



## UU Report form - Erasmus 2022-2023

email address	p.l.wesselink@students.uu.nl
faculty/college	Social sciences
level	<input type="checkbox"/> bachelor's
name study programme	Sociology

destination city & country	Calgary, Canada
how did you travel to your destination?	Airplane
name university abroad	University of Calgary
start date	28 / 8 / 2022 (dd/mm/yyyy)
end date	22 / 12 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

After deciding that I wanted to go to Canada, I made my choice on Calgary based on the courses I could follow there and the feeling I had regarding both the city and the university. I put a lot of time and effort in my motivation letter and got it checked by friends before sending it in. After getting accepted for Calgary, applying there for courses and housing took some time but was doable.

#### counselling & support at Utrecht University

The International Office helped me a couple of times with questions and papers that had to be signed. They are always willing to help and respond quickly! The exam commission is also quick to reply when you ask for approval for your courses.

#### academic preparation

I didn't do any academic preparation.

#### language preparation

I didn't do any language preparation.

#### finances

Studying abroad is expensive but in my opinion worth every penny. Besides costs for your plane ticket and rent you will have to buy everything that goes into your room (beddings, plates etc), groceries and of course you want to explore the country while you're there. Beforehand I had estimated my costs and found that I was way too optimistic. Make sure you have some back-up money so you won't lose out on any experiences!

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

Most of the courses I wanted to follow were reserved for students at the University of Calgary. This meant I had to wait until a certain deadline and see if there were spots left that I could take. I would recommend looking at different possible courses and to make a back-up plan in case you don't get the courses you initially want. In the end I applied for harder courses that were available after I proved that I had followed courses in the Netherlands that made a sufficient background to do so.

#### academic quality of education activities



I found the quality of education comparable to the Netherlands, though a lot of my classes were orientated towards lectures and not so much to seminars as I'm used to in Utrecht. I found the teachers knowledgeable and open for questions. Despite the quality of the education feeling the same I felt like grading was lighter; even when I thought I had failed a test I would get good grades back.

#### counselling & support at receiving university abroad

The University of Calgary was pretty quick with their responses. Everyone I talked to was very kind and willing to help. This really helped in the process of applying for courses and with financials. The university will also send you regular updates about your education, your time abroad, housing details and wellbeing per email.

#### transfer of credits

I followed 5 courses worth 3 units each. Every one unit transferred to two ECT's, making up for 30 ECT in the end. This was a bit more work than I would have had in Utrecht but very doable. After my exchange it was very easy to get my credits transferred to Utrecht and they were in Osiris in less than a month after my last exam.

## STUDENT LIFE

#### welcome & orientation programme

The first week of September was full of activities to get to know the campus, the university and each other. There was a bonfire, dodgeball games and free tickets to the opening football game of the college season! Besides university wide activities there were also welcome activities per faculty and a meet&greet for exchange students. This last one really helped getting to know new friends from all over the world. Finally I also signed up for a buddy programme, which turned out great. I got a campustour from him where we visited all the classrooms in my schedule and we became friends through it!

#### accommodation

I lived on campus, which I was very content with. It is not particularly cheap but comparable to housing prices in the Netherlands at the moment. I had one roommate with whom I shared the kitchen, living room, toilet and bathroom but we both had our separate bedrooms. Living on campus was very convenient as most of student life is happening at campus anyway. It is especially handy in winter when temperatures get below -20 Celsius, because there are tunnels connecting you from the dorms to the lecture buildings!

#### leisure & culture

I tried to get to see as much from Canada as I could. At the beginning of the semester I joined two hiking clubs who took students on free day trips to beautiful lakes and forests. In total I also made three longer trips, the most memorable being a couple of days to Vancouver. Canada has got beautiful nature that is very much worth visiting! Calgary is not a city best known for its nightlife, but with all the students there is always a place to go out in the weekends. I was often at Cowboys, a club that every now and then played country music and had some people line dancing. For sports you have a lot of options on campus; they have an ice skating rink, gym and swimming pool which are mostly free for students to use (it's included in tuition). There are also lots of sports clubs to join as well as any other club you can think of; from cheerleading to watching anime to theatre.

#### suggestions/tips

Book a retour flight when you book a plane flight even when you're not sure when you will fly back yet. Most of the time it is cheaper to book than a single flight and you are able to change dates later anyway. I would also recommend booking extra luggage; it costs some extra but in the end it's definitely cheaper than to buy everything new in Calgary.

## CONCLUSIONS

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

I would definitely recommend the university of Calgary! I had the time of my life and can't explain how happy I am that I did it. You get to meet new people from all over the world and get to know yourself better too all



while exploring a beautiful country. The Canadians are exactly as nice as their stereotype and will make you feel welcome in a country that in some ways is so interestingly different from the Netherlands. Being in a whole new context made me realize that the way I'm used to do things can be so weird for others and this gives you a new perspective on your own life/culture.

do you have any additional advice or comments?

Go do it! I promise you won't regret it.



## UU Report form - Erasmus 2022-2023

email address	my e-mail address other (social) media	m.a.p.bijwaard@students.uu.nl melissabijwaard
faculty/college	Social Sciences	
level	<input type="checkbox"/> bachelor's	
name study programme	Pedagogical sciences	

destination city & country	Calgary, Canada
how did you travel to your destination?	By plane
name university abroad	University of Calgary
start date	28 / 08 / 2022 (dd/mm/yyyy)
end date	23 / 12 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The first step is to apply for the programme at the UU. For this application it is necessary to fill in a study plan and write a motivational letter with your study related reasons and some personal reasons for choosing this university for your exchange programme. I heard on January 18<sup>th</sup> 2022 that I was selected.

After that you are selected for the exchange programme of the UofC by the UU, you can start your application at UofC. You start this by filling out the application form, uploading necessary documents (mail the UU IO to get these), making an UofC email, and eID (I'm not fully sure if this is possible right away or if you have to wait on your acceptance at UofC). After you are accepted, you can apply for residence (do this as soon as possible!), and you can choose your courses. For questions, you can email the international office of UofC

#### counselling & support at Utrecht University

For counselling and support at UU, I always took direct contact with the International Office of UU by mail. I would get a reaction within a week.

#### academic preparation

For academic prep I did not need to do anything.

#### language preparation

The spoken language in Calgary is English, so there was no extra language prep for me.

#### finances

Studying in Canada is a more expensive choice.

For my room (Glacier Hall) I spend around 3500 CAD (I had an 2 bedroom apartment on campus).

Also groceries were a bit more expensive than in the Netherlands. Mainly fresh fruits and vegetables are on the expensive side. A good second option is to buy frozen fruits and vegetables. You can also purchase a meal plan, it is not that much more expensive than groceries, but I did enjoy my own cooking better.

Regarding trips, you can really make it as expensive as you want. If you decide to stay somewhere overnight, hostels are the cheaper option (around 40 CAD a night). And going with larger groups brings down the cost of renting a car. In August and September there are also busses to Banff and Canmore which are cheap.

### STUDY ABROAD PERIOD



#### study programme (content and organisational issues)

At UofC kind of a lot of courses are closed of if you are not majoring in those directions (for instance, you want to follow SOC 201, you have to either be majoring in sociology, or there have to be spots left in the course). For me, this limited my choices a bit, but I ended up being able to follow 5 courses (which is necessary to get 60 ECT). Make sure you start enrolling in courses quick though, because some fill up pretty fast.

Helpful tip: you can build and see your schedule in the schedule builder in your UofC portal (next to the enrol button).

At my time at UofC I followed GSXS 201, ANTH 311, ANTH 331, PHIL 201, and PHIL 347.

What I liked the most about following courses at UofC is that they are given by one teacher and 1 teacher only. Because of this, you always knew what to expect of a course and the classes, and the teacher was not in a rush to go to the material, but could instead just talk about it in the next class.

Regarding the tests and assignments at UofC: there are a lot of small quizzes, assignments and discussion points in the PHIL courses and in my GSXS class. For my PHIL courses I also had to write a paper and a few answers to essay questions. For my GSXS I had a few certificates and lecture reflections. I also had to do a group project for this course. My ANTH courses were built up of 2 midterms and a final.

The grading at UofC is in my opinion very easy. They rather wanted you to pass the test with an A than a C. So I didn't experience much stress while studying or making the assignments.

Your classes will be shown in D2L (d2l.ucalgary.ca) – basically UofC's BlackBoard.

I would say it is kind of hard to make connections in the classes themselves though. I managed to have a few friends in my courses, but it is not the same as the Netherlands, where socializing is a part of going to uni.

#### academic quality of education activities

In my experience it was a lot easier than studying at UU. A lot of students experienced this the same.

I was kind of glad about this because this way there was more time to explore Canada.

#### counselling & support at receiving university abroad

When I was still at home this was mainly over email. I took them approximately a week or somewhat less to react to these emails, but they were very helpful.

Once arrived at UofC, you could get in contact with the university by contacting the department you needed (i.e., residence, healthcare etc. (if you are not sure which department to contact, the i.o. or student union is always a good place to start)). Contact was possible through email, phone or just in person. There was also a meeting in the first week there. (Block week: first week of the semester; basically a week of introduction.)

After my semester, I experienced some trouble with the transferring of my credits, and the contact with UofC was very minimal.

Good to know: UofC uses 2 different terms and kind of acts like they are the same, while they are not, and these are exchange student and international students. Exchange students are there for only 1 or 2 semester(s) (like you), and international students are there for their entire programme. These two terms overlap a lot, but it is good to know the difference.

#### transfer of credits

You have to do this yourself at UofC by going to your UofC portal and requesting one. Do this in time!!! I choose the eTransfer option (choose the option to get your transcript after grading), but I did this at the end of the semester, and there were no working hours anymore at that time, so I received my document a bit late.

Once you request this, you will receive an email in a few days, which allows you to enter MyCredits. I would recommend to change your UofC email to your personal or UU email, since your UofC email can be deleted in the meantime.

Once all of your grades are posted, you can purchase a 'share' (8 CAD), too share your transcript with UU, I did this through the IO email address.

## STUDENT LIFE



## welcome & orientation programme

In the first week, Block Week, there are some welcome meetings with information over the semester (these are for both international and exchange students, so it is good to know the difference (mentioned above)). There are some orientation meetings as well (bonfire, ice skating, dodgeball event) to get to know your peers. Its good to go to these events!). I think these were announced through either an email with a questionnaire, or through the website.

You will also receive emails from the IO at UofC with meet & greets with other exchange students and other activities, like hikes. These are really helpful to get to know other exchange students as well. The hikes fill up pretty fast though.

## Accommodation

I was a third year student, which meant I could choose between the upper year level housing options, shown at <https://www.ucalgary.ca/ancillary/residence/live-us/places-live/rates-2022-2023>. If you follow this link you can also look at the rating of the different buildings.

I choose to stay in Glacier Hall, because this was the cheaper option, plus it had a living room (which was very nice). I stayed in a 2 bedroom apartment with another girl. We both had our own room and the toilet and shower (with bath) were divided. (Some rooms have two toilets, but this is not guaranteed.) Glacier Hall is a somewhat older building and this is noticeable, but they do fix the bigger problems and otherwise you can file a maintenance request. Olympus Hall is pretty much the same as Glacier Hall.

Crowsnest and Aurora are the somewhat more luxurious buildings. I went into Aurora pretty often and they have very nice study and hangout spaces throughout the building, which is nice. The rooms have a 120/140 bed, which is a bit nicer, but they do not have a living room and for me the kitchen felt a bit impersonal.

Varsity Courts, are houses you share with one other housemate. These houses are nice, but on a 15 minute walk from campus, so that's something to keep in mind with the heavy winters in Canada (up to -35).

Regarding the application on housing, as mentioned before, start in time. If you google "residence UofC" you will see the link to their website (which is a different one than the uni itself). And if you go through the whole thing you will receive a message at a certain point, giving you a timeslot of housing. While you will probably be in the second round, you won't be able to choose between everything (for me, for instance, there were no 4 bedrooms left or bedrooms in Cascade).

## leisure & culture

If you want to see and live in a nice city, I wouldn't recommend going to Calgary. However, if you want to explore amazing nature and go skiing/snowboarding and hiking, this will be the place for you. Calgary is placed right next to the Rocky Mountains, and because of this the nature surrounding Calgary is unlike anything else. The city has some good clubbing places though and some very nice parks, but culture wise it does not have much, since it is a very new city.

## suggestions/tips

Clubbing (@yycevents on Instagram keeps you up to date):

- Nationals on 10<sup>th</sup> (mainly in September, when the rooftop is still opened)
- Cowboys
- Banquet (in September, after that is gets empty)
- Commonwealth (Saturdays)
- Greta (Bar + Games)

➔ You do pay for entrance and alcohol in Canada is expensive, but do recommend

Nature

- Jasper National park ➔ go for 2 or 3 days
- Roadtrip to Golden (to see: Golden Skybridge, Wapta Falls, Emerald Lake, Lake Louise, Lake Moraine Takakkaw Falls, Banff) ➔ you don't have to see all at once but I recommend all

*Lake Moraine (closes beginning of October) is really hard to get too, since the parking lot fills up easily, so I would recommend to take a shuttle from the Lake Louise Parking, book this in advance!*

- Rat's Nest Cave



- Skiing/Snowboarding at Sunshine (If you want to go more often, take the Super Card (discounts and free days of lift passes))
- Ice skating on Lake Louise

Other:

- Ice hockey game
- Toronto + Niagara Falls
- Vancouver
- Chinook Mall

Phone → I had a subscription at Rogers, which I had to upgrade monthly (60 CAD per month for 8GB, unlimited calling and SMS (there are other options)).

Go to Dollarama and Walmart for your stuff

Renting a car → if you are 25 or older go to Turo, otherwise I found cars at Kayak.ca. this was basically booking.com for cars and it was great. Under 25 you pay a young drivers fee of 15 CAD per day, per person. And to add an extra driver it is also 15 CAD a day. Always put insurance on the car!

Credit card → you will need one! I had one at Revolut and this worked perfectly. It is a debit credit card, so it works like a debit card (you put money on it), but it is registered as a credit card.

## CONCLUSIONS

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

Definitely. I absolutely loved my time in Calgary and wouldn't have want to miss it for anything. I met so many amazing people with new outlooks on life and being in a group as an exchange group is a totally different experience, while everybody wants to make the most of there time there and are open to do amazing stuff. Calgary is a very clean city where there are not to many homeless people on the street and the people are in general very helpful and nice, which made it so much easier to find my place there!

do you have any additional advice or comments?

I straight away knew I wanted to go to Calgary, since I really wanted the Campus experience – which I 100% got – but I didn't knew if I wanted to go to Vancouver or Calgary. I chose Calgary because it stated that it was way cleaner and less homeless people and I also found that the uni suited me better. Calgary hasn't disappointed me. I also went to Vancouver and I do really get what they meant online. Vancouver has way more homeless people then Calgary and is way dirtier. But in saying that, Vancouver does have the sea and more culture.

C-train → If you want to go to downtown, take the c-train. UofC provides you with free transit in Calgary (download the transit yyc app and log in with your student ID). Downtown is about 6km from campus and very doable by c-train. They don't go by night though, so you should take an Uber back from going out.

In your tuition fees, you pay for your UofC card (you get this one at residence services when picking up your key). Your UofC pass provides free access to for instance the gym and other sporting facilities at campus and the library (I loved studying at TFDL (library) on the 6<sup>th</sup> floor, you have a view at the skyline of Calgary).

It does get very cold in Calgary (down to -35 degrees Celsius), so be prepared.

If you wane rent skiing/snowboarding gear or ice skates, or camping gear, go to the outdoor centre at UofC, they provide really cheap rentals.



## 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	Calgary, Canada
how did you travel to your destination?	Plane
name university abroad	University of Calgary
start date	03-01-2022
end date	01-05-2022

### PREPARATION

#### exchange application process

There are a lot of different forms to fill in and information to provide. It can be difficult to find everything, but people from the International office are very helpful.

#### counselling & support at Utrecht University

There is counselling and support provided by Utrecht University, but I still had to figure out a lot on my own.

#### academic preparation

Academic preparation is only necessary for following specific courses.

#### language preparation

My English was already okay in my opinion and it turned out to be good enough.

#### finances

Tickets, a room and living abroad together can be very expensive. For me everything together was almost 10000 euro.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The study content was comparable to UU, but the tests were more about reproduction of the knowledge than understanding it.

#### academic quality of education activities

The quality was pretty good and I definitely learned new things.

#### counselling & support at receiving university abroad

For me it was clear and there were multiple options for help.

#### transfer of credits





STUDENT LIFE
welcome & orientation programme
This was not very well communicated. It said there was going to be an introduction of the meal plan, but it turned out to be a big introduction.
accommodation
I had pretty big room on campus with a bed, a desk and some closets. I shared the bathroom, kitchen and living room with two other international students. A room on campus was great, because you meet people pretty easy.
leisure & culture
In my free time I went to a lot of fun parties, but they were not as good as in the Netherlands. The nature in Canada was amazing and definitely one of the best things about my exchange.
suggestions/tips
In Canada everything is far away compared to the Netherlands. Plan trips upfront so you have enough time to see everything.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes. I had a great time and it changed my life. Living in another country where you literally know nobody is a challenge, but you learn a lot from it. The University was a nice place and I always felt safe. Canada is a beautiful country and people are very friendly.
do you have any additional advice or comments?
Just go. Make sure you prepare well and have an open mindset.

### UU Report form - Erasmus 2021-2022

contact details	my e-mail address	sophieverkley@hotmail.com
	other (social) media	sophieverkley (instagram)
faculty/college	Social Sciences, Psychology	
level	<input type="checkbox"/> bachelor's	
name study programme	Exchange	

destination city & country	Calgary, Canada
how did you travel to your destination?	By airplane
name university abroad	University of Calgary
start date	(06/09/2021)
end date	(22/12/2021)



## PREPARATION

### exchange application process

I knew that I wanted to go to Canada, but not to which university yet. That's why I first read about the possibilities, then people's experiences at those universities. Additionally, I checked the location and weather. When I had made my choice, I started writing my motivation letter. One of my friends checked it a few times and helped me. She already went abroad one time, so that was really helpful. Definitely a recommendation to ask for help!

### counselling & support at Utrecht University

Every time I had a question, I emailed the international office and they were really helpful, which was great!

### academic preparation

I didn't really prepare academically

### language preparation

I felt like I had to do this, but I was super busy with work and my thesis, so in the end I didn't really prepare my English. I remember that I felt kind of insecure about it, but when you live in an English-speaking country, it forces you to speak English. At first, it feels super uncomfortable, but you just have to get through it. After a while, it's getting way better. They know that English is not your native language, so they don't care if you make mistakes. It's just a really nice way of learning and improving!!

### finances

I started saving money about 2 years earlier and the last months I worked a lot. I also lend more money from duo. In the end I had about 6.000 euros to take with me, but I also used it to travel a month through the USA after the semester. And next to that I still had my student loan. An exchange costs a lot of money, but it's so worth it!

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

I did three courses (I didn't need five, because I already had all my credits): Environmental psychology, Adolescence and Spanish

### academic quality of education activities

I thought the psychology courses were quite the same as in Utrecht! The teachers were great and the learning stuff was really interesting. Spanish was way easier, but it was also a level 1 course. The big difference compared to Utrecht, is that in Calgary, there are more assignments, which means way more deadlines. Not big ones though, but you have to get used to it. At first they took me quite a lot of time, but later it'll get better.

### counselling & support at receiving university abroad

Really great as well! First I enrolled in level 1 courses only, because all psychology courses were full. In the end I managed to still get into psychology courses and they really helped me with that. There was also an international programme, but it was all online because of covid, so I didn't join those meetings.

### transfer of credits

Not really sure about this, because I did not need extra credits. But I believe that you need to pass 5 courses for 30 credits.

## STUDENT LIFE

### welcome & orientation programme



I applied to have a mentor. She also helped me with the psychology courses, but I didn't have that much contact with her (also because I just didn't really need it). I know that others had more contact with their mentors and really liked that. The first week there were activities like a movie night and a pizza night, where I met a lot of other students. After that week we had a big whatsapp group with a lot of internationals, which was in the end divided in smaller groups. I had a group of 8 where I spend a lot of time with!

#### accommodation

I lived on campus, which I would definitely recommend! I really wanted to experience the campus life and I truly loved it. We all lived close to each other (like a maximum of a 3 min walk) and besides that, you could walk to the gym and to all your classes. A lot of sports are for free (like the gym and swimming pool). The campus in general was really nice, full of nature. The apartments were also great, I had a lot of space. (The living rooms in Aurora are not big, but you'll have a bigger bed, just what you prefer haha). I was located in Olympus Hall, but in general, it doesn't really matter where you live because every building is close by. Price was about 570 euros each month I think, but you have to pay the total amount for 4 months at the start of the semester.

#### leisure & culture

There was a lot to do in Calgary and around Calgary. For me the most important reason to go to Canada was the nature. I went to Banff every weekend and one weekend to Jasper the first weeks to do a hike with the other exchange students I met the first week. The nature is truly amazing. Later, we went there again for skiing and snowboarding! I also travelled to Vancouver, Vancouver Island and to New York (flight tickets from Calgary to NY are way cheaper). Calgary is a really nice city, not necessarily beautiful, except for the Bow River which you can also walk to from campus (about 40 minutes). We went rafting on the bow river. We also went to a lot of nice clubs and bars. Nationals and Junction were nice clubs/bars. Tropical was a really nice latin bar. Oh and don't forget to go to Nanta, a karaoke bar!! Further, Canadian people are extremely nice. They stop for you even when their traffic light shows red.

#### suggestions/tips

If you wanna live on campus, pay your housing fee in time, so you can decide who your roommate is gonna be. Because the earlier you pay it, the earlier you can choose a room. For me it was a kind of struggle and a lot of emailing, but in the end I had a really nice roommate 😊 And really, no worries about which building.

## CONCLUSIONS

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

100% I think I've never been so happy as during this semester. The people were amazing and the nature was amazing. Especially when you love nature, you should definitely go to Calgary or at least to Canada. In winter it gets quite cold, so I would recommend to go the first semester, so you experience summer, fall and winter! By the way, almost everyone was an experienced skier of snowboarder which was also one of the reasons for them to go to Calgary. I wasn't! But I learned it and it was really cool!

#### do you have any additional advice or comments?

If you need to apply for a study permit, do this as soon as possible!! I applied on the due date and mine arrived too late which is why I had to change my flight. It gave me a lot of stress, so check if you need to do it and start with it right away.

Just in general, if you're still hesitating about doing an exchange but you've thought a lot about it: just do it!! For me it was the best experience in my life so far. It might be totally out of your comfort zone and scary, but that's actually why it is so nice. You meet lots of new people from different cultures, improve your English and experience the most amazing adventures. You can always contact me if you have questions or just want to talk about exchanges 😊 [sophieverkley@hotmail.com](mailto:sophieverkley@hotmail.com)



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

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

## PREPARATION

### exchange application process

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

### counselling & support at Utrecht University

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

### academic preparation

No specific preparation

### language preparation

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

### finances

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

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

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

### academic quality of education activities



Similar to above.

counselling & support at receiving university abroad

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

transfer of credits

## STUDENT LIFE

welcome & orientation programme

University of Calgary has a great welcome programme. The International student association plans a lot of welcoming activities as well.

accommodation

Housing is organized through the U of C, but you do have to be on time to arrange this, otherwise you have to look for off campus residence yourself. Prices for on campus housing is somewhere around 3500 CAD.

leisure & culture

Lot of leisure options. Calgary itself is nice and the Rocky Mountains are very close. The international student association also plans some trips.

suggestions/tips

Make sure to go to the welcoming activities organized by the international student association, this is the place where you will meet most other international students.

Also try to visit Vancouver and/or Seattle during reading week, both such fun cities to go to, especially when you have the week off!

## CONCLUSIONS

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

Yes, the university itself is very nice and everyone is so helpful. The Canadian people are also so kind and willing to help whenever they can, which made me feel very welcome from the beginning. Also, there's lots of stuff to do in the area (such as visiting Lake Louise and Moraine lake and going skiing/snowboarding in Sunshine Skiresort or Lake Louise Skiresort). Overall I had a great time while studying in Calgary for 4 months.

do you have any additional advice or comments?

everything as advice or suggestions is already said somewhere above.



## UU Report form - Erasmus 2019-2020

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

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

### PREPARATION

#### exchange application process

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

#### counselling & support at Utrecht University

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

#### academic preparation

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

#### language preparation

Not needed

#### finances

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

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

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



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

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

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


**UU Report form - Erasmus 2018-2019**

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Educational sciences/onderwijswetenschappen
Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	28/07/2018
Return date (dd/mm/yyyy)	24/12/2018

**Preparation**
**Exchange/placement application process:**

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

**Counselling/support at home university:**

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

**Academic preparation:**

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

**Language preparation:**

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

**Finances:**

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

**Study/placement abroad period**
**Study programme/work plan (concerning content and organisational issues):**

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





study plan.

Academic quality of education/placement activities:

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

Counselling/support at host institution/organisation:

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

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

Transfer of credits:

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

### **Student life**

Welcome/orientation programme:

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

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

Accommodation:

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

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

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



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

Leisure/culture:

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

Suggestions/tips:

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

### **Conclusions**

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

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

Do you have any additional advice or comments?

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

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

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



## UU Report form - Erasmus 2018-2019

Faculty/college:	Social sciences, Psychology
Level:	<input checked="" type="checkbox"/> <b>bachelor</b> <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology
Destination city & country	Calgary, Canada
Name host institution and/or company/organisation	University of Calgary
Purpose of exchange	<input checked="" type="checkbox"/> <b>study/courses</b> <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	01-09-2018
Return date (dd/mm/yyyy)	25-12-2018

### Preparation

Exchange/placement application process:

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

Counselling/support at home university:

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

Academic preparation:

Didn't do any preparation

Language preparation:

Didn't do any language preparation

Finances:

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

### Study/placement abroad period

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

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

Academic quality of education/placement activities:

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



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

Counselling/support at host institution/organisation:

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

Transfer of credits:

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

### **Student life**

Welcome/orientation programme:

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

Accommodation:

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

Leisure/culture:

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

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

Suggestions/tips:

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

### **Conclusions**



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

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

Do you have any additional advice or comments?:

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

[I.vanderpas@students.uu.nl](mailto:I.vanderpas@students.uu.nl)



## UU Report form - Erasmus 2018-2019

Faculty/college:	Faculty of Social Sciences			
Level:	<input checked="" type="checkbox"/> bachelor	<input type="checkbox"/> master	<input type="checkbox"/> PhD	<input type="checkbox"/> other
Name degree programme:	Pedagogische Wetenschappen			
Destination city & country	Calgary, Canada			
Name host institution and/or company/organisation	University of Calgary			
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other			
Departure date (dd/mm/yyyy)	01-09-2018			
Return date (dd/mm/yyyy)	02-02-2019			

### Preparation

#### Exchange/placement application process:

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

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

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

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

#### Counselling/support at home university:

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

#### Academic preparation:

None

#### Language preparation:

None

#### Finances:

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

### Study/placement abroad period

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

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



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


**UU Report form - Erasmus 2018-2019**

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

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

**Preparation**

Exchange/placement application process:

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

Counselling/support at home university:

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

Academic preparation:

I did not prepare academically.

Language preparation:

I did not prepare my English.

Finances:

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





### Study/placement abroad period

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

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

Academic quality of education/placement activities:

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

Counselling/support at host institution/organisation:

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

Transfer of credits:

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

### Student life

Welcome/orientation programme:

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

Accommodation:

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



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

#### Leisure/culture:

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

#### Suggestions/tips:

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

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

#### Conclusions

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

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