



## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Humantities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	History

destination city & country	Binghamton, USA
name university abroad	Binghamton University
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 05 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process is not difficult but it'll take some time. Getting an appointment at the US Consulate for a VISA was a bit stressful.

#### counselling & support at Utrecht University

The International Office is always available to help, but you can do most on your own.

#### academic preparation

I didn't need academic preparation.

#### language preparation

You don't need any language preparation, especially if you're used to English education.

#### finances

Studying in the US is expensive, and this is the same for Binghamton unfortunately. It can be frustrating to think about how much money you waste on stuff like the mandatory health insurance (which is a big scam), but try not to worry about this too much once you've committed to the exchange. You can save money with housing (living off-campus), but for the rest there is not much you can do to lower the cost. Also keep in mind that you need proof of having around 10.000 dollar in your bank account early on.

### STUDY ABROAD PERIOD

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

I took classes in history and political science. In the first 2 weeks it's possible to add and drop classes, so don't be afraid to try out some interesting courses because you can switch them in the beginning.

#### academic quality of education activities

The academic quality is definitely lower than what you're used to in The Netherlands. I also noticed that the quality can really differ between professors, so definitely consider dropping a course if you notice that it's not very inspiring in the first week. In my second semester I took two 400-level courses (senior year) and those were a bit more challenging and also more enjoyable (small working groups instead of big anonymous lectures).



counselling & support at receiving university abroad
The staff from the international office and the contact person for exchange students at Binghamton are all very friendly and helpful.
transfer of credits
I'm still working on this but it should work out fine.

<b>STUDENT LIFE</b>
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welcome & orientation programme
<p>The first week was a bit weird since you'll arrive there before all the regular students, so the campus will be really empty and most things will be closed. However, this was a great opportunity to get to know the other exchange students and figure things out together! Overall I would have liked to have a bit more activities. But early on in the Fall semester there will be an event called Ufest where all the student clubs (there's a lot) have stands on campus, which is a good opportunity to meet and join clubs.</p> <p>If you live on-campus, keep in mind that your room will be empty (except for a bed with mattress, a desk and a closet). On the first day of orientation there's a trip to Target to get supplies, but you might want to consider taking some stuff for the first night(s).</p>
accommodation
I lived in a single room in a 6-persons apartment in Hillside. My apartment was for transfer-students, meaning that I lived with Americans that transferred to Bing from other schools, so most of my roommates were very open and looking for friends! If you go in the Fall semester and your application goes smoothly you'll likely get an early time slot to pick housing of your liking. The benefit of living on-campus is that it's safe and you can walk to classes and activities, whereas if you live off-campus you have to rely on busses. The downside is that it's very overpriced and buildings are old (excepts some newer dorms).
leisure & culture
Binghamton is a typical Rust Belt city, so there's some poverty and crime (it didn't feel dangerous for me) and not much to do. The campus is outside the town and very safe and clean. I liked the location because you can do some very cool trips from here, such as to NYC, Niagara Falls, Canada, Boston & Washington D.C. You can also find some relatively cheap flights to the rest of the US from NYC, so it's possible to do trips to the west coast if you plan it well.
suggestions/tips
Time will go by very fast, so try out different stuff and plan things early on, so you can get the most out of it!

<b>CONCLUSIONS</b>
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would you recommend this university/destination abroad to others? please explain
I would recommend Binghamton if you're looking to combine a typical American college experience with traveling!



## UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	Utrecht School of Economics
level	Bachelor's
name study programme	Economics & Business Economics

destination city & country	Binghamton, USA
name university abroad	Binghamton University
start date	08 / 01 / 2023 (dd/mm/yyyy)
end date	14 / 05 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	This was quite easy, the universities are clear in what you need to do. Just take a weekend to fix your VISA and get all the necessary information. This can be a bit stressful, but when you do this well in advance you should be good.
counselling & support at Utrecht University	This was okay. I did not really use it that much, but when I had a question they were quick and helpful to respond.
academic preparation	I did not have to do any academic preparation.
language preparation	I did not have language preparation, since my degree is also in English
finances	You have to show a statement of sufficient funds (around 10.000 dollars) before you go. I would also say that is a fair estimate of all the costs you have during the semester (housing/ academic costs/ insurance/ groceries etc.)

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I took three courses in the fields of Accounting (Financial Accounting), Finance (Investments) & Leadership (Strategic Leadership). The courses were doable, I would say if you go to the lectures/ tutorials and just study a couple of hours a week next to this, you should be fine. So approximately 7 hours per course per week.
academic quality of education activities	Overall the level of education was definitely lower than what I'm used to in Utrecht. It is more practical and applying stuff (so using Excel for my courses). I would definitely not worry about this.
counselling & support at receiving university abroad	



All the information can be found online, and in case you have questions you can just ask the International Office, they are very helpful.

transfer of credits

Haven't done this yet.

### STUDENT LIFE

welcome & orientation programme

This was one of the things I expected more from. For me there was just an introduction with the 2 other exchange students (going to a diner/ getting breakfast) and a bunch of international students from India where we had a general information session with about how the university work. I did not get in contact with American students during this introduction or with any of the student clubs the university has, which was what I expected from this orientation programme. This is different for the fall semester, where they do have a big introduction

accommodation

I lived in the Hillside Community, where you have a room for yourself & share a living room/kitchen with 5 others. This was fine and it was nice living on campus. It is a bit hit-or-miss with your roommates, I was cool with some of them, but some of them I didn't really talk to. If you are a bit older I would recommend living here or living off-campus, if you can live in the dorms (<21years) I would recommend that.

leisure & culture

You mainly stay on campus during the week and meet with people there to eat/ hangout & during the weekends you can go out downtown or go on trips. There is not that much to do in Binghamton for the rest. I would recommend going on trips, which is a lot of fun as well (I went to Philadelphia & DC with the exchange students/ to Florida during spring break with my American friends, which was a lot of fun). So always try to join people when they make these kind of plans!

suggestions/tips

Try to talk to people as much as possible and plan stuff to do together, it is so nice to get the culture & people, both exchange students as Americans.

### CONCLUSIONS

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

Yes, I would definitely recommend going to Binghamton. I had a blast and I got to know a lot of people I still talk to & I would definitely go again! However I would recommend going in the Fall semester, since that's sports season & they do have a big orientation before the semester in the fall, in order to get in contact with people more easily.

do you have any additional advice or comments?



## UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	

destination city & country	Binghamton, NY, United States
name university abroad	Binghamton University
start date	15 / 08 / 2022
end date	31 / 12 / 2022

### PREPARATION

#### exchange application process

The application process wasn't really hard. You do have to get a lot of documents which can be a lot of work.

#### counselling & support at Utrecht University

The international office at Utrecht University really helped me to make my choice and responded fast at all of my questions.

#### academic preparation

I didn't do any academic preparation.

#### language preparation

I didn't do any language preparation. If your English is okay, you'll be fine. And when you're talking English all day you'll learn really fast

#### finances

Binghamton definitely isn't cheap. Living on campus is expensive and you have to show proof that you have enough money on your bank account to afford this exchange

### STUDY ABROAD PERIOD

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

#### academic quality of education activities

For me the quality of education was lower than I was used to in Utrecht. The courses were interesting but they weren't quite what I expected. Other than that is the work load higher than I was used to. There was a lot more small assignments and less bigger projects.

#### counselling & support at receiving university abroad

The support from the international office in Binghamton was good. They really helped me with all the requirements for applying and responded really fast to my question via email.

#### transfer of credits

I didn't do that yet.



## STUDENT LIFE

### welcome & orientation programme

I had to be there a week before classes started. Which was nice because I could explore campus and Binghamton before everything started. There also were some orientation activities of which some were mandatory and others not. This was a really nice way to meet the other exchange students and explore campus. All other students were not yet on campus. Which made the campus really quiet and for me this was a bit underwhelming.

### accommodation

I stayed on campus during my exchange in the Hillside community. In this community the dorms are apartment style which means that you live with 3 or 5 other people in an apartment with kitchen (other dorms don't have a kitchen), but all of you have your own room. For me this was perfect. It was a rather far walk from class to my room, but there's also a shuttle bus running that will bring you from your room to the centre of campus.

### leisure & culture

In Binghamton itself there is not much to do. There are some bars and places to eat, but other than that there's not much to do. On campus there's always something going on. Next to the university there's a nature preserve where you can go for a walk. There's a cinema, bowling alley, and different options for sports. And of course Binghamton is not that far from New York City, that's perfect for a city trip during the weekend. Other than that there are some other cities that are worth visiting (I would really recommend Ithaca).

### suggestions/tips

Enjoy your exchange to the fullest. Participate in activities to meet new people. Americans are really friendly and always into meeting new people.

## CONCLUSIONS

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

I would definitely recommend this university. This university really gives you the American college and has a great location to explore New York state.



## UU Study Abroad Report Form

faculty/college	Sociology
level	X bachelor's <input type="checkbox"/> master's
name study programme	Sociology Bachelor

destination city & country	Binghamton, USA
name university abroad	Binghamton University
start date	? / 08 / 2019 (dd/mm/yyyy)
end date	? / 12 / 2019 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	I think the application process is quite easy. You have to fill out some forms and fix a VISA. When I had questions both universities (Utrecht and Binghamton) were very helpful, since they have a lot of experience with these issues.
counselling & support at Utrecht University	Both universities were very helpful.
academic preparation	I did not have to prepare myself academically.
language preparation	Did not have to do this, since I lived in Australia before. Also, the University of Utrecht provides you with a language certificate. Note that you have to take an English test once you arrive at Binghamton University.
finances	Make sure that you have the amount of money that you need to own for a visa in your bank account (I believe this was 10.000 dollar) This bank statement is one of the first things you need to submit to the Binghamton University.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	<p>I followed 3 courses</p> <ul style="list-style-type: none"> <li>- Introduction to politics</li> <li>- Sociology of food</li> <li>- Leadership</li> </ul> <p>When you apply for courses there are many things you have to keep in mind (Binghamton University will lead you through this process very easily), like amount of points, previous courses, etc. Note that there is more possible than they let on, so if there is a course you really want to follow, you can ask them and usually they fix it for you. The university is not very strict towards exchange students.</p>
academic quality of education activities	It is different, but easy to get used to. Also, it depends on the type of course how much homework you have, so keep this in mind while applying for courses (I took some easy ones ;))



counselling & support at receiving university abroad

Did not use this, but I heard they are very helpful. There is a special department for foreign students where you can go with all questions etc.

transfer of credits

After you signed up for the courses, you have to send it towards the examencommissie and they tell you what you will receive in the NL for it.

## STUDENT LIFE

welcome & orientation programme

We arrived at 11pm and there was no one to welcome us and show our rooms. Eventually we found the people waiting for us at the accommodation common room. We got our room keys but there is nothing but a bed with a mattress. So make sure to bring a towel/bedding. The first day there is time to go to Walmart to buy your essentials. This was more than I expected (cutlery, vacuum cleaner, bedding, kettle etc) The first week there are only exchange students. You will receive a schedule for that week.

accommodation

See previous question

leisure & culture

I joined the waterpolo team. During the first weeks you can join all kinds of sport clubs/university clubs. Most of it is free and it is a fun way to meet American students!

suggestions/tips

Do not worry too much at forehand, things will fall in place once you are there.

## CONCLUSIONS

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

I think this is a good university to experience the 'real American society'. I do have to say that there is not much to do in Binghamton, so it is mostly college experience. If you want more outside the university I suggest to go to a university in a bigger city. If you like to party, I think this is a great university!

do you have any additional advice or comments?

No





## UU Study Abroad Report Form

faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Information Sciences

destination city & country	Binghamton, United States of America
name university abroad	Binghamton University
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The whole process might feel a bit tedious at some points, but looking back at it, it wasn't all too bad. Just make sure to start in time and get all the required documents in time, since it will take some time and effort to receive some documents. And if you don't understand something, just ask!

#### counselling & support at Utrecht University

The International Office always responded to my e-mails quickly.

#### academic preparation

Not much, since this was during my 3<sup>rd</sup> year

#### language preparation

Not much, since a part of my degree is already in English

#### finances

I saved up money and kept my student loan going for the time I was abroad. Also don't forget to apply for the money you get instead of using your student public transport.

### STUDY ABROAD PERIOD

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

I took the courses World Regional Geography, Supply Chain Management, Jewish New York and Consumer Behaviour. They were all pretty doable and interesting. If there are courses you want to take, but you're not sure if you can, just try to get into them anyway. I got into a course in the most selective school without really having the prerequisites.

#### academic quality of education activities

Overall, the level at Binghamton is lower compared to Utrecht, but the workload is higher. You get more smaller, weekly assignments and less big projects.

#### counselling & support at receiving university abroad

There is a lot of information online, and you can always write an e-mail to the International Office or hop by.

#### transfer of credits

I haven't done this yet.



## STUDENT LIFE

### welcome & orientation programme

You'll arrive on campus a week before the regular students, so it's nice to have some activities to go to in order to get you familiar with the new school and meet new people. Again, it will feel tedious at moments, but it's not that bad. Just try to talk to as many people as possible, you're all in the same boat!

### accommodation

I lived in College-in-the-woods, which I can highly recommend. I lived in a suite with 5 guys, and they became one of the best friends I made at Bing. The building "Cayuga" got renovated 2 years ago, and it is pretty easy to meet people that live on your floor. The dining hall is also pretty decent and it is close to most classes.

### leisure & culture

While the City of Binghamton doesn't really have that much to offer, there are still enough things to do. There are a lot of clubs (seriously, a lot), but personally I spent a lot of time travelling. I went to Canada twice, to NYC twice and to several smaller towns and cities around Binghamton (I'd definitely recommend Ithica).

### suggestions/tips

Most internationals are up for travelling, so try to get a group together. A great way to get around other than the busses is Zipcar. They have two locations on campus, and it's really convenient.

## CONCLUSIONS

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

Definitely, the campus is a great place to do stuff and meet lots of new people! Binghamton is also pretty central, so there are enough opportunities for travelling.

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

Travel as much as you can. You can leave Friday afternoon and come back Sunday night and still have a blast! You should also try to travel before or after the semester. Also, try to talk to as many people as possible. Whenever they hear an accent, they usually are interested right away, and it's a good way to make friends.



## UU Study Abroad Report Form

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

destination city & country	Binghamton NY, USA
name university abroad	Binghamton University
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application was fairly easy, the guidance from both university, Utrecht and Binghamton, was very helpful and you don't have to do everything at once, the process has several stages with enough time to prepare everything (like financial documents, but also getting a passport etc.)

#### counselling & support at Utrecht University

As mentioned above, the counselling and support was very helpful. Whenever I had a question I would send out an email and get an answer back in only a day or so.

#### academic preparation

I didn't do much academic preparation, the classes I took were in the same faculty so I didn't need to prepare basically.

#### language preparation

I already speak English fluently, I have several international friends and flatmates, so that wasn't a problem either.

#### finances

I am lucky that my family could pay for my study abroad, but besides that I worked and tried to save up as much as I can, since I was planning on travelling a lot in the US.

### STUDY ABROAD PERIOD

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

The study programme is very flexible, you can choose classes in all faculties (colleges), as long as you have the needed knowledge (like classes, same as in Utrecht). Before you even leave to Binghamton, you have to make a study plan with all the classes you are planning to take, these classes have to be approved by Utrecht University. As soon as the classes are approved you can communicate the classes to the contact person in Binghamton who will sign you up for classes. I had the idea that international exchange students are priority, so most of the time there is no problem with signing you up for the classes you're interested in.

#### academic quality of education activities

The academic level in the US is a little bit lower than in the Netherlands, but there is more work during the semester. Although the classes are a little bit easier than what I was used to in the Netherlands, I had to do lots of reading and had to write several papers. I also had a class that had a pop quiz every once in a while, so preparing for classes is more important and they check more often if you're doing the work they ask you to do.

#### counselling & support at receiving university abroad



I didn't have many problems (which is a good sign) during the semester, but whenever I had a question there is always someone to go to, and Sue from the International Office is always there if you have questions, no matter what the subject.

transfer of credits

As I am writing this report, I haven't received the transferred credits yet, but before my study abroad I checked with Utrecht University what the transfer would be. Most of the classes are 4 credits, which is 8 ECTS. Besides that I checked with the International Office in Binghamton is there are any frequent problems with transferring credits, which shouldn't be a problem according to Sue.

**STUDENT LIFE**

welcome & orientation programme

In the first week there are some activities for the international students, which is very nice way to meet all the internationals and for me also a way to meet my friends I had during my semester (and still have!). When all the American students arrive, there are a lot of activities, like a hypnotist show, an outside movie showing, and a lot more activities organized on campus. Besides all the activities on campus, all the fraternities and sororities have open houses and parties in the first week (which is called syllie week, since you get all the syllabi in your classes)

accommodation

I lived on campus and I would totally recommend living on campus. Everything is close by and everything you need is on campus, plus there are a lot of clubs you can join who are all based on campus. For me, I thought it was nice to have dining hall for a semester, I love cooking but this way you have more time to socialize! Also, the most rooms on campus are doubles, so there are 2 people in 1 room. I didn't have a problem with that, although I wasn't best friends with my roommate, he was quiet and we never had problems. Living on campus is a good way to meet new people, I lived in College in the Woods and I basically knew everyone on my floor!

leisure & culture

Binghamton is a small city, there is not much to do but they have some fun activities around. For example, the Luma festival is a light festival (like Glow in Eindhoven, but smaller), which was a fun thing to go to. Besides that, there is a lot of beautiful nature around, good for hikes etc. (the Outdoors club, or Outdoors Pursuits club organize several hikes during the semester, would recommend!). Binghamton is situated in the middle of New York state, which is only 3 hours from NYC (good for weekends away), but also close to Canada, the finger lakes in upstate New York etc.

suggestions/tips

As I wrote above, NYC is obviously a must, but I would also recommend going to Canada and the other cities along the east coast (Boston, Washington DC etc.)

**CONCLUSIONS**

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

I would totally recommend going to Binghamton. It is a classical American campus experience with lots of things to do and to go to fairly nearby.

Empty text box for additional comments or signature.



## UU Study Abroad Report Form

Faculty/college:	Beta faculty
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Chemistry

Destination city & country	Binghamton, United States
Name host institution and/or company/organisation	Binghamton University
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)	09-01-2017
Return date (dd/mm/yyyy)	09-06-2017

### Preparation

Exchange/placement application process:

In the beginning it took some time before I had a clear image of how to apply, but after I submitted the first application everything was very clear.

Counselling/support at home university:

The international office always answered my questions, and processes were clear

Academic preparation:

I did not do any academic preparation

Language preparation:

I did no language preparation

Finances:

I paid this semester from my savings

### Study/placement abroad period

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

The international office in Binghamton was always very helpful. They only did not always respond in time, which is why I was still registered for a class I wanted to drop

Academic quality of education/placement activities:

The way of teaching is very different from the way it is in Utrecht, you get a lot more small assignments during the semester, but I liked this way of teaching. Overall the level of difficulty was definitely lower than in Utrecht

Counselling/support at host institution/organisation:

Everybody was always very helpful if you couldn't find something and also online you could find a lot of information



Transfer of credits:

Not yet done, but the university is supposed to send my grades directly to Utrecht University

**Student life**

Welcome/orientation programme:

Because I started in the winter, there was very little orientation. We only had an orientation for the exchange students and was mostly about the academics. I kinda missed an orientation for all the other things there are to do at the university, which they do have if you go for the first semester.

Accommodation:

The rooms were small, but okay. It was nice to have a kitchen so you could make your own dinner

Leisure/culture:

There were a lot of activities on campus, but because there was no real introduction to them in the second semester. I had a hard time finding and joining them. The city of Binghamton is not very interesting and if you're not 21 there is not really much to do.

Suggestions/tips:

Try to find someone to travel with and go away in the weekends. NYC is just 4 hours away (which is very close for US standards). Try renting a car with a group, because you really can't get anywhere without

**Conclusions**

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

The campus and the people there were a lot of fun, I made a lot of great friends. But Binghamton itself is not very interesting. They do have a nature preserve, but in the winter it is not really accessible.

Do you have any additional advice or comments?:

Go travelling! It's the best thing I did. There are a lot of Greyhounds you can take and maybe try to rent a car, which greatly enhances the area where you can get in a weekend. And driving in the US is easy, you can easily drive 500 km in a day, no problem



## UU Study Abroad Report Form

Faculty/college:	Humanities
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	English language and culture

Destination city & country	Binghamton, NY, United States
Name host institution and/or company/organisation	Binghamton University
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)	11/08/2015
Return date (dd/mm/yyyy)	16/01/2016

### Preparation

#### Exchange/placement application process:

I knew from the first week in Utrecht that I wanted to go abroad for a semester to study. I went to a few information meetings and I started my application on time. I wanted to go somewhere in the United States but did not really have a strong preference. I ended up getting my third choice, and in retrospect it should've been my first choice because it was probably the best match for me. Make sure that all three choices would be places where you would want to go, because it's definitely possible that you don't get your first or even your second choice. No matter where you go, the experience will still be amazing!

#### Counselling/support at home university:

The support from the home university was good. The contact person for North America, Ingrid, was very helpful and quick to reply to questions.

#### Academic preparation:

I didn't do that much academic preparation. Before you go abroad, you can look on the exchange university's website to see which courses are interesting. Some higher level courses are not open to students who haven't done the introductory courses at the exchange university, so if there is a course you really want to take you might want to look at options to take a similar introductory course at Utrecht University.

#### Language preparation:

Since most of my courses in Utrecht are already in English, I didn't do any language preparation for my study abroad semester.

#### Finances:

Since I knew early on that I wanted to go abroad, I saved a lot of money for it. I saved half my money from summer jobs, and also loaned a large amount of money monthly from DUO. I also got



the OV-refund from DUO as well as some financial support from my parents. The financial planning you have to do for your application is a very helpful tool.

**Study/placement abroad period**

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

For the application process I already looked at courses I wanted to take at each of my three choices, but after getting accepted to my third choice I changed my mind about them. There are so many options at Binghamton University, and I ended up picking three courses that fit in well with my major, and a course that was very different but had always been a personal interest of mine. I took Children's Lit, Introduction to Linguistic Anthropology, Language in Conflict, and Nutrition. They were all very interesting so I definitely recommend these classes! If you take Nutrition, definitely choose the class taught by Sarah, she's the best. The options are limitless, so definitely do something fun if you think your exam committee will approve it! There is also an add/drop week at Binghamton, which means that you have some time to see if you actually like the courses you picked and if you don't, you can drop the class and add a new one.

Academic quality of education/placement activities:

The quality of education at Binghamton is great. It feels very different from Utrecht. I'd say the level at Binghamton is lower compared to Utrecht, but it's a more engaging academic setting.

Counselling/support at host institution/organisation:

Sue and Jie from the international office at Binghamton are AMAZING. They are so helpful and also up for a chat whenever. They really work hard to make the exchange students feel at home. In addition to them, Binghamton has a wide range of activities and facilities for international students because there are so many international students there. They also host a support group for international student who are struggling, they have a counselling center, etc... The support at Binghamton for all their students is fantastic.

Transfer of credits:

It's really easy to transfer your credits when you return to Utrecht. I picked up my transcript at Student Services and had to hand them in at my faculty's studiepunt. I filled in a form online about my classes, and a short time later I had my credits and grades. (Before you go abroad you have to fill in a form to ask permission for your classes as well! This wasn't mandatory, but it's nice to know that you will get credits for the classes you are taking before you're finished with them.)

**Student life**

Welcome/orientation programme:

We had two orientation programs: one for the exchange students, and another one for international students. The exchange students' orientation programme was nice. We went to a local diner, to a baseball game, etc. We were a small group so we quickly became friends in the first week. We had to arrive a week early to the university, so everything else was pretty dead though. The other orientation programs were fine, a lot of practical information that didn't apply to us since we were only staying one or two semesters. But there were still some fun activities planned, so we still had a good time.

Accommodation:

I lived in Susquehanna, in the Apartment Communities. I really loved it. It's a quiet community, so





there are no parties here etc. It's really nice because you can study at home. In the Apartment Communities you have your own room and a kitchen. It's really not far from campus AT ALL. It's a short walk. Susquehanna is perfect if you want your own room, a kitchen, privacy and quiet, you're still close to campus and to Hillside, the other apartment community where they do allow parties etc. Note: Housing at Binghamton is very expensive, but worth it. It's an amazing experience to live on campus. You make so many friends, going to the dining hall is fun, and it's nice to just roll out of bed ten minutes before class and still make it on time.

Leisure/culture:

There are so many activities and clubs at BU! At the beginning of the semester there is a big fair where you can see all the clubs that are on campus. If it's your thing, definitely join! There is something for everyone. Also make sure to keep your eye on the events calendar. I went to see Nev Schulman from Catfish speak in the events centre, and also went on an organized hike in the amazing nature (the State of New York is beautiful!!) and to a cider mill with a fellow Dutch exchange student. There are also some international organizations that organize trips. I went to Ithaca to see Cornell and the waterfalls with some other exchange students and it was great. Definitely take advantage of all the great things that people do for the international students at BU!

Suggestions/tips:

If you live in the Apartment Communities, still get a meal plan! Because officially you don't live on campus if you're in the Apartments (even though it's just on the edge of campus and really close to Hinman and Mountainview) you can get a Commuter Meal Plan. This means you don't have to pay the insanely expensive fees for the dining hall. You pay 340\$ for a semester, and 140\$ of that is a membership fee. You can spend 200\$ in the dining hall. If you finish those 200\$, you can add as much money as you want and you don't have to pay the 140\$ fees again. Dining hall food isn't as good as it is in an actual restaurant, but it's fine and it's easy if you don't have time to cook, and it's really *gezellig* to eat together with friends too.

**Conclusions**

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

Yes, Binghamton is great! It's relatively close to New York City (3h15m by Greyhound), and has a beautiful nature preserve on campus! There are so many options for interesting courses, great clubs, and the people at BU are the nicest. ;-)

Do you have any additional advice or comments?:

Enjoy your semester abroad!