
| transfer of credits |
| In Lund they use a different system when it comes to grading (based on letters, not on numbers), but the credits work the same way. I followed two courses in total, each 15 credits. The grades I received will eventually be turned into a pass or fail on my Dutch degree. |

| STUDENT LIFE |
|---|
| welcome & orientation programme |
| Lund University provided many activities during the two (!) introduction weeks. There was a general Arrival Day on which mentors and staff members of Lund University guided and welcomed you in Lund. You could also join a mentor group if you wanted to, in order to get to know some people before your courses started. I am really happy I took part in all these activities, because it definitely helped me to go through the whole process of getting adjusted to the new environment. Besides, I already made many new friends during that period! |
| accommodation |
| Lund University provided accommodation for international students, but unfortunately only to a limited extent. As I was not selected in the general lottery of rooms, I ended up looking for accommodation myself. Luckily I found a private accommodation on time through one of the websites that offer rooms as well (BoPoolen). I had a great experience living there! |
| leisure & culture |
| Culture wise, Lund is similar to Utrecht. It's a great city to live in, especially since there are so many students. A lot of activities and facilities are there to support student life and because it's also quite small, you feel at ease before you know it. The Swedish mentality is a little bit more reserved than the Dutch way of interacting I would say, but luckily the younger generation makes up for this. Besides, the fact that many Swedish people have excellent English skills makes it easy to interact with them and ask for help if needed. |
| suggestions/tips |
| Try to engage with people coming from your host country as well besides hanging out with other internationals. It's a great way to learn more about the culture of the country you live in and about how the citizens themselves experience living there. It could also be fun to try to speak the language, people appreciate it if you try (there are several Language Cafes you can go to during the semester!). |

| CONCLUSIONS |
|--|
| would you recommend this university/destination abroad to others? please explain |
| Absolutely! Go to Lund if you want to have a wonderful Scandinavian experience. It's so much fun to meet people from all over the world in an environment so cosy and beautiful. The lovely people I met kept me warm during the dark winter season (which was not as bad as I expected it to be by the way - you will survive). |
| do you have any additional advice or comments? |



Try to say yes to as many activities as possible and enjoy the freedom of being in a new environment where everyone is new to you - and the other way around. Before you know you have a social network full of great friends to have fun with. Also, try to see something of the region you're in: the southern part of Sweden has a rich history and there is a lot to discover!



UU Report form - Erasmus 2018-2019

| | |
|----------------------|---|
| faculty/college | Faculty of Social and Behavioural Sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Interdisciplinary Social Science |

| | |
|----------------------------|-----------------------------|
| destination city & country | Lund, Sweden |
| name university abroad | Lund University |
| start date | 20 / 08 / 2018 (dd/mm/yyyy) |
| end date | 20 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

This was a lot of paperwork/filling in forms, but overall pretty clear and doable.

counselling & support at Utrecht University

Very good. I could always email the International Office or visit them, and get fast and clear answers. They also send a few emails before, during and after your exchange (nieuwsbrief international office) with information and things to remember, very handy!

academic preparation

I did not need any academic preparation.

language preparation

All my courses were in English, and I did not need extra preparation for this. Also, in Sweden almost everyone speaks fluent English.

finances

Sweden is expensive. My housing, groceries, bike etc. were all more expensive than in the Netherlands. If you go by car; take your bike! It depends on your own choices how much you will spend. Most exchange students make a lot of trips (Norway is super cool, but even more expensive) and do a lot of fun activities, which all costs a lot. It is worth it though. I managed with the Erasmus grant, my public transport compensation, my student loan and some personal savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There are SAS courses (Special Area Studies) which are special courses for exchange students. All my courses were SAS. It's nice that you are with other exchange students, easy to get to know others and teachers are a bit more flexible. I, however, would have liked to have courses with Swedes and see how their regular programmes are. So I would recommend to pick at least one regular course. Really think about the courses you pick (also second and third choice), because it can be quite hard to get your first choices or to change courses.

academic quality of education activities

I think the quality of the SAS courses was lower than courses at Utrecht University. Especially the workload, it's not that much (two 100% courses at the same time was doable). The readings were a lot, but since I had only take home exams and presentations, it was no problem to (only) read the things you needed for them later. All



the courses had only one teacher doing everything (but there were no more than 30 people in a course), and I did not like that. Most of my teachers did not really have structured working groups, but let us do the work and discussions, without making clear in the end what was good/bad or important. In one of my courses the teacher did almost nothing and no one knew what we had to do, but I think that one was just a really bad exception. Important for the social science courses is that in Lund humanities and social science are together under the social science faculty, so two of my courses (about gender, migration) had more of a humanities (philosophical) approach than a 'science' approach. We had to read books and discussions instead of research articles (which I'm used in Utrecht). I personally did not like that. Overall, I would recommend following at least one regular course (not SAS), and choosing SAS courses of which you really like the subject and which is something slightly new to you (since they do not go very in depth). Also, consider the Swedish language courses. I regret not learning more Swedish and they sounded fun.

counselling & support at receiving university abroad

This was very good. The coordinator replies very fast on emails. They have a lot of counselling/support institutions and persons and make it clear when and where to go if you need it. Arrival day and the introduction weeks are also very helpful.

transfer of credits

This has not happened yet. I think it will go okay with the number of ECTS, but I am wondering how they will translate the A, B, C etc from Sweden to grades in Utrecht. I also do not know how the courses will appear on my diploma. Might be a good thing to ask before you go on exchange.

STUDENT LIFE

welcome & orientation programme

This is very good and well organised. On arrival day you get picked up from the airport, get all the information you need and then they bring you to your accommodation. After this there are two orientation weeks with cultural/sightseeing activities and an ikea trip organised by the international desk of the university, you get a mentor group and some activities organised by the university, and all student nations and other associations have speed dating, parties and a lot of other activities. In these weeks you can also follow the SUSA introductory Swedish course for 3 ECTS, which I highly recommend to learn some basic Swedish and make a lot of friends!

accommodation

This is very hard to find in Lund, especially in the fall term. Make sure to sign up as soon as it's possible (the minute after it opens) for LU Accommodation (university housing). A bit later (last year it was in July) AF Bostader (biggest housing association) has a lottery, so make sure to sign up for this too if you did not immediately get accommodation through LU Accommodation. I was placed on the waiting list for LU Accommodation, so signed up for the AF Bostader lottery and was very lucky with a good place on their list. Then I got even more lucky, since I got a room offer through LU Accommodation, so I gave up my lottery place. I lived in Eddan, which is a bit outside of the city center, but Lund is small so everything is bikeable. I really liked it there and made a lot of international friends.

leisure & culture

There is so much to do, and it really depends on yourself where you end up. Lund is a city with a lot of internationals, and the Swedes are very good in English, so you are (and feel) welcome everywhere. Fika (drinking coffee/tea with a piece of cake or something else that's sweet) is a big thing in Swedish culture, so you'll probably do this a lot. Also, going in nature and hiking is a nice way to fill your weekends, they have good trails and beautiful national parks. You can visit cities like Malmo, Copenhagen, Helsingborg, Gothenborg, Stockholm etc., or go to smaller cute towns nearby. ESN organises trips to Lapland, Russia, Norway (yes, go visit the fjords!), Estonia etc. which are very cool, but of course you can also do this by yourself or with friends. Almost everyone in Lund signs up with Studentlund to go to nation activities, lunches, dinners and parties. They



also offer sports, but if you're more serious you can join a local sports team or one of the gyms (Gerdahallen, the university gym, is very nice and well organized with good group lessons).

suggestions/tips

Think well about the courses you pick, be on time with signing up for accommodation, arrive on arrival day and participate in as much as you can in the orientation weeks, do the SUSU course, plan some nice trips, and of course enjoy everything!

CONCLUSIONS

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

Yes. Lund is a small city with a lot of internationals, so you will soon feel at home. There's a lot to do for students, and you can go everywhere by bike! If you want to escape Lund for a bit, there are a lot of nice cities you can visit, nature to explore, or trips to make. The university is well organised.

do you have any additional advice or comments?

Go get something at Lundafalafel!



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 | Cultural Anthropology |

| | |
|----------------------------|-----------------------------|
| destination city & country | Lund, Sweden |
| name university abroad | Lund University |
| start date | 20 / 08 / 2018 (dd/mm/yyyy) |
| end date | 21 / 12 / 2018 (dd/mm/yyyy) |

PREPARATION

exchange application process

It was quite some work to get all the necessary documents for the application, but it was very clear what you had to do and the international desk was also helpful if you had questions. It's important to take into account that you'll be busy with the application process with some hours, but in the end everything was highly doable.

counselling & support at Utrecht University

Personally I didn't talk to anyone at Utrecht University to get some advice or support so I don't have any experience to share. I only experienced that the International Desk was very organized and fast to answer my questions through e-mail, which was helpful.

academic preparation

To come to Lund University, you usually don't need any specific academic preparation. I did not experience the academic level to be higher than in Utrecht.

language preparation

It's practical if your level of English is high enough to easily read and speak a lot in English, but I was already used to this in the Social Sciences faculty in Utrecht so it was not a big thing.

finances

The Erasmus grant for Sweden is quite high, the same as for any Scandinavian country. For me this was enough to pay for my groceries, drinks, lunches, etc. Apart from that, I saved some money to travel around Sweden and Norway (around 2000 euros, which was enough for some nice trips).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I only took SAS-courses, which are designed for international students and taught in English. I enrolled in: Introduction to the Middle East (which was nice and interesting), Religion and Politics (a lot of variation in the course, but superficial), Anthropology of the Contemporary Swedish Society (very basic and not recommendable if you already have a bit of anthropological knowledge) and Intercultural Communication (some interesting assignments/presentations, but also a bit superficial).

academic quality of education activities

I experienced the quality of studies to be much lower than in Utrecht and also much lower than I expected from a high-ranked university as Lund. I felt bored and therefore unmotivated almost all my semester and I didn't have to put in a lot of effort or time in the courses to still pass with high grades. In the beginning I thought this



was nice because you have a lot of spare time to spend on fun activities and to get to know your new environment and the new people. However, after around 2.5 months I got so bored I didn't enjoy university anymore. So I'd advise to take courses you have no prior knowledge about (at all), to keep it a bit more interesting.

counselling & support at receiving university abroad

The university employees are all super friendly and helpful, also quick to answer on e-mails.

transfer of credits

I don't know yet how this is going to work out, I have not received my transcript of records yet.

STUDENT LIFE

welcome & orientation programme

I arrived at arrival day with thousands of other international students. This was the beginning of a 2-week orientation program, filled with Swedish language lessons, city tours, speedfriending, hikes, fairs and much more. It was a really intense but also a really nice and fun period. It made you feel at home and get to know other people quickly. I'd definitely recommend going to Lund already in this period and not just when your courses start, because then you've missed out on a lot already.

accommodation

I got a room from LU accommodation, so via the university. I lived in an international corridor in the West of Lund, the neighbourhood was called Linero and the building complex Eddan. We were the first to live in my building (C) and this was so convenient as all the furniture was new and clean, same as all the tenants so everybody was looking to get to know each other. I made a lot of friends in Eddan, it was like a community. It was located relatively far from the center, but easy reachable by bike (in around 15 minutes).

leisure & culture

I enjoyed a Swedish dance course organized by the LTH faculty. The dance was called "Bugg" and it was a fun way to meet Swedish people as my building and courses were only filled with internationals. I also joined a Swedish orchestra ("Alte Kamereren"), which was more like a big band with a lot of nice and open people and an interesting way to learn more about Swedish student life. If you can play a suitable instrument, I'd recommend bringing it to Lund and joining the orchestra. They are used to internationals only joining them for a semester. They practice every week, but the conductor speaks in Swedish (just as with the dance course), so it's also a good way to practice your language skills.

suggestions/tips

Go to Lomma beach when the weather is still (or getting) nice, eat the chocolate cake in Ebba's café during a "fika" and join one of the nations to have endless possibilities in activities during the semester.

CONCLUSIONS

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

I'd definitely recommend to go to Lund, it's such a cute town with a cosy and open atmosphere. It's filled with students and therefore there is a lot to do. However, I found the university courses (for internationals) disappointing.

do you have any additional advice or comments?

I could recommend to go to the Gerdahallen as the gym, they have so many fun courses with motivating teachers! And for a hike is Kullaberg very beautiful.



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: imkesonneveldt@gmail.com |
| | my weblog | <input type="checkbox"/> yes: |
| | my Facebook account | <input checked="" type="checkbox"/> yes: |
| | other (social) media | <input type="checkbox"/> yes: |
| faculty/college | Faculty of Social Science | |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD | |
| name study programme | Psychology | |

| | |
|----------------------------|-----------------------------|
| destination city & country | Lund, Sweden |
| name university abroad | Lund University |
| start date | 20 / 08 / 2018 (dd/mm/yyyy) |
| end date | 20 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

I started looking at the various destinations 1.5 year in advance of my departure. This gave me the opportunity to carefully consider all the options and to make the best possible choice. I began working on the final application 3 weeks before the deadline.

counselling & support at Utrecht University

The information about the application process on the UU website was very clear. I almost never had to contact the internal office for clarification of the available information, but when I did, they always responded very quickly.

academic preparation

I did not do any extra academic preparation

language preparation

All my courses were in English, and since I was already quite used to studying in English (lectures/writing papers in English/etc.) I didn't think I had to do any extra preparation. I did not learn Swedish before I left, because I knew I would have a Swedish course during the orientation period and I was accepted to the Swedish courses for exchange students as well.

finances

I had been saving up for my exchange for at least a year. I went to Lund with around 2000 euro of savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed one psychology course that lasted the whole semester (for 15 ects) and two Swedish courses (level 1 and level 2). The psychology course was really interesting, but I only had 1 lecture of two hours a week. In my free time I only had to do some reading (but not as much as in Utrecht). My grade was made up out of three take home exams, which were of a high level.



| |
|--|
| academic quality of education activities |
| In general, the study load was not that high. Me and most of my friends felt like we did not have to study as hard as at our home university. However, my psychology course was actually of quite a high level, but as it was only 2 hours a week, I still did not have to spend too much time on it. The Swedish courses were really easy and not that well organized, which I thought was too bad. |
| counselling & support at receiving university abroad |
| The international office of Lund university was really helpful and they always responded within a day (or two). |
| transfer of credits |
| The grading system for my courses were A-F. I had several A's, which were transferred to a 8.5. |

| STUDENT LIFE |
|---|
| welcome & orientation programme |
| The university has a very well organized Arrival day. You are literally picked up from the airport, put on the train, picked up at Lund train station and taken to the location where you have to register. Registration happened very fast and afterwards there were shuttle busses to drive you to your student housing. Next to the arrival day there is a two week introduction period, in which a lot of activities are organized, which is a great way to meet people. |
| accommodation |
| Lund has many locations with student housing. As Lund is not a very large town, it does not really matter where you are located as everything is accessible by bike. I lived at Eddan, which was one of the further away accommodations, but it was still only 10 minutes to get to the centre of town. I was able to get this room through the university, but you have to make sure that you apply the same minute registration opens, as there are thousands of students looking for university accommodation. |
| leisure & culture |
| Lund is well known for its nations, which are similar to the Dutch student associations. Once you join one nation, you are allowed to visit all the other ones as well. As all nations have several activities every week, there is always a party for you to go to (or a lunch, dinner, beer pong night, pub quiz, live music, etc...). You never have to get bored. In addition, ESN organizes trips to amazing places, such as Lapland, the Norwegian Fjords and St. Petersburg. |
| suggestions/tips |
| Lund student life is centered around the nations, so make sure you join one! |

| CONCLUSIONS |
|--|
| would you recommend this university/destination abroad to others? please explain |
| I would definitely recommend Lund University to others. As it is a really big university, you are likely to meet people from all over the world. Next to that the university is well respected around the world (it is listed among the 100 best universities in the world), but you still have enough time to enjoy the amazing student life. |
| do you have any additional advice or comments? |
| Make sure you save up enough money, because Swedish life is expensive, and you are definitely going to want to experience it to the fullest! |



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 | Sociology |

| | |
|----------------------------|-----------------------------|
| destination city & country | Lund, Sweden |
| name university abroad | Lund University |
| start date | 20 / 08 / 2018 (dd/mm/yyyy) |
| end date | 20 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

The deadlines and steps for the application process are very clear and even though it took me some time to go through all the destination options and write a motivational letter, the process went very smoothly. The course guides of Lund University are quite clear and well structured, which helps when planning your studies.

counselling & support at Utrecht University

The support of UU was good. I haven't really used that much counseling, but when I had any questions or needed a form signed, this happened very quickly.

academic preparation

Since most of my courses in Utrecht are in English, no actual academic preparation was needed. I believe that this counts for most studies, even if your English level is not that high.

language preparation

An English test is one of the steps in the Erasmus preparation process, but this counts more as a comparison for yourself. Apart from learning some Swedish words from a Swedish friend, I haven't done any language preparation.

finances

The combination of the Erasmus grant, public transport compensation, my student loan, some contributions of my parents and personal savings were sufficient to live a comfortable life in Lund. Even though Sweden is expensive, I had enough money to travel, go out and have fika (coffee and amazing Swedish pastries) often. The prices at the students nations are quite similar to Utrecht.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

One of the main reasons for me to choose Lund was the broad range of interesting courses. Half of my courses had to be social sciences courses, but there was plenty of room to choose other interesting subjects. The SAS courses are only for exchange students and are easier than in Utrecht, but still interesting and of an adequate level. I followed 'Environmental Studies and Sustainability Science: Concepts, Challenges and Approaches' and 'Entrepreneurship: Social Innovation - a Strategy for Sustainability', which I can really recommend. I still had to do quite a lot of group work, presentations and papers. My sociology course 'Sociology: Development and Social Welfare Policies' was of a slightly higher level and also very interesting. In Lund they work with courses of one term, but also ones that are one semester long, so be aware of how you plan them.



| |
|---|
| academic quality of education activities |
| The academic quality is slightly lower if you follow SAS courses, but since most of them are an introduction to subjects this is okay. If you want to learn more about a very specific subject of your own studies, I can recommend normal courses. |
| counselling & support at receiving university abroad |
| The counselling and support was pretty good. It was clear where you could go with questions and the professors were always helpful and kind. They are usually quite informal and open for suggestions. Whenever I sent an e-mail to my coordinator, she responded within one day. |
| transfer of credits |
| My credits have not been transferred yet, but two of my courses will be level 1 and the other level 2. They usually work with 7,5/15 ECTS in Lund, which makes it easy to transfer. The grades you get differ from E-A or 1-5, which is very dependent on the course. |

STUDENT LIFE

| |
|--|
| welcome & orientation programme |
| The welcome in Lund was very well arranged. There were international mentors assisting you and your baggage from the airport to the registration office and even to your apartment. The orientation programme had a duration of 2 weeks and consisted of many activities, lunch opportunities and parties. You can choose to join a mentor group before you go, which is a good way to meet new people. Another fun way to meet new people and slightly integrate into the Swedish culture, is by taking the 2 week SUSA Swedish language course. I met a lot of people through this and feel like I actually learned some Swedish. |
| accommodation |
| <p>Finding accommodation in Lund is quite hard. There are two relatively easy ways of finding a room if you're lucky:</p> <ol style="list-style-type: none"> 1. Apply for LU accommodation and make sure that once the deadline opens you register and choose your top 5 very quickly (you can find all the different accommodations on their website). I found my accommodation through this service, but had to wait till August to get it. I lived at Sofieberg: very good location, new and a bit more expensive. Other good locations are Delphi and Parenthesen. LU accommodation is a bit more expensive, but very reliable so make sure to accept their offer once you get it! 2. Apply for the AF Bostäder lottery in the summer. You get a place in the lottery and if you have a good place you are first to choose from rooms. You still have to be very active in looking for a room here, but the prices are better. <p>The other options are looking at Facebook pages, Airbnb and other sites.</p> |
| leisure & culture |
| <p>Student life in Lund is the best! Students are the majority of the population in Lund and you will definitely notice that. There are many student nations, which are open to everyone, that own the clubs, organize game nights, dinner nights, brunches, lunches every day, sports activities and basically all you can wish for. If you sign up with StudentLund you get access to all of them. Next to parties and fun and the nations, there is always something going on in one of the many corridors.</p> <p>Furthermore, Swedish people are really polite and kind and speak English extremely well. Joining a sports team or volunteering at the nations are good ways to get to know more Swedish people. Regardless if you know any Swedish people or not, make sure to have fika (coffee and sweets) regularly. There are many nice little cafes in Lund where you can hang out with your friends when it starts to get dark early.</p> <p>Swedish nature is very beautiful, so make sure to get a look around. In the beginning ESN/the University organizes multiple hikes and other activities to do so. During the last summer days, Lomma beach is relatively close and so is the Dalby quarry. ESN also organizes trips to Lapland (this was amazing) and other cool destinations in Sweden or other countries.</p> <p>There are also some volunteering organizations in Lund, which are good places to spend your time when you</p> |



are done having fika.

suggestions/tips

1. Join ESN and StudentLund, you won't regret it!
2. Make the most out of the introduction weeks by joining a mentor group, following the SUSU course and going to several activities.
3. Rent a car with friends and drive around Skaneateles, Söderåsen and Kullaberg are super nice national parks and easy to get to by car.
4. Go out in Copenhagen or Malmö once in a while, it's super close by train and a good break from nation parties once in a while.
5. Go to the ice hockey games now and then, there are many in Lund and Malmö, and it's a cool experience.
6. Check out Hoppipolla and Inkognito for some good fika.
7. The main library looks cool, but there are many better study spots.

CONCLUSIONS

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

I would definitely recommend it! Everything is well arranged and clear at Lund University. They have many interesting courses in a lot of different subjects. Even though, the level is still slightly lower than in Utrecht, the quality of the education is very good. The city is small, but has a very nice atmosphere and the student life is great. A broad range of nationalities can be found among the students and because of all the facilities for students it's super easy to meet them. There is something to do every day at the nations and they make it easier to have dinner with friends or have an easy lunch. It is a good hub to check out other parts of Sweden or go to Copenhagen once in a while. Overall, I can say I had an amazing time and I can definitely recommend it to everyone!

do you have any additional advice or comments?

Be prepared for the darkness in the winter and make sure you are on time with looking for accommodation.