

2022-2023

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: L.zwart2@students.uu.nl
faculty/college	Geesteswetenschappen
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	Aarhus, Denmark
how did you travel to your destination?	By car
name university abroad	Aarhus University
start date	29 / 08 / 2022 (dd/mm/yyyy)
end date	31 / 01 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	Looking back on it now I would advice myself to start as early as possible with the application process as it can take a long time for the receiving institution to respond. Additionally I filled in the erasmus form on the erasmus+ site instead of using the one from Utrecht university, which resulted in a delay in receiving my grant.
counselling & support at Utrecht University	They were always very quick to respond to my emails and also send me usefull references for situations that were new to them.
academic preparation	None, I followed courses not necessarily applicable to my majors but very interesting for my overall studypath.
language preparation	As my courses were in English, I did not need any preparation. The level of English is the same as in the Netherlands.
finances	Erasmus grant, personal funds and a student loan.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I picked 3 courses, all 10 ECTS, that seemed interesting to me from the courses available for international students. I had to pick a top 6 and got assigned to random courses based on my preference list. I based my preferences on whatever would fit well with my interests and study path so far.
academic quality of education activities	I found that some of the courses are very introductory and maybe mostly interesting for first year students. Other courses however have been interesting and challenging enough if you're a last year student. Overall the academic quality seems comparable to the dutch academic quality. That said, the content was very comparable but the workload was considerably less then in the Netherlands and the grading system made it less hard to

pass instead of fail (and in turn receiving a higher general grade than in the Netherlands).
counselling & support at receiving university abroad
I have not used counselling & support that much at the receiving university. As far as I know they are quick to reply to emails and organise several introductory activities. They also set you up with a buddy programm that has not been that elaborate, but we did meet up once or twice.
transfer of credits
The grading system is very different as they work with a -2/12 scale.

STUDENT LIFE
welcome & orientation programme
The receiving institution arranged for an introduction for every faculty. I went to the introduction day of the faculty of arts. The student association also organized a broad week of social events.
accommodation
As the receiving university had little spots for accommodation I had to arrange for accommodation myself. This was very easy as they have a great site for student housing. I had offers for rooms within 2 weeks of signing in. The accommodation was great, I had a shared apartment with 1 other student on a small campus. I payed about the same price as in Utrecht.
leisure & culture
Aarhus is a beautiful city and the biggest student city in Denmark. That also means there are a lot of things to do and student life is very busy and bubbly. On Friday every major organizes a Fridaybar at the university where you can enjoy a cheap beer while getting to know other students. The student association organizes international nights every Tuesday, there is an ESN association as well, and nightlife on the weekends is great. Throughout the city they work a lot with student nights, pubquizzes and student discounts. Aarhus has some great museums that are open all year, there are a lot of festivals especially in summer and spring, and overall it is really easy to get to know people around the city.
suggestions/tips
If you're going to Aarhus, definitely visit Aarhus streetfood with your new friends to eat from a lot of cuisines for a reasonable price! I loved the Moesgaard Museum which is a bit outside the city. Get a Resjcard to get around the city, it safes you money when you're travelling. It is quite steep so I preffered taking the bus over the bike sometimes. It gets cold in winter and it rains so always be prepared and layer up! The beach at Riskov is beautiful, my favorite clubs where the Gbar and Club Paradis, and definitely visit some dormparties! Aarhus is a big city, which means a lot of public transport goes to other cities. Definitely visit Odense as a daytrip and Copenhagen in the weekend! The flixbus is really cheap and goes to most of the big cities. You can get free Danish lessons and as a Dutch speaking person it was very easy to pick up and really fun to understand!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would really recommend this university and destination. The university is great, the programm was very diverse and the way of teaching is very nice and intimate. The destination is even better. Denmark is a great country to travel through from Aarhus, it is not too big which makes it easy to visit other parts in the weekend. Within 40 minutes you are surrounded by nature (even faster if you count the beach in Aarhus) , the culture is great, Danes are great at speaking English and very friendly. Everything they say about Danish trust and hospitality is true and I've found myself really falling in love with the country. It is definitely not the same as the Netherlands even though people might tell you that. The city is just lovely in every weather condition and the

Hygge lifestyle can be seen throughout the year. Even though it is a bit darker in winter times I really enjoyed the candlelit evenings with friend either at home or in the city.

do you have any additional advice or comments?

Go to Denmark!!

2021-2022

Report 1

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address	<input type="checkbox"/> yes: @
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input type="checkbox"/> yes:
	other (social) media	<input checked="" type="checkbox"/> yes: Instagram: anne_schiphof
faculty/college	Humanities	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Communication and information-studies	

destination city & country	Aarhus, Denmark
how did you travel to your destination?	By train
name university abroad	Aarhus University
start date	23 / 08 / 2021 (dd/mm/yyyy)
end date	31 / 01 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process went quite smoothly. There's a lot of things to take care of: university course application, grants, agreements everything... but as long as you take your time to read your emails and guides carefully everything's very clear.

counselling & support at Utrecht University

The international office of humanities is very helpful and often responds within a day.

academic preparation

Didn't do any specific academic preparations.

language preparation

Had to do a language test in english for my erasmus application, but did not have to prepare anything special for that

finances

.Studying abroad is expensive, especially when you go to Denmark. My rent was okay, but groceries and especially going out for coffee and diner really added up.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The university in Aarhus was very well organized (also the international introductions and the activities for exchange students) and the courses were interesting.
academic quality of education activities
We had to work in groups a lot and I only had portfolio-assignments which were graded in the end. The courses were challenging but not hard, which resulted in a lot of spare time during my weeks (to discover the country and the culture)
counselling & support at receiving university abroad
Utrecht has very good support and counselling, but I think Aarhus had even better ones. There's really not a big difference though and everyone was very helpful.
transfer of credits
Currently going through this process, but my grades were given on time. Had no trouble with the acceptance of my courses into my study-programme here either. (just make sure you're not doing a course that's exactly the same as something you did before)

STUDENT LIFE
welcome & orientation programme
Very well organized. There were two weeks with a lot of activities. The only minus point was that I did not get the memo that we had to sign up for everything quickly (a lot of activities were already full by the time I discovered that), because of the maximum capacity due to Covid.
accommodation
Through the housing programme of the university I got a room offered in an apartment with a Danish girl. I was subletting because her roommate was also on exchange. The only downside was that I was quite far away from the shared houses, where a lot of the international people stayed. Otherwise the apartment was really nice and I really enjoyed my stay there.
leisure & culture
The culture is so similar to Holland. Danish even sounds like Dutch with a weird singy tone to it. In my opinion people were a bit more open to different ideas and in general really really nice and welcoming. Also nobody really cares what you do and everyone trusts one another (you can look up "Danish trust", it is really a thing)
suggestions/tips
Aarhus has a lot of hills, don't underestimate it. I rented a electrical swapfiets from the money I got from the student grant for public transport. Never regretted that decision.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! I met a lot of lovely people and one of my closest friend-groups. Aarhus is such a nice city and a bit like a mix between Utrecht and Rotterdam. You also really get to know yourself and your values when you go to a different country alone. Denmark just felt really like home to me from the beginning on.
do you have any additional advice or comments?

2018-2019

Report 1

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address	<input checked="" type="checkbox"/> yes: femme_biedie@hotmail.com
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input checked="" type="checkbox"/> yes: Femme van der Vlist
	other (social) media	<input checked="" type="checkbox"/> yes: FemmeVonVoyage on Instagram
faculty/college	Geesteswetenschappen	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Media en Cultuur	

destination city & country	Aarhus, Denmark
name university abroad	Aarhus Universitet
start date	15 / 01 / 2019 (dd/mm/yyyy)
end date	01 / 07 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application went fine, even though at the beginning there was a slight mistake. When I got accepted they sent me a link for the first semester, when I was going there the second semester. But this was easily solved. Otherwise everything went well and it was easy to do the process.
counselling & support at Utrecht University	The support at Utrecht University was very good. When I had some last minute questions they responded right away. It was also very clear what I had to do before and during my stay in Aarhus.
academic preparation	I was not that prepared before I went to Aarhus Universitet. I did a course on Central Europe and two courses about Vikings. I had never done anything on these topics before. Despite no prior knowledge, I got through it easily with the help of the teachers.
language preparation	I didn't have a lot of language preparation because the Danes all speak perfect English. I did do a Danish course with LaerDansk for eight weeks. Being Dutch also makes it easy to read Danish, but understanding them when they speak is hard. But I could make it through easily with only English.
finances	Denmark is more expensive than the Netherlands, I think that is a known thing. But it is not as bad as I expected. The food and clothes are more expensive, but transport is not that expensive. You can make it through with the grand and just looking at what you're spending.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	

I didn't have any issues with my study programme. I did three courses who are all worth 10 ECTs. They have less contact hours than in Utrecht (if you do a study at the Arts faculty). I didn't have any overlap either.

I did one course on Central Europe, which was only six weeks long. This course was pretty intense seeing that I also had two other courses at the same time. In this course I learned a lot about Communism and the Second World War in these countries. I met a lot of Danes in this class because me and another girls were the only internationals. We had to do a thirty minute presentation as the exam.

I also took two courses about Vikings. They took the full sixteen weeks. I took one about religion in the Viking period. This was really interesting, because I didn't know a lot about the Vikings. The teacher made it even more fun. I met a lot of internationals here, there were only four Danes in the class. We did an oral examination as the exam, which was new for me.

The other one I took was about the representation and reception of Vikings in the modern culture. The teacher on this course was very clear and taught me a lot. In this course there were also a lot of internationals. We had to write a paper as the exam.

academic quality of education activities

I think that the academic quality is the same as at Utrecht University. They expect around the same from you. I didn't have a lot of contact hours, just like at home. But we didn't have any seminars, which is different from Utrecht, but it still worked out fine. The exams were also kind of the same, only the oral exam was different for me.

counselling & support at receiving university abroad

I think that mostly the mentor programme helped me. My mentor always wanted to help and was really good at explaining how everything worked. I didn't have any other problems so I didn't need to ask anyone else. If you do need more counselling you can go to different people, from the university or outside.

transfer of credits

I think the transfer of credits will go down easily. I haven't yet seen exactly how this will go because I haven't been able to hand in my grades yet to the university at home. But they have the same credit system as we do, but their grading system is different. They go from -2 to 13. So be sure to look up how that works!

STUDENT LIFE

welcome & orientation programme

We had a very nice welcome at the university. There were a few days of introduction (where you get free food). They introduce you to the Danish way of life, to how the university works. You also get a mentor and a mentor group, so you have a group of international friends right away. The mentor will show you around the university and explain things to you.

accommodation

I was in a house with twelve others. We shared our kitchen with eight and our bathroom with four. The house itself was on a good location, which was next to the university. But the landlord didn't do his part by keeping the house clean and save and that's why the university has now stopped using the house. So the accomodation was fine, but not that save. It was fun to be in a house with only internationals.

leisure & culture

The culture is really close to the culture in the Netherlands. The people are the same as Dutch people and also the way of life is almost the same. There are a lot of bikes everywhere (even though there are a lot of hills), they wear shorts outside when it is fifteen degrees, it is all the same. However, they are way more relaxed and nice than the Dutch (I think). They don't rush as much as we do. They also think family is more important than work and they give you a lot more breaks.

suggestions/tips

There are a lot of things to do in Aarhus. Go to ARoS, Moesgaard, Den Gamle By and the Infinity Bridge. Near

the Infinity Bridge there is also a deer park where you can feed some deer, which is nice. Also just walking around through the nature is nice. For food I would recommend going to Street Food near Dokk1 or Mackie's Pizza. If you study at Aarhus Universitet during the second semester, go volunteer at NorthSide festival!

CONCLUSIONS

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

I would recommend this university/destination to others because overall I had an amazing experience. The people there were very helpful, in the university and outside. They also have an amazing team at the studenthouse. They organise a lot for the international students.

do you have any additional advice or comments?

Like I said above, I did a course at LaerDansk. I would really recommend doing this, because you will meet more internationals and get to know the language and Denmark itself better. Otherwise I would recommend getting signing up at the Studenterhuset, because there you will meet a lot of other people and you can go on trips through Denmark with them. The last thing I recommend is going to Friday bars! Every Friday from 4 until 12 or 2 there are bars in the university! Go there!

2017-2018

Report 1

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faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communicatie- en Informatiewetenschappen

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	22 / 01 / 2018 (dd/mm/yyyy)
end date	22 / 06 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

In the beginning the application process for the exchange seemed like a lot of work but once you start organising it, it is not all that bad. However, I would highly recommend starting on time and making little checklists for yourself so you can easily keep track of what you already have done and what is still left to be done.

counselling & support at Utrecht University

Luckily I did not need too much counselling from Utrecht University, but whenever I had any questions regarding my exchange, they were very quick to reply to my e-mails.

academic preparation

The academic preparation was not a lot of work since I only needed to upload my grades and some proof of my language skills. I would recommend checking the requirements right in time so you have plenty of time to collect the right documents and upload them all before the due dates. You don't want to stress over the last

couple of dates because you can't find the documents you need or you don't know how to upload something.

language preparation

Since the academic language that is used at Aarhus University is English, I did not need to do too much preparation. I needed to complete an OLS language test for the Erasmus grant, which fortunately did not take a lot of time.

finances

Since Denmark is on the rather expensive side compared to the Netherlands, it is wise to prepare your finances. I saved up quite a lot of money and I also decided to increase my student-loan for the time being.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The programme was a little different than what I'm used to at UU, since in Aarhus the university works with a semester programme instead of the different "blocks" that are used in Utrecht. I did not mind the semester system though, since you get a whole semester to dive into a subject and prepare for your exams and essays, instead of only a few weeks as we have here in Utrecht. I also quite liked the courses that I signed up for, which is obviously always a little uncertain. I signed up for two courses which were both divided into two sub-courses. Because of this I was practically following four courses. Not all of these four courses were my favourite courses ever, but they were still very interesting and the academic level of the teachers were good.

academic quality of education activities

As stated above already, I thought the academic quality of the teachers and the study programme to be of very decent quality. The teachers were professional and the study programmes were set up very clear and well.

counselling & support at receiving university abroad

I did not need a lot of counselling nor support from my receiving university, but I did know who to go to would that situation ever change. It is very important to have someone you can talk to, especially when you're far away from home and everything is already so different than you're used to. I highly recommend to make sure you know who your go-to-person is, even if you think you don't need it.

transfer of credits

My credits have not been transferred yet, so I can't tell too much about this. It will definitely be necessary to transfer the credits though, since the Danish credit system is quite different from the system that is used in the Netherlands.

STUDENT LIFE

welcome & orientation programme

The University offers a few days of a so called introduction program, where you can meet other exchange as well as Danish students. However, these introduction days were more concerned, obviously, with the university and university life such as studying and using the library. The local so called "Student house" did however organise some introduction things too, and they kept up with organising "international nights" throughout the whole semester. These nights were really fun and useful for meeting other international students! I made a lot of close friends during these nights.

accommodation

I have been very satisfied with my accommodation. It was available to me starting from the first of January, even though I only arrived at my destination at the 19th. I needed to pay a little extra for this, but it was so worth it since I could immediately move into my student dorm, whereas some other students had to move into a hostel for the first few nights or even weeks. I would definitely recommend starting your contract, if possible,

as soon as possible. Further, I lived with 13 other students: the majority of them was Danish but there were also a couple of other foreign students (for example from Germany or the United States). I think it's important to not just make with other exchange-students, but also with the people you live with. That's why I really tried to connect with my dorm-mates too and it really paid off. We had a nice bond and I felt really at home at my dorm.

leisure & culture

The culture in Denmark is quite similar to the Dutch culture. However, as you may (or may not) know, the concept of "Hygge" is very important in Denmark. Hygge comes close to the Dutch concept of "gezelligheid" but it's a little more than that. It's more a lifestyle kind of thing where people appreciate the little things in life and spending time with loved ones. I really liked this kind of attitude towards life, especially in winter, since it gives you a very cozy feeling. I did notice though, that the Danes are a little more private and introvert, compared to the Dutch. They wouldn't easily talk to strangers on the bus or in the streets. However, as soon as you ask for help they are very willing to do so! They also speak English very well, also including people of older age.

suggestions/tips

Don't be afraid to ask people for help, because they might seem distant at first. They are very willing to offer you help, especially with language problems. When you can speak Dutch, German and English, the Danish language is not too hard to read, but listening to it is a whole other matter. So don't be afraid to tell them you don't speak Danish (tip: you can tell them "Jeg taler ikke dansk" [Dutch pronunciation: Jij teler ieke dansk]), because they will easily switch to English to make you understand.

CONCLUSIONS

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

I would definitely recommend going to Aarhus University. I think it's a decent university and they are very helpful towards international students. The Danish students are also very used to having internationals around and they don't mind switching to the English language if necessary. Besides this, I think Aarhus is an amazing city. It has been awarded as the "cultural capital of Europe" in 2017 and that's for a reason. There are a lot of art and just cultural elements to be found in and around the city. Besides this, I think the city offers the perfect mixture of a city feeling and a more village-like vibe. If you enter the city centre you'll find yourself in a truly city-like environment with people, shops, restaurants, bars and museums. However, if you go a little outside of the city centre you can find wonderful forests and beaches, which are beautiful and calming and are definitely worth a visit (or more).

do you have any additional advice or comments?

Even though your exchange period might start off a little uncertain and overwhelming, make sure to go out and meet new people. I know it can be hard sometimes because it feels safe to stay in your own little student room or with your roommates, but you will regret missing out on amazing people and events if you do that too often. I was very nervous on the first night I attended an event where I didn't know anyone, but I'm so glad that I went since I got to meet a girl who I now call my best friend from my exchange period. Trust me, it is so worth it!

2016-2017

Report 1

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communication- and Information Sciences

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	23 / 01 / 2017 (dd/mm/yyyy)
end date	30 / 06 / 2017 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process required some effort, but was not that hard. I think the most important part was the motivation letter, but the International Office offered some useful writing tips regarding what to include in the letter.
counselling & support at Utrecht University	The International Office at Utrecht University offered help wherever needed, and they were always very quick with replying to questions or forms that needed to be signed.
academic preparation	I didn't do any academic preparation. I had to sign up for courses a few months before, but they did not require any preparation before the start of the courses.
language preparation	I didn't do any language preparation, apart from the Erasmus Language test. I chose English courses instead of Danish courses, and I knew my level of English was sufficient enough to make my way around.
finances	I applied for the Erasmus scholarship and I still receive money from DUO on a monthly basis. Finances were not a problem for me.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	My study programme was really well organized. I took courses from different faculties, but never had a problem since my coordinator guided us through every step.
academic quality of education activities	The academic quality of education was high. Content of the subjects was well structured and interesting. Teachers were very friendly and enthusiastic about their subjects, and they were always happy to help with any questions/problems. I feel like they really want everyone to pass, and therefore it's pretty hard to fail a subject.
counselling & support at receiving university abroad	The support at the university was great. We were all assigned a coordinator, who helped us with everything and reminded us of what to do. She also pointed out social events which we shouldn't miss at the university.

transfer of credits

The Danish grading system is different from the Dutch system, but they make the transferring of credits easy by also giving grades according to the A-F system.

STUDENT LIFE

welcome & orientation programme

The Faculty of Arts at the university didn't offer a big orientation programme. We had a few introduction days at the university where they provided us with a lot of information, but they didn't organize any fun activities.

accommodation

I got accommodation through university, which was really good. They gave options as to whether you preferred a private bathroom or a cheap room, and they gave you one offer per person, which you could accept or decline. I was very happy with the dorm I lived in.

leisure & culture

Aarhus is 2017's European Capital of Culture, making it a city full of cultural events and art on the streets. There are a lot of students in the city, and there's always life on the streets, especially in the weekends.

suggestions/tips

Denmark has a very high quality of food and drinks. It is definitely expensive, but a lot of cafes and restaurants only provide ecological products, and you can definitely taste the difference. You should make sure you have enough money before going to Denmark, so you can fully enjoy the great lifestyle the Danes have to offer. Also make sure that if you go to Denmark, visit Skagen, the most Northern top of Denmark. Plus a lot of other beautiful Danish cities of course, to fully experience the Danish culture.

CONCLUSIONS

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

I definitely recommend Aarhus and its university to others. The university is very well organized with high quality education, and the city itself is more than wonderful. It's small but not too small, it has a lot of art, cafes, unique stores and fun to offer, and the quality of Danish lifestyle is very high.

do you have any additional advice or comments?

Of course I really recommend Aarhus as an abroad destination, I had such a great time there. But I think it doesn't really matter where you go, as long as you go. Exchange is a great experience, which really helps to define you as a person and makes you more independent and confident to go wherever you want.