



ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	Social science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinair social science

destination city & country	Coimbra, Portugal
name university abroad	University of Coimbra
start date	26 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2018 (dd/mm/yyyy)

PREPARATION
exchange application process
The proces went well.
counselling & support at Utrecht University
The counseling was very good and the people where always very helpful.
academic preparation
I have completed a Portuguese language course beforehand.
language preparation
I have completed a Portuguese language course beforehand.
finances
I had saved some money before I left.



STUDY ABROAD PERIOD

study programme (content and organisational issues)

At the beginning it was still unclear where I could find all English subjects. We also did not have a schedule on the day that the lessons started. Everything was therefore not clear and organized.

academic quality of education activities

The lessons were not difficult and very interactive. However, you had to hand in something every week and make a lot of assignments in groups.

counselling & support at receiving university abroad

If there was something you could always go to a desk for international students. There they were very nice and helpful.

transfer of credits

It clearly indicates per course how many credits you will receive. Usually it is 6 points per course.

STUDENT LIFE

welcome & orientation programme

The first day there was a meeting for all students of the faculty.

Accommodation

The university had a site where rooms were offered.

leisure & culture

The first two months there were a lot of activities organized by the Erasmus organization in Coimbra. During these activities you get to know a lot of people. Also in the neighborhood of Coimbra there is a lot to do and public transport is also very good and not expensive.

suggestions/tips

A room close to praca de republica is the best!

I would also suggest you to join the first Erasmus activities to meet a lot of new people.

CONCLUSIONS

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

Yes!! I had a great time in Coimbra. The people are really friendly and there are a lot of Erasmus activities.

do you have any additional advice or comments?

Enjoy your time on Erasmus!

ERASMUS+ STUDIES

UU Report

e-mail address	Contact info available at the IO.
faculty/college	Universiteit voor Humanistiek
level	bachelor's
name study programme	Humanistiek

destination city & country	Coimbra, Portugal
name university abroad	Universidade de Coimbra
start date	01 /09 /2017
end date	01 /02 / 2018

PREPARATION

exchange application process

The process for me was a bit harder than for normal students because I came from the Universiteit voor Humanistiek, but the contact person (Marleen van der Ven) was easily reachable and helped me out well.

counselling & support at Utrecht University

My contact person was easily reachable and the region1@qdesk.uu.nl address was always responding. Next to this, there was an information event before leaving, that helped me in answering all my questions.

academic preparation

I did not do any academic preparation. The level of education in Portugal is not that high, so it was not necessary.

language preparation

I did a bit of a language preparation (a course in A1-level) so I could help myself out in the country with easy, small things.

finances

I saved up some money before going just to be sure I had enough money, but for Portugal you don't need to save that much money.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>I was a bit disappointed in the study program. There was not that much to choose from, if you want to have your classes in English. If you are also able to follow classes in Portuguese, there is more to choose from.</p>
academic quality of education activities
<p>The academic quality of my classes was low to average. My course at the Economy Faculty of Coimbra was very low quality. It was comparable to high school. We didn't need to read any books but only read texts during class. The feedback I got on assessments was also low quality: the teacher did not explain why she made certain decisions about my work.</p> <p>My courses at Letras (literature) were average quality. I needed to read texts and we discussed these texts during class. Still, compared to university in the Netherlands, it was quite simple.</p>
counselling & support at receiving university abroad
<p>There was a lot of bureaucracy in Coimbra. They have a central bureaucratic house (Casa da Lusofonia) where you can go for questions and signing papers. But most of the time, the people there told me to go to other people or to the faculty. At the end it all worked out, but it was a lot of walking through the city.</p>
transfer of credits
<p>I haven't received my credits yet, but the people at Casa da Lusofonia told me they will send it to me by e-mail.</p>

STUDENT LIFE

welcome & orientation programme

There was a welcome programme by the ESN of Coimbra. They do a lot of activities, especially the first month. It's a good way to get to know a lot of people in short time. Also: don't worry about getting to know people. It's very easy because everybody wants to make new friends. Just invite people to have a coffee and get to know them.

accommodation

Finding an accommodation in Coimbra is very easy! There is a FB-page and there are university houses. But I would recommended just going to Coimbra, staying in a hostel or Airbnb for a couple of days and find an accommodation while you are there. There are more rooms than students. Everywhere on the streets there are papers with telephone numbers of people to call if you want a room. It's better to first take a look at the rooms because there are some really cold rooms (yes, also in Portugal it gets cold in winter and mostly they don't have a central heating system!) So don't worry, just go to Coimbra and find a room while you are there. The prices are very low (150-250 for a room).

leisure & culture

There are a lot of bars and clubs in Coimbra. They are all located around the praca. The praca is a square where everybody meets up at night to hang out. It is a meeting point, so it would be nice if your accommodation is nearby the praca. And what I enjoyed most was the Student Assosaciao near the praca. They have a lot of cultural activities! I did theatre and dancing and it was with portuguese people and for free.

In the weekends I did some trips to the surroundings of Coimbra. It's easy to take the train or the bus (rede expressos). I also love surfing, so I did that a lot in Figueira da Foz and Aveiro.

suggestions/tips

Go to Nazaré if you can, in october/november. During that time there are the famous monster waves. If you are lucky, you can even see people surfing those 20 meter waves!

CONCLUSIONS

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

Yes, I would totally recommend it! IF you are okay with not challenging yourself educationally. If you want to have a nice time in a relaxed country where the sun mostly shines and you love nature, you must definitely go there.

do you have any additional advice or comments?

See what's there on [workaway.info](https://www.workaway.info) while you are in Portugal. Workaway is an opportunity to do voluntary work. I did olive picking for a week near the Serra da Estrella (a mountain area). That way, I experienced how the olive oil was made and how people live in a sustainable way in Portugal!



ERASMUS+ STUDIES UU Report

family name	
first name	
student number	
e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Child & Youth Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Erasmus

destination city & country	Portugal, Coimbra
name university abroad	Universidade de Coimbra
start date	06 / 02 / 2017 (dd/mm/yyyy)
end date	23 / 06 / 2017 (dd/mm/yyyy)

PREPARATION
exchange application process
The application process is always longer than you think. Something was wrong with my administration, which was the reason the international officer of my faculty in Coimbra didn't sign my documents before leaving for Coimbra. But in the end, it will usually be okay, even if the documents are only signed when you are already here.
counselling & support at Utrecht University
The international officer at the UU is very friendly and very fast. Her door (or the one of her colleague) is always open.
academic preparation
I did not prepare myself academically.
language preparation
I did not speak Portuguese before I arrived in Coimbra. It really depends on your field of studies if I would recommend studying Portuguese before you come. For example, in the Faculty of Economics (FEUC) there are a lot of courses in English available. In my study field, Psychology, there was only one course available in English,



a master's course. I studied Portuguese at A1 level, two courses in Portuguese and the rest was in English. The Portuguese courses were doable since there were multiple Erasmus students and the teachers translated our tests into English.

finances

In Coimbra, life is not so expensive. Rooms are usually between 150-250 euros, a beer costs not more than a euro, you can go for dinner for under 10 euros, groceries cost about the same as in the Netherlands. But because you are with your Erasmus friends, you go out and to dinner more than usual which is why in the end you spend a lot.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

For me, it was a little hard to find 40 ECTS (I failed a course right before coming to Coimbra) worth of courses. In the end, I followed courses in four different faculties. It takes some time but in the end you will always find courses that are interesting for you. I had two courses in Portuguese, but the teachers are usually friendly and helpful and willing to give you an exam or assignment in English.

academic quality of education activities

Some courses were well put together and very interesting, some courses were not so good. In the end, I would say I am moderately satisfied with the academic quality.

counselling & support at receiving university abroad

My international officer (faculty of psychology and education) was a very friendly and quite fast lady, but she needed to talk with a lot of different faculties, which took a lot of time. But she told me that I could come back anytime with questions, which was comforting since the first week was a little hectic.

transfer of credits

I did not receive my transcript of records yet, but this takes usually a long time.

STUDENT LIFE

welcome & orientation programme

The Erasmus Student Network in Coimbra is very active. Every week they organize about two events, in the beginning a lot more, to get to know more people. I went to a few bigger ones and a organized trip which were usually successful.

accommodation

A room in Coimbra usually costs between 150-250 euros. It is very easy to find a room, on every street lantern a paper with a room that you can rent. For a Dutch person, this may seem a little odd, but for Portuguese students this is very normal. Also, they usually collect rent in cash, don't get scared by this.

leisure & culture

I was really happy with my choice for Coimbra. Since it lays in the middle of Portugal, you have both the options to travel to the South and to the North. Also, I am not a fan of really big cities (like Amsterdam), so for me the size of Coimbra was perfect. The international student community was big compared to the size of the university, but small enough to be able to know a decent 70% of the students by face at least. If you really like big cities, you might want to consider a bigger one.

suggestions/tips

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**CONCLUSIONS**

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

I definitely would. Of course there are some negative sides, sometimes the teachers or even the overall system of the University can be very irritating, but this is not different from other countries with a Southern European culture like this one. Coimbra is, in my opinion, after Porto, the most beautiful city in Portugal. The beach is an hour away, the people are very friendly, the culture is cool and the architecture and the greenery are really nice.

do you have any additional advice or comments?

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ERASMUS+ STUDIES UU Report

family name	
first name	
student number	
e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Bèta sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pharmacy

destination city & country	Coimbra, Portugal
name university abroad	Universidade de Coimbra
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	01 / 02 / 2017 (dd/mm/yyyy)

PREPARATION
exchange application process
<p>For me the exchange application process went smooth. I already knew I wanted to go to the south of Europe for my exchange. I looked on the webstie of Utrecht University to check which partner universities were available. From that list I picked Coimbra and Rome and then the application began. The application for Utrecht University was easy, I just followed the instructions on the website. For me the instructions were quite clear. Of course filling in the documents and providing the information took some time. After I was accepted by Utrecht University I applied on the website of Coimbra. This was more difficult, because for me the website was not really clear. It took me a lot of time to figure out what I had to do, but in the end I managed good and on time. The deadlines are an important thing to keep in mind while applying.</p>
counselling & support at Utrecht University
<p>I experienced the counselling and support as very good. When I had questions my emails were answered quickly and clearly. It is easy to find contact information on the website. I also really liked the preparation meeting. There I learned what else I should prepare before going. I also liked to read and hear the stories from other students who already went on exchange. We were also provided with numbers and email adresses from previous students, which proved very useful.</p>



academic preparation

At the website from the University of Coimbra I looked for courses that I could follow. For me it was not clear which subjects I could choose. At first I selected a few courses, but then I received word from the international officer there that I couldn't follow those courses. It is still not clear for me why. In the end my selected courses were accepted, but it took a lot of effort and time.

language preparation

In the summer before I went I studied Portuguese myself. Because my courses in Coimbra weren't going to be in Portuguese, I didn't have to know the language really well before I went. I also inscribed in a language course in Portugal.

finances

I applied for the Erasmus + grant. The process for application is described clearly on the website of the UU. Next to that I saved money myself.
To apply for Utrecht University you have to make a financial plan. This was useful for me because then I had every thing sorted out.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

When I arrived in Coimbra, I couldn't follow the courses in which I was inscribed. So I had to go looking for new courses. My Erasmus coördinator helped me to find new courses. I did courses outside of my normal curriculum, which I really liked. It was a really good experience to study a few courses in a different discipline.

academic quality of education activities

The academic quality was not so good. For me the level of education was lower than I was used to in the Netherlands.

counselling & support at receiving university abroad

The international office in Coimbra was always busy. Also they don't respond well on e-mails and phone calls. If you want to reach them, the best way is to go there in person and wait in line. But when you speak with them they are kind and try to help.
My Erasmus coördinator was really helpful and kind, but also he was not well reachable by e-mail. It helped that I followed two of his courses and this way saw him every week.
Receiving my student card was not very succesful, this took almost the whole five months I was there. In the end I had to organize it all myself.

transfer of credits

The exam committee of my faculty at home helped me to organize the transfer of credits. This worked really well. But it is necessary to organize this in time. The only thing that didn't go well was the transcript of records. I needed to receive it early because I started my master after coming home. But it took a long time for Portugal to send the transcript of records. You have to have patience when you want to organize things in Portugal.

STUDENT LIFE

welcome & orientation programme

I really liked the student life in Coimbra. In Coimbra, ESN (Erasmus Student Network) is really active. This is an organization run by volunteers who organize all kinds of things for Erasmus students. In Coimbra are a lot of



international students which makes it a really good place for student life. In the first months ESN organized a lot of activities, this was called the welcome month. In this way making friends is really easy. After the first week I didn't feel alone anymore.

The University of Coimbra organizes a few introduction activities and guided tours around the University.

accommodation

ESN also helps with the search for accommodation. I, on the other hand, organized my accommodation before hand. In Coimbra there are a lot of student houses for good prices so it's not hard to find accommodation. There are Facebook groups to find student flats. It's also a good idea to ask people who went there before if they have tips for housing.

leisure & culture

Coimbra is a beautiful and old city. The University is really old and is world heritage. I really liked to study in such an old and cultural city. With other international students I travelled thure Portugal. Every weekend we travelled somewhere to explore the country. We also did this a lot with ESN organized trips.

suggestions/tips

Be active with ESN, then you'll meet a lot of people and have the time of your life! And dive in to the spectacularly traditions they have in Coimbra.

CONCLUSIONS

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

I would definitely recommend Portugal and Coimbra. Coimbra is an old city full of student life traditions. Next to that the weather is always good and the Portuguese people are really nice. I loved living in Coimbra.

The University of Coimbra I would recommed a bit less. The University is not as well organized as in the Netherlands. But it is awesome to study in a world heritage.

do you have any additional advice or comments?



ERASMUS+ STUDIES

UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Sociale wetenschappen/culturele antropologie
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Culturele antropologie

destination city & country	Coimbra, Portugal
name university abroad	University Coimbra
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	16 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

The process of applying took a long time, part of that was because I was too late with applying and I had to wait for the rest places. But in general everything went well and the people from the international office were always there to answer my questions.

counselling & support at Utrecht University

The support and counselling from the Utrecht University was very good, in general they were very quick in answering questions. Also the information they provided for applying was clear, which made everything easy.

academic preparation

I didn't had to do any academic preparation, but if you want, maybe there is an option you can practise the Portuguese language before departure.

language preparation

Before my departure I didn't had any language preparation, but once I arrived in Coimbra I decided to take an intensive language course that the university offered. I had to pay money for this three week course, but it was good to learn some basics and get to know more people. For the normal semester the university also offers a language course for erasmus students, which almost everybody does.

finances

Portugal is compared to Utrecht much cheaper, living cost and renting a room in Coimbra is cheap (around 200 euros for a room and in the cantine you can have a complete meal for 2,40). I'm still waiting for the last payment of my erasmus grant, so I don't know yet if it was enough to cover all my costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The university of Coimbra has combined social sciences, international relations and economics in one faculty. Most erasmus students will be placed within this faculty because it's one of the few that offers English courses. The courses they offer in English were for me personally, as an anthropology student, not very interesting or



challenging. The courses are very basic and all the students come from different studies, which can be interesting but at the same time the content of the courses can not go very deep. The organisation of the courses weren't very good, a lot of the courses had an overlap in the timeschedule which made it impossible to attend all the classes. It took a long time, almost three weeks to organize all my classes and still there was one course I could never attend. Besides that most of the courses were organized well and it was clear what the teachers were asking from us.

academic quality of education activities

Compared to Utrecht university the academic quality of the university of Coimbra is much lower. It is quite easy to pass your exams with minimal effort. I only had my exams at the end of the semester, so in the end I studied more then in the beginning, for me it was enough to easily pass my exams.

counselling & support at receiving university abroad

The system in Portugal requires a lot of paperwork and signatures which sometimes frustrated me a lot. I walked around the city many times to get the right papers signed and to find out where I needed to go with my forms. But at the same time the people from the international office are very friendly and willing to help, sometimes you just need to be consistent. So take your time, have patience and try not to get frustrated is my advice.

transfer of credits

It took some time before all the rights papers were signed and stamped so i'm still waiting for my transcript of records. But this is an automatic process and will be due this month.

STUDENT LIFE

welcome & orientation programme

The university of Coimbra offers a welcome week where all the students get instructions and have a chance to meet each other. The ESN is very active and they even had a welcoming month where every day there was a little event, because of this it was very easy to meet new people. Also the different faculties organize there own welcoming events and have briefings where they explain how the system works. It's important to go there because otherwise you will miss a lot of relevant information, it can be quite a hassle to understand how everything works. But in the first week I already made a lot of friends and specially all the erasmus students will get to know each other very quickly.

accommodation

Finding a house in Coimbra is quite easy. Most students come to Coimbra a week before the semester starts and they easily find a room. I found a room through a friend who was already living there and I could have his room. But in general there is more offer than question, but ofcourse the best rooms will be rented first. So I would advice to go to Coimbra as soon as possible to find a nice room. The prices are around 200 euro's in a shared house.

leisure & culture

In Coimbra there is a strong student life culture, most of the city is happening for and around the students. Because of this there are a lot of cheap places for students to drink and eat, also a lot of free music events. For me personally I didn't experienced a big culture shock, one of the hardest things for me was that everything takes a lot of time. Except for making coffee and serving food, everything takes a long time and as being Dutch and used to everything being as efficient possible, this sometimes was frustrating. If you have the chance you should definitely visit the Republica's, these are communist students houses in Coimbra and everybody is welcome. The people living there like to tell the story of the house and show you around, it's an interesting and different part of Coimbra. But I think you should just go there and explore this for yourself!

suggestions/tips



It's really easy to only have erasmus friends because Coimbra is small and you will see each other many times in the university or parties. But try to make some Portuguese friends too if you want to learn more about the culture, I lived with a few Portuguese that became friends but besides that I only had international friends. You need to put a little effort in it because the Portuguese can be a little closed and sometimes shy to talk English. Besides that I would recommend to travel a lot in Portugal, it's cheap and you will have enough time to do it! I enjoyed my trips the most, also for the weekends it's easy to visit Porto or Lisbon because it's close. Those two cities are really great if you are looking for some different events besides the students parties.

CONCLUSIONS

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

I would definitely recommend Portugal for your stay abroad! It's a beautiful country and it's really cheap, I traveled a lot. Personally I liked Porto and Lisbon more as cities to live, Coimbra for me was a little bit too small and sometimes a bit boring. But it's really close to other places and as a student you will have a good and cheap life, and most importantly it's a really beautiful city next to the river and up in the hills. Once you are back home you will understand the feeling of the most beautiful portugese word: saudade.

do you have any additional advice or comments?

I think I have wrote down all the things I wanted to say, but if you have more questions don't hesitate to contact me!



ERASMUS+ STUDIES

UU Report 2014-2015

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Social Science
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	Coimbra, Portugal
name university abroad	Universidade de Coimbra
start date	25 / 01 / 2015 (dd/mm/yyyy)
end date	01 / 07 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

Application is quite easy. Just make sure you have all the signatures. In Portugal you need a lot of patience sometimes and need to send reminder emails.

counselling & support at Utrecht University

Was just fine. Didn't need them a lot.

academic preparation

In Portugal the level is lower, so no need for any preparation.

language preparation

You need to learn Portuguese. I hadn't because I did courses in English and everyone said you would be fine with just English. In my experience it is possible to do without Portuguese, but it is so helpful to speak it. Also the number of courses in English is really limited, around 8 courses per semester.

finances

Portugal is mostly cheap. Only groceries can be more expensive in the beginning, because some products we found normal are really expensive here. So it takes some time to learn what is cheap.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Classes are different from Utrecht. I didn't have any lectures in big groups, just small groups of 20 till 30 students. Really nice to get educated this way.

academic quality of education activities

The level of education is much lower. I didn't do courses in my field and I was still able to follow them

counselling & support at receiving university abroad



Really helpful. At the beginning it is all a little bit unclear. For example you go by the office and basically get sent away again, because stuff is not ready yet. But if you have questions they always try to help.

transfer of credits

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STUDENT LIFE

welcome & orientation programme

There is a welcome of one day. In my case it was in the second week of class. This made it quite unnecessary because everyone already had the information.

accommodation

Mostly cheap and easy to find. There are a lot of international houses.

leisure & culture

ESN Coimbra is very active and a good place to meet new people. Coimbra is known for its traditions in the student life, which is nice to experience.

suggestions/tips

CONCLUSIONS

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

Yes, it is a beautiful city which is really alive, because of the students. The city isn't big, but has everything you need and bigger cities as Porto and Lisbon are very close.

do you have any additional advice or comments?



ERASMUS+ STUDIES UU Report 2014-2015

e-mail address	
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts and Sciences

destination city & country	Coimbra, Portugal
name university abroad	University of Coimbra
start date	15 / 09 / 2014 (dd/mm/yyyy)
end date	17 / 01 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

First, I had a look at the open evening at the University of Utrecht to see what it was all about. After this evening I started looking at cities that I would prefer. This was a pretty tough process, due to the many cities that were no partner with our faculty/university and on the same time, offered English courses. When I finally found my city, I filled in the required documents and went for it.

counselling & support at Utrecht University

My student officer helped me with the learning agreement and told me about the possibilities. Besides that I only needed the international office of the University of Utrecht itself (because Coimbra was a partner of the whole uni, not only my faculty). They helped me to establish an agreement with the partner University, which was a bit hard, because last year nobody went there.

academic preparation

I wanted to write my thesis when I would come back from my study abroad, which meant that I had to finish all my courses for my studies before I went. This is what I did.

language preparation

I had a small translating book for dummies and on the internet I did some small research into the language. For me this was only to speak with the people of the city, because my courses were all in English.

finances

There were little worries about this. I rented my room to a friend of mine, which already covered all the costs. The plane ticket I booked in advance. This was very cheap and the living there was even cheaper than here, so easy to manage.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The organisation was very like the culture, little worries and take your time. Even the teacher were late all the time. The content of the courses I followed were pretty interesting, but had big interferences.



academic quality of education activities
The courses at the University of Coimbra, were of a lower level than usual at a Dutch University. There was a lot of group work and most of the lectures consisted of presentations of fellow erasmus student (Which was pretty poor most of the time). Also because the teachers were all Portugues, some of them didn't have very good English skills, which made it even easier for me.
counselling & support at receiving university abroad
The counseling and support was friendly. At the beginning the coueslers were a little stressed due to the heavy traffic of incoming students and other affairs. Later on this eased out, but this didn't enlarged the productivity and speed of the office. Same here, the official documents and bureaucratic matters took very long and communication was hard some times.
transfer of credits
This hasn't been done for me, but it shouldn't be a problem; the University of Coimbra has the same ECTS system. The same with all the things at the Mediterranean the process evolved slow and the transcript of records will arrive approximately, somewhere in March, but it can be later.

STUDENT LIFE
welcome & orientation programme
There were two types of programmes designed for Erasmus students. The programm of the University itself, which consisted of only two welcome meetings and a walking tour threw the city. The second was much more inovative and fun. It was the erasmus organisation. They organised a welcoming month, which consisted of parties and activities every day. This was a good time and way to find and make new friends.
accommodation
I didn't find accomodation before I went. So the first days I stayed in a hostel (which I did pick, but not book ahead). So to find housing I did some research on the internet, but this was not a very productive way of searching. So at the first welcome meeting, I asked around and got some numbers. I went to a house of one of the friends I made and the landlord walked in. So I asked this man if he had a house for men. The first hhe brought me to, was the house I have lived for 4,5 months. It was a big and old stone complex in the centre, very close to the university. A lot of Erasmus students lived with me in the building, which made my stay a lot more fun.
leisure & culture
The culture is different from my own, which I found an interesting observation. It is hard to grasp and formulate a culture, so I can only say the Portugues are very kind at first but not very interested in foreigners. They are very hopitalital, but don't like to speak other than their own language.
suggestions/tips
Don't find a house in advance, look there, you will end up with a lot better place. Try to arrive before the classes start, because the welcoming months starts a lot earlier!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, it is a student city, so for studying it is a lot of fun! Also portugal is an interesting country with a unique culture. So probably good to explore different people than you normally meet.
do you have any additional advice or comments?



Go in the summer time. The winter (only two months of cold) is sad in southern countries, because they don't have a lot of central heating systems, because they normally don't need them.



UU Report form - Erasmus 2013-2014

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	University of Utrecht, Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD
name degree programme	Sociology

destination city & country	Coimbra, Portugal
name host institution and/or company/organization	University of Coimbra
purpose Erasmus grant	<input checked="" type="checkbox"/> courses <input type="checkbox"/> research <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	01 / 09 / 2013
return date (dd/mm/yyyy)	31 / 01 / 2014

preparation

exchange/placement application process

I had sent my application and all the required documents to the host university a long time before their deadline, but it took ages for them to respond. Finally it turned out that they had lost my registration, and they accepted me a month before I started, after I kept mailing them.

counselling/support at home university

Because I had many problems with arranging my documents at the host university due to their chaotic way of organizing things, I could not make the deadline for applying for my Erasmus grant because they were too slow with signing the documents. Thankfully my home university, did not make a big deal of it, and reassured me that I still could receive my grant.

academic preparation

language preparation

I had followed some language courses in Portuguese before I went there. One month before I started my Erasmus in Coimbra I took a summer course in Portuguese at the University of Lisbon. In the first three weeks in Coimbra I took an intensive language course as well, which made my preparation quite good.

finances



I did not have financial difficulties in Portugal
study/placement abroad period
study programme/work plan (concerning content and organisational issues)
The organization in Coimbra was terrible. Many things were arranged in a chaotic way, so that I had to spend a lot of time sorting out things.
academic quality of education/placement activities
Many courses which were presented as courses to be given in English, turned out to be partly given in the local language(Portuguese). This sometimes made it very hard to understand the content of the course, what I had to do, and subsequently made it more difficult to pass the exams.
counselling/support at host institution/organisation
The people at the international office were kind, but sometimes there were too few assistants for too many students, which resulted in spending a lot of time waiting in enormous queues before being helped.
transfer of credits
I still have to wait for this transfer. Hopefully everything will be fine.
student life
welcome/orientation programme
There were some activities, but I did not participate in these. I made friends in other ways.
accommodation
I rented a room in a student house. It was really nice.
leisure/culture
I travelled to other cities in Portugal and also to some cities in Spain.
suggestions/tips
conclusions
would you recommend this host organisation/destination to others? please explain
Yes, but with some reservations. I really enjoyed my time in Coimbra, but more because of the fantastic student life and not because of the university. The university did not match my expectations. I knew before I came to Portugal that it would be probably a less efficiently organized than in Utrecht. However, the differences were gigantic. The organization was really bad, and what most frustrating for me was that the courses offered in English in fact were partly given in Portuguese, including lectures and course material that were vital to the course. This made it difficult for me and many other exchange students to fully understand the information and



thus hard to pass the exams.

do you have any additional advice or comments?


UU Report form ~ Erasmus 2012-2013

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	Cultural Anthropology
destination city & country	Coimbra, Portugal
name host institution and/or company/organization	Universidade de Coimbra
purpose Erasmus grant	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	20 / 08 / 2012
return date (dd/mm/yyyy)	01 / 02 / 2013

preparation
exchange/placement application process

I was too late with subscribing so I chose a spot from the list with rest-places. So I can't give you any advice on the official application process, but the UU is very helpful on this part of your erasmus period.

counselling/support at home university

Utrecht University was very helpful in finding everything you need. Because you have to deal with three different institutions (home university, host university and erasmus institution), things can get a little bit blurry. In my opinion the UU was very helpful in the period before leaving.

academic preparation

I did not have any specific academic preparation in Utrecht for my period abroad.

language preparation

As I didn't know any Portuguese I decided to take a course at my home university in Utrecht. The course I took at the (back then still existing) James Boswell Institute, which meant one class of 1,5 hours every week, for 9 weeks. It was good to get the basics right. I applied for the EILC in Coimbra, but the classes were full and I was unable to attend. I was able to attend a Portuguese course at the university during the course of the whole semester. I chose level one, which I regret afterwards. Most of the Portuguese I learnt by living with my roommates and going out and travelling in Portugal.

finances

In relation to the Netherlands, Portugal is a cheap country. For renting a room in Coimbra you will spend more or



less 200 euros. Food and drinks (in the supermarket, but also in the bars and restaurants) are more cheap than in Holland. Travelling can be expensive, but doesn't has to be. Buses are cheap: rede-expressos.pt

study/placement abroad period

study programme/work plan (concerning content and organisational issues)

In Coimbra I took a couple of courses at bachelor level, one at masters level and one at a PhD level. I took only courses that were taught in English. You can find these courses on the website of the UC, but don't pay too much attention to this because this will change all the time. In the end I think I didn't take any course that I saw on the internet. I took courses in different faculties, which makes the organisation more difficult. If you stick to one faculty, everything will be more clear, for the faculties don't really keep in touch that much.

academic quality of education/placement activities

In Coimbra I took a couple of courses at bachelor level, one at masters level and one at a PhD level. The courses at bachelor level were rather disappointing for they were very non-critical. Very different from what I am used to in Utrecht. The other courses I found more satisfying for they supplied more interaction between students and teachers. In the end the course at PhD level was too difficult for me, although I followed all the classes and the contents were very interesting.

counselling/support at host institution/organisation

The organisation in Coimbra is quite well, but you have to let go of some of your Dutch mentality. Everything is more slow, more relaxed. Amanhã, amanhã. You have to know where to go when you have questions, but over all they are very helpful.

transfer of credits

Each course can have a different amount of credits, but the bachelor courses mostly have about 5, 6 or 7 credits per subject. Each subject lasts for one semester and not like in Utrecht, for 3 months.

student life

welcome/orientation programme

There was not a big welcome programme, for I have seen. The welcome programmes are mostly organised by the faculties itself. So if you will study architecture, you will have the welcome programme together with the local architecture students. Like I said, I took classes in different faculties which means that I didn't attend any welcome programme.

accommodation

I lived in an amazing house in the centre of the city. Coimbra is a small city, but very lovely. I lived in Largo da Se Velha, in an house from an old lady who rented rooms to more or less 60 students. The house where I lived has 30 rooms and the owner lives in the same building. This makes it sometimes a little bit hard, but it's an amazing experience for your erasmus life. In my house there were a lot of international people. Mainly Brazilian, which means that you can practice your Portuguese all day.

leisure/culture

There are a lot of beautiful places in Coimbra, but it's a rather small city. I would recommend to just go for a lot of walks inside and outside of the center. There are some very nice bars for in the day and in the night. Buses are rather cheap and can get you in practically every place in Portugal. The seaside is very close, Porto and Lisbon are



lovely cities and there is a lot of beautiful nature around Coimbra but also further away in Portugal. There are a lot of beautiful little places which I would recommend visiting. Within Coimbra there are a lot of student activities and a lot of nice student parties where you can meet a lot of local and international people. Because it's a small city, you are tend to walk into people you know in the city a lot of times. This makes the student life very comfortable and easy-going.

suggestions/tips

In wintertime it can get very cold in the houses because there is no central heating and a lot of times no good isolation. I would recommend to buy a heater for the winter in one of the big shopping malls in Coimbra (Dolce Vita, Forum). And don't forget to bring warm clothes too. If you like a little adventure, bring your camping stuff. There are a lot of beautiful places to camp! Enjoy your time as much as possible, it's a wonderful city!

conclusions

would you recommend this host organisation/destination to others? please explain

I would definately recommend this destination, it is wonderful. Also the university is very good for your erasmus experience. Also because they are used to a lot of international students. The quality of the courses is not as good as in Utrecht, but, so I've heard, this is the case in most of Southern-Europe. I think that most you learn in your period abroad is not within the academis field, but within your personal field: how to cope with different situations, how to handle a completely new university, city, people, language etc. For this I would very much recommend Portugal, Coimbra, because people are very open and it's very easy to find your way.

do you have any additional advice or comments?

If there is anything you would like to know or anything I have said which you would like meto tell you more about, feel free to contact me! I would be glad to help you! My emailadress is available at the IO.

UU Report form ~ Erasmus 2012-2013

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	Cultural Anthropology – 3 rd Year
destination city & country	Coimbra, Portugal
name host institution and/or company/organization	Universidade de Coimbra, Faculdade de Economia
purpose Erasmus grant	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	23 /08 / 2012
return date (dd/mm/yyyy)	30 /01 / 2012

preparation
exchange/placement application process
The application process at the home institution was fairly simple, though, logically, it required some effort
counselling/support at home university
Marleen van der Ven at the Utrecht Universiy provided me with adequate information about the application proces
academic preparation
The exchange being really an extra for my bachelor, there was no academic preparation needed
language preparation
I took some language classes in advance at the James Boswell Instituut, though it turned out to be very basic
finances
The Erasmus grant and other state compensation were enough to cover my expenses
study/placement abroad period
study programme/work plan (concerning content and organisational issues)
The study program was really something you had to arrange while being there, to get the right information and to subscribe to the right courses, at the right faculty etc.
academic quality of education/placement activities

Though the teachers were quite good, the way of teaching in a lot of courses differences really form the way they are given in Utrecht. The classes were more classically given, which means a lot of hours listening to the story of the teachers, which is not my preferred way of studying.
counselling/support at host institution/organisation
The support was all right. When you have questions to ask to certain people, they would help you well, but it brings a lot of waiting time, at least, more then we are used to in Utrecht. Also the overall clearness of the process of subscribing was never very clear, which meant a lot of asking around and sending emails. But in the end it turned out to be alright.
transfer of credits
Is still in proces, but I expect it to be no problem.
student life
welcome/orientation programme
I arrived some time before the beginning of the classes, which gave me some time to adjust to the country and travel around a bit, which was nice. Also to find a place to live, which turned out to be fairly easy; just by asking around I found a really nice house.
accommodation
The house I lived in was really nice, cheap for dutch standards, with a lot (30) of international students, of which half was Brazilian, thus speaking Portuguese. The other was mostly from Mediterranean countries like Spain and Italy. It was located in the middle of the old part of the city, and also in the middle of the nightlife.
leisure/culture
The rich cultural and social environment was very nice and I learned a lot from that. The language turned out to be more difficult to learn than expected. In the beginning it was sometimes difficult to communicate with some people who didn't speak English but in the end you do have the feeling you learned something. Next to this it was nice to see the different ways of social behaviour, cooking, music and interests of all these people and also of Portugal as a country.
suggestions/tips
Try to be open and interested and you will easily get to know a lot of people and be able to adjust to the culture. Though in the beginning it's possible for a little culture shock to sneak in, mainly because the way of life is just so different, all or most of the people are in the same situation and are enthusiastic about making contact, even when you can't really communicate well with them. Just show your intentions are good; this makes all the difference.
conclusions
would you recommend this host organisation/destination to others? please explain
Though the organisation of the University of Coimbra is different, it is a very nice place to be. Mostly if you're interested in more than the academic part, which is maybe not it's strongpoint, though not bad.
do you have any additional advice or comments?
Amanhã!