

2022-2023

Report 1

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and Culture studies

destination city & country	Linköping, Sweden
how did you travel to your destination?	By plane
name university abroad	Linköping University
start date	16 / 01 / 2023 (dd/mm/yyyy)
end date	11 / 06 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	The exchange application process was at first very overwhelming. But after thoroughly reading the process and doing it step by step it became clear. Because I have an interdisciplinary study program it was hard to find something that was suitable for my personal program. That is why I mostly focussed on which university I could study for my exchange instead of which country was attractive to me. The selecting part took the most time.
counselling & support at Utrecht University	The support was not a lot. Especially at first I felt a bit lost because I don't fit with a faculty destination, so I had to look for a university broad destination. I didn't get a lot of guidance but I felt like I needed more because of the difference in study program than the rest of the students. I felt like the International Office was not very up to date with the fact that Language and Culture students are also part of the program.
academic preparation	I didn't do a lot of academic preparation. Mostly, because the courses I choose fit perfectly with my study program.
language preparation	I didn't pay extra attention to language preparation. I already had a lot of courses in English.
finances	I saved up a lot of money. I started a student job at a café to finance my exchange. I knew that Sweden would be expensive so I wanted to be prepared.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	In Linköping, I followed the European program. Four different courses about Europe. The content was very interesting. But because each course was only 5 weeks, there was no time to really discuss and dive into the subject. There was only 1 lecture and 1 seminar a week. We had to read 2 articles per week. So, there was not enough time to get into an interesting discussion. The courses have a lot of potential which was not met due to

shortage of time. I felt like teaching was not the first priority for the teachers as they were also doing research. So the courses were interesting but very much on the surface. The structure of the courses is very similar to Utrecht with lectures and seminars. Discussions about the subjects were always very much appreciated.
academic quality of education activities
The level of academics was lower than I was used to in Utrecht. This was nice though. I could easily participate and follow the courses.
counselling & support at receiving university abroad
The support from university was pretty good. The international office was always very quick in responding.
transfer of credits
The grading system was from A-F. It was very difficult not to get a fail for a course.

STUDENT LIFE	
welcome & orientation programme	
The welcome period was very well organised! There were university broad introductions and faculty introductions. All the information was very clear. It was also a nice way to meet new people. Most of my friends I made during this period.	
accommodation	
I got a room through university accommodation. This room was in a student corridor in Ryd. It is very nice for exchange students. This way you get to meet more people.	
leisure & culture	
There are a lot of different activities to do in Linköping. Student life in Linköping is very active.	
suggestions/tips	
Go to all introduction activities! This way you meet a lot of people.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes, I recommend it! Linköping is the perfect location to explore the rest of Sweden as it is very central. Within a few hours you are in Stockholm or Malmö. The nature around Linköping is very pretty. Moreover, Linköping is not that big so you know your way around very quick. Everyone bikes so that was also very nice. The university is very good and modern.	
do you have any additional advice or comments?	
No, not really.	

2018-2019

Faculty/college:	Humanities
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other

Name degree programme:	Language and Culture studies/ taal- en cultuurstudies
Destination city & country	Linköping, Sweden
Name host institution and/or company/organisation	Linköping University
Purpose of exchange	X study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	03-08-18
Return date (dd/mm/yyyy)	20-01-19

Preparation

Exchange/placement application process:

Application went through the UU. Liu is a partner university of UU, so the application is very easy to follow. The steps can be found at the website of UU.

Counselling/support at home university:

The counselling was great, although I did not use it often. I only came in to get all of my documents signed before going. But everything went fast, so I did not have any problems.

Academic preparation:

I already followed courses related to international relations at home. The courses I followed at Liu were in the same field.

Language preparation:

I already had my C1 Advanced. I also followed multiple courses in English at UU before going, so I was used to lectures and work groups in English. I did not do any extra preparations.

Finances:

Erasmus money, Dutch public transportation money, my savings, and my parents would help me out if I needed some extra money.

Study/placement abroad period

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

I took five courses in total. In August I started with the intensive Swedish A1 course, which I would highly recommend doing. It was fun to learn a bit of Swedish, although you do not need it in

Sweden, and I already made a lot of friends before the orientation days started. After that I took four courses all centred on the EU. The first one was History of European Identity. Second European Democratic Culture. Third Contemporary European Governance. And finally Europe in the World. Each course was 7,5 ECTS.

Academic quality of education/placement activities:

The academic quality at Liu is very similar to UU, so no problems should be expected. The lectures lasted equally as long as at home, and they had a similar set up to the working groups. This means prepare the materials you need to read at home, and at the work group discuss them. Whether this was in groups or in the whole class. I also had to write some papers and take home exams, which is similar to my programme at home.

Counselling/support at host institution/organisation:

The support at Liu was great! I got my certificates signed quickly. My teachers were great, and very interested in us, the exchange students. The international office at Liu was also fantastic and very helpful! I had some problems with the first place I lived in, and they quickly offered me a room through the university (although I was lucky it was available). And they were always so fast with answering to my questions. Could not be more positive about the support I received at Liu!

Transfer of credits:

I do not have my transfer yet, so no idea.

Student life

Welcome/orientation programme:

Orientation programme was mainly informative. I already had met some people through my Swedish class. There was one orientation days that was informative and explained how the university was, which people to go to for which ever problem that might occurred.

Accommodation:

I first had an accommodation privately, but that was not working out. So I got a room from the university instead that was really nice. The person previous to me had not left it in a good condition, but they immediately helped me. I had a private room + bathroom and I only shared the kitchen with 8 people in Ryd (area close to the university) and the room was quit specious. So my accommodation was quit nice, and similar prices to Utrecht.

Leisure/culture:

The Erasmus student Network and the international student association of Liu organised a lot of things for the international students, especially in the beginning of the semester so it was easy to meet a lot of people. Liu also has a very active student life, so there are always parties. Or you can go to one of the student pubs around Linköping. You can also travel easy from Linköping to other parts of Sweden, and I also went to Finland for example so travelling is a good option.

Outside of Linköping there are nice areas to hike as well.

Suggestions/tips:

Travel as much as you can, since Linköping is very central so it is easy to do with new friends!

Conclusions

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

I would definitely recommend Liu. Linköping is a cute city in Sweden, not too big but nice. Liu is known for its student life, and therefore there is always something to do at university. The students were also very open and welcoming towards the exchange students. There are also a lot of other exchange students, and since both ESN and ISA offer a lot of activities, it is easy to meet new people. Also, from Linköping it is easy to go to Stockholm and travel from there, as well as taking the train to all kinds of places in Sweden.

Do you have any additional advice or comments?:

I would recommend doing the intensive introduction course in Swedish. It started before the first semester started, but because of it I had already met a lot of people before the official orientation day so I did not feel lost. And it is always nice to speak some Swedish, although it is not necessary since everyone speaks English.

And Sweden is expensive, Erasmus money is not enough. Definitely save some before going!

2016-2017
Report 1

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

destination city & country	Linköping, Sweden
name university abroad	Linköping University
start date	22 / 08 / 2016 (dd/mm/yyyy)
end date	22 / 01 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
It took a while for me to be accepted to a city to study abroad. I got declined for my first three choices and also the left-overs were or not available for Psychology or someone else was faster than me. Eventually I chose to go to a different faculty and ask if I got in name of their faculty. I wanted to follow courses about the culture and

history of the country anyways so I went to the faculty of Humanities. They offered me a few places I could go to and after many phonecalls and emails I finally got accepted to a university. The university of Linköping. Something I would never have done in the first place.
counselling & support at Utrecht University
The international offices of both faculties helped me a lot to figure out a way to study abroad anyways. Of course you have to take the initiative but they were very helpful.
academic preparation
None
language preparation
None
finances
I saved money over the years.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took two courses of 15 ESCTS and I followed a course of Swedish language for a while. Both were aimed for international students. I took one course about Nordic Culture and one about drama communication. The second had many connections with psychology and the Nordic Culture was mainly fun because I learned a lot about the Scandinavian culture.
academic quality of education activities
The international drama course was more academic than the nordic culture. The nordic culture class was taught by a teacher whose English was not great and I got very high grades for papers I thought were quite bad. The international drama course was taught by a woman from australia and the papers required a bit more academic skills, which made it a bit more difficult. But still it almost wasn't possible to fail for the courses because in Sweden you can redo tests and reports as often as you want.
counselling & support at receiving university abroad
They were very helpful, responded quickly to emails and it was made very clear what to do when arriving there.
transfer of credits
Good

STUDENT LIFE
welcome & orientation programme
There was one introduction day but not more. That was a bit dissapointing. Still, within the university there were organistations who organised events, parties and welcome dinners for the erasmus students. This was very nice!
accommodation
Very good arranged! I got a privet room from the university and it was great!
leisure & culture

I did a lot of trips with those organisations, joined events and made a lot of new international friends. We learned a lot about the Swedish culture as well, and most Swedish people were so kind to tell us all about it.
suggestions/tips

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! It was a very open university. They were helpful, there were enough events and there were a lot of erasmus students! It was great!
do you have any additional advice or comments?

Report 2

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

destination city & country	Linköping, Sweden
name university abroad	Linköping University
start date	19 / 01 / 2017 (dd/mm/yyyy)
end date	09 / 06 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
Was esasy and clear, did not have any trouble doing this. Good information about everything I wanted to know.
counselling & support at Utrecht University
Was also clear and easy, had a lot of information and could contact the university when needed.
academic preparation
Was not necessary for me.
language preparation
Was not necessary, English was the spoken language in the courses that I took and almost every Swede speaks English as well.
finances
Sweden is expensive, more expensive than I thought in the beginning, even though I knew before I went. Even to just buy normal food, you will pay almost twice as much as in the Netherlands. Be aware about this. Also, if you want to take trips etc., save money before you go.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
Was interesting, enough to learn if you want to. No organisational issues.	
academic quality of education activities	
Was good, but a little low level at some points. This is because I was in an exchange student class, so they can not give class at a too high level since they have to consider all of the students (which involve e.g. Asian people who know nothing about European history)	
counselling & support at receiving university abroad	
Was very good, I have no complaints about this.	
transfer of credits	
STUDENT LIFE	
welcome & orientation programme	
Was super good, Linköping has a very big student life, a lot of student unions and committees etc in which you can participate.	
accommodation	
Was good, arranged by the university.	
leisure & culture	
Sweden is a country with a lot of nature so I went for a hike or to a lake very often. This is easy to do, also with public transportation. There is also a lot of trips you can join to several places, which is very nice and well organised.	
suggestions/tips	
Have non.	
CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes I would, I had an amazing time. Even though Linköping itself is not a very exciting city, the student life at the university really makes up for it. Furthermore, Linköping lies very central in Sweden, so you can visit a lot from there, which I liked very much.	
do you have any additional advice or comments?	
Be aware about how expensive Sweden is! Really save some money before going there, because it will save you a lot of stress while there.	

Report 3

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Taal- en Cultuurstudies (Language and Culture Studies)

destination city & country	Linköping, Sweden
name university abroad	Linköping University
start date	19 / 08 / 2016 (dd/mm/yyyy)
end date	20 / 01 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
The exchange application process requires time and a lot of administrative work. All in all, the administrative part went quite well. I didn't get placed for my first option, but in the end Linköping appeared to be a great second option.
counselling & support at Utrecht University
I did not need a lot of counselling since the deadlines and required documents were clearly stated on the website. Whenever I would email the international office, their replies were quick and helpful.
academic preparation
Since the courses I followed at Linköping fit well in my study program, I didn't need academic preparation.
language preparation
I was able to use my English certificate from high school for my application, therefore I didn't need any additional language preparation.
finances
It is not a secret that Sweden is an expensive country. You can make your Erasmus stay as expensive as you like, and I choose to also go on many trips (which was the most expensive part of my stay). Some personal savings next to the Erasmus grant and perhaps student loan are definitely recommended.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed four courses within Political Science and one Swedish language course (I didn't finish this one because I already obtained enough ECTS). I would definitely recommend taking the Swedish language course, because it is a good way to learn more about the country and it is fun since you follow it with a lot of international students. The four courses in Political Science were fine. Every four weeks I started a new course, instead of two courses at the same time. The administration and organization of the courses were very good. I never had any troubles with administrative business.
academic quality of education activities
The level of education in Sweden is comparable to that of the Netherlands. However, the intensity is lower which makes it a bit less challenging. In general, the courses are very interactive which make them fun and dynamic.
counselling & support at receiving university abroad
The International Office in Linköping is extremely helpful. They reply to emails very fast and are very helpful.

transfer of credits

Credits are easily converted.

STUDENT LIFE

welcome & orientation programme

The welcome programme consisted of activities organised by ISA and ESN, two international student communities. Activities included getting to know the Swedish culture, but were especially useful in getting to know a lot of people. It is definitely recommended to go to a lot of these activities as it is a great way to get to know people.

accommodation

I got a room through the university, which was a double room. One of the advantages was that it was cheap (half of a single room), but of course it is something to get used to. However, I was very lucky with my roommate. We lived in a great corridor with a large living room. Student accommodation is not too difficult in Linköping, but maybe you have to settle for a double room. For me it was a good option and also a nice way to get to know people.

leisure & culture

Linköping is a rather small city. There are some nice bars and shops, but in general it is very small. However, you will notice when living there that it doesn't matter what kind of city you are studying in. As long as there are nice people around you. Linköping is a city that has an amazing student life. All students live together on campus, and there are a lot of international students. In other words, the city is small and not very beautiful, but the student life definitely makes up for that.

suggestions/tips

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CONCLUSIONS

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

I would definitely recommend studying at Linköping University. The semester has been the best half-year of my life. Even though the city is small, it will not bother you. There are so many nice people and a lot of international students. You will feel at home from the beginning and be sad to go home in the end. If I had the chance to re-do this semester, I would do it all over again.

do you have any additional advice or comments?

Keep in mind that Sweden is an expensive country, but don't let this stop you from going on trips and having the best time! I would definitely recommend going on many trips because Scandinavia has a lot to offer!

2015 – 2016

Report 1

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

PREPARATION	
exchange application process	Started researching the application process almost a year in advance, but was pretty late filling in all the required paperwork, limiting my options. I eventually went to Linköping because it had an open spot. So take that into consideration when you want to apply.
counselling & support at Utrecht University	All questions I had were answered pretty quickly and never took longer than a few days. The International Office was also helpful in getting my minor approved.
academic preparation	Since I wanted to do my minor in Sweden I had to ask permission from the Examcommission which took some time. Furthermore I started learning some Swedish with the help of online courses, but since my courses would be in English this wasn't mandatory.
language preparation	As stated above, I learned some Swedish and enrolled in a Swedish intensive course in Linköping to get around more easily. Learning Swedish isn't really necessary, because most Swedes know and don't mind talking English. I also took the EU language test and scored a C2 for my English, so I had a fairly good grasp of the language.
finances	I had saved some money and built up a buffer for my exchange, however it wasn't enough. Say you think you can manage with €2000 reserved for your exchange in Sweden, multiply that by 2 and you get closer to the real amount you need. The Nordic countries are insanely expensive, and as an exchange student you don't get the government grant the Swedish students do. Also you'd want to do some trips, which will also cost you some money.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I can highly recommend doing the Swedish intensive course followed by a study programme consisting of 4 courses.
academic quality of education activities	The level of education in Sweden is comparable to that of the Netherlands. The main difference however is that the intensity is much lower. I only had one course at a time, which consisted of 6-8 lectures and 2 seminars followed by a take home exam. So every course would take about a month.
counselling & support at receiving university abroad	

The International Office in Linköping is really welcoming and will help you with anything. Since Linköping has many exchange students they have become quite proficient in the welcoming process. Everything was very well explained and I didn't really struggle with any questions.

transfer of credits

Because I did my minor in Linköping, I had to ask permission from the Examcommission. I did this before my exchange so don't foresee any problems with my credit transfer. The grading system is different though, but are easily converted.

STUDENT LIFE

welcome & orientation programme

Linköping has a bustling international community and a lot of international organisations that welcome new students. You have ESN and ISA that host many events throughout the year and at the start. As my Intensive Swedish course started before the welcome period, I was able to settle down a bit before and lean into it. Don't be worried that you are not gonna meet new people, you will and there will be a lot. So I do recommend you visit the events.

accommodation

The corridor rooms in the studentcampus of Ryd are perfect. The rooms are spacious, with their own bathroom and shower. They are even renovating the buildings now so the shared kitchens and livingrooms are up to date. Apartments outside of the student campus can be quite expensive on the otherhand and the hostels in Linköping aren't the best for long stays. Oh and the internet is really fast aswell. If you need furniture or stuff for your room, you should look for the facebook groups where they sell stuff. Or go to IKEA, it is Sweden afterall.

leisure & culture

Hope you like coffee, cause you are gonna drink a lot of it. Also almost every week there is a party hosted by one of the faculties on the uni campus. Most of these are quite fun. During the winter you might want to stay indoors, but as soon as it gets above 10 degrees everybody is outside. There are BBQ places everywhere, volleyball fields, tennis fields, parks where you can chill and saunas you can book.

suggestions/tips

Travel a lot and do a roadtrip or two with other international friends. You have to go to Lapland during winter, the Norwegian fjords during summer and go on a boattrip to the Baltic or Finland during Spring or Autumn. Get some contacts with Swedish students, so you don't have to queue for tickets to any of the parties. Get a bike as quickly as possible. Check the facebook groups for stuff you need for furnishing your room or anything, btw they also sell bikes on there. Buy your alcohol on one of the boat cruises where it is really cheap.

CONCLUSIONS

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

I would really recommend Linköping. The city itself isn't that special, but it makes up for it with a very active student life. The city is quite central in Sweden, so taking trips to Stockholm, Gothenburg, Copenhagen or Malmo is easy. The biggest sellingpoint for Linköping is its strong international community however. Trust me you will have a great time.

do you have any additional advice or comments?

Make the most out of it! Go on trips and go to parties, the courses aren't as intense as back home so make use of that.

Report 2

faculty/college	History & Art History
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	History

PREPARATION	
exchange application process	The application process requires some administration, but the site is quite clear on what to hand in before what time, so it's not very difficult. The only problem I had was that I didn't fill out a form correctly (missed one minor box) and noticed this only after it got signed by my receiving university, and therefore it wasn't accepted the first time. I could fix this by filling out a second version of the form (without a signature) and handing this in with the first one, but make sure you fill out everything.
counselling & support at Utrecht University	As I said the site was quite clear so I didn't need a lot of counselling, but when it was needed it was helpful.
academic preparation	In Linköping I did a minor in Political Science, which differs a bit from my bachelor in Utrecht namely History. Therefore the LiU did want to check if I finished a sufficient amount of courses related to political science, but since they decided this was the case there was no extra academic preparation needed.
language preparation	Utrecht University could give me a certificate of B2 level English, as being enrolled as a bachelor student. This proofed to be enough for LiU to accept me.
finances	The finances for me proofed to be quite easy to manage. At the beginning of my stay I received a significant part of my total Erasmus grant (Around 70% I think) and you keep your Dutch student grant plus you can stop your OV-card in the Netherlands and get around 100 euros per month instead of it. Although Sweden is quite an expensive country, it is doable to get fair-priced groceries, and compared to Utrecht my room was quite cheap as well (around 300 euros/month). I have to admit I also got some support from my parents which made me not having to be very careful with money.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	As I said I did a minor in Political Science. It were four related courses spanning about a month each, and you followed one course at a time. Common denominator was that the amount of classes was low (around 4-6 hours per week on average I would say) and that a lot of the papers were written in groups opposed to alone. If there was a general exam at the end of the course it was always a take-home exam. These were bigger than I was used to in Utrecht though, two asked for around 4000 words and the last one around 6000.
academic quality of education activities	The academic quality I would say was good, the classes were informative and the literature we read met good academic standards. I also thought the teachers were very involved and supportive.
counselling & support at receiving university abroad	I didn't need a lot of counselling and support, but on the few occasions I did it was very effective and helpful.

transfer of credits

Apart from that the grading took quite a long time, I experienced no major problems in this regard.

STUDENT LIFE

welcome & orientation programme

The welcome programme consisted of different activities organised by the two student associations for international students, ISA and ESN. They were mainly activities that took a part of a day and involved getting to know the city and university, or an aspect of Swedish culture. I think they were essential in getting to know people: apart from the classes I met most of my friends during these activities.

accommodation

Most of the students get a room via the university, which is a corridor room in the neighbourhood Ryd near the LiU campus, where almost all of the students live. I got one via KOMBO though, a site where landlords can post a room directly and you can contact them to apply for it. I feel I was very lucky, since I subscribed way too late on the main site for room rental in Linköping, which is Studentbostader. Therefore I didn't have enough points and thus couldn't get a room there. So the tip: subscribe to Studentbostader immediately when you know you're going to Linköping.

leisure & culture

To be honest: Linköping as a city doesn't have a lot to offer, surely less than Utrecht has. Also mainly because it is quite a small city (around 100 000 inhabitants). The student life mainly revolves around the mentioned student neighbourhood Ryd and the campus. These are also the places where most parties are if there is one. In the city there is some basic leisure like a cinema, but no theater for example nor is it a very beautiful city. So yes you can have a good student life since the student community is quite tight-knit, but the city itself for me wouldn't be a reason to go there.

suggestions/tips

I think I gave all my tips in the boxes above

CONCLUSIONS

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

If you are looking for a place where you have a great opportunity to mingle with a lot of students in a small city that accommodates student life, Linköping would be a good choice for you. However if you want to experience a vibrant city life with also lots of non student-oriented activities, it wouldn't be the ideal place to go.

do you have any additional advice or comments?

No, this is it!