

**2022-2023**

**Report 1**

<b>permission to publish contact details**</b>  <i>See end note for * and **</i>	<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: a.f.groen@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: <b>or</b> <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad:        @
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

destination city & country	Lund, Sweden
how did you travel to your destination?	By car
name university abroad	Lund University
start date	08 / 01 / 2023 (dd/mm/yyyy)
end date	04 / 06 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	It was hard to make a top 3 preference list, since there were so many universities to chose from. The long period between submitting your preference list and receiving the final decision puts your patience to the test.
counselling & support at Utrecht University	I did not had much contact with Utrecht University before my departure.
academic preparation	I also did not had to do lots of academic preparation before going on exchange. I did participate in the Academic Buddy Programme, which gave me some insights on intercultural differences.
language preparation	I went to Lund University so all the courses were in English. Although my English proficiency was already at a good level, I further enhanced it by reading more English books. I also engaged in English conversations with my academic buddies from Sweden.
finances	I knew that living in Sweden was going to be expensive. The semester before my exchange, I worked a part-time job, working 16 hours a week, in order to save as much money as I could. Furthermore, I applied for the Erasmus grant and switched my transport card to a subsidized option.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I was very happy with the courses I was allowed to attend. Back home I study Religion & Conflict and International Relations in Historical Perspectives. Here in Lund I followed courses about Religion and Migration, Peace and Conflict, and Developments in China. I also followed a course about Lund which was a fun and helpful course to get to know Lund and its history.
academic quality of education activities	Lund University is known for its high academic standards and quality of education. All my professors were highly experienced and promoted critical thinking. The small class sizes allowed for more discussion, active participation and personalized attention.
counselling & support at receiving university abroad	The coordinators of the Humanities faculty in Lund are always there to help and answer your emails quickly. In the beginning, I had an introduction seminar with them and the other Humanities exchange students. During that seminar, they told us where we could find them and what we could expect from them. After that, each student had a short meeting with one of the coordinators, to see if everything was going alright or if they could help us with something.
transfer of credits	My grades will be translated to a pass or fail.

<b>STUDENT LIFE</b>	
welcome & orientation programme	Lund University offered a lot of orientation activities for the new exchange students, such as social dinners, hikes, typical Swedish dinners and fika's and even a welcome party! All the exchange students were also assigned to a mentor group, which was very helpful to meet other exchange students as well as Swedish students!
accommodation	Finding accommodation in Lund is not as hard as in Utrecht. Lund University and AF Bostader offer rooms, but I did not get a room from them. There are a lot of Facebook Groups in which private landlords advertise their rooms. Eventually, I found a room in a shared apartment with 3 other international students. I live in the neighbourhood called Ostra Torn, a quiet place where mostly families live. It is 10 minutes by bike to the city centre.
leisure & culture	In Lund, one notable aspect of student life is the presence of student nations. All student nations are interlinked, allowing members to participate in events organized by any nation. The student nations organize a lot of fun activities like parties, pubs, hikes, and meals. They create a lively social scene where you can have a great time with your friends. The best part is that these activities are affordable, which is important because living costs in Sweden can be high. The student nations offer a budget-friendly way to enjoy yourself and make the most of your student experience in Lund
suggestions/tips	Join a student nation, go to their activities and meet other exchange students as well as Swedish students!

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
<p>I highly recommend Lund University. Lund is not only a beautiful small town but also offers numerous advantages for students. It is a place where you can easily navigate your way around and have the opportunity to meet new people. Additionally, being in Lund provides convenient access to larger cities like Copenhagen and Malmo, making it ideal for those seeking a broader urban experience. If you're interested in exploring more of Sweden, Stockholm is just a 5-hour train ride away. In addition, ESN Lund organizes trips to breathtaking destinations such as Norway and Lapland, which I highly recommend taking part in. These trips offer incredible experiences and allow you to discover even more of the Nordic region. Moreover, the student nations in Lund added a unique and vibrant element to my exchange experience. These nations provided opportunities to socialize, make friends, and immerse myself in the diverse student life of Lund. Whether you're interested in music, sports, language exchange, or simply meeting new people, the student nations in Lund offer a welcoming and inclusive environment for all students to enjoy!</p>	
do you have any additional advice or comments?	
Students who are considering going to Lund can contact me!	

## Report 2

<b>permission to publish contact details**</b>	<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: e.h.mallekoote@students.uu.nl
faculty/college	Utrecht University - Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Art History (Kunstgeschiedenis)

destination city & country	Lund, Sweden
how did you travel to your destination?	By car
name university abroad	Lund University
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
<p>The application process could be quite confusing at times for me, I sometimes had trouble keeping up with all the documents that needed to be signed and the forms that had to be filled out. I found it very helpful to go through the process with another student from my program: it makes it easier and more fun.</p>	
counselling & support at Utrecht University	
<p>In the beginning I felt a little left to my own devices, since so much was online. But once I was in contact with the international office at UU, it was very easy to communicate with them and go to them with any questions I had.</p>	
academic preparation	

Academic preparation was not intense, as the courses I was planning on taking were entry-level courses. Of course, you need a certain amount of ECTS to be allowed to go on exchange but these
language preparation
I was lucky cause I got to go to a very international university in Sweden, where English is spoken almost as easily as Swedish. I did have to take a brief test to show my English was up to snuff, but that was it for me.
finances
In terms of finances, I made sure to save up for a while so I could afford basic needs such as groceries and rent in Sweden. I also receive student financing and once I received the Erasmus grant, I had no trouble getting by at all. I recommend not spending too much money in the period before you leave to go on exchange, so that you have a little financial leeway while you get used to new spending habits in a new environment.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)
I'm an art history student but I'm also interested in film studies and media studies, which is one of the reasons I chose to go to LU. Their Humanities faculty offers a wide variety of courses that caught my eye and I ended up taking the following: Modern Scandinavian Design, Swedish Film, Auteurs & Film Movement in Scandinavia and Europe and Modern Media history (19 <sup>th</sup> century focused). These are courses that are not like any ones I've seen offered at UU and they're also Sweden/Scandinavia orientated. I really wanted to learn about the country I was going to live in, and what better way to do so than through your own field of interest. I was really happy with this selection, especially Swedish Film (shout out to Anders) was an incredibly enlightening yet fun and engaging course to take part in.
academic quality of education activities
The quality of education in Lund is high, but not intimidating, pretentious or too formal. Knowledge is accessible and professors are approachable. Personally, I think the courses that I took were not that academically challenging in particular but I gained an incredible amount of knowledge and skills in a short amount of time, and that's partially what I was going for anyway.
counselling & support at receiving university abroad
The international office at LU is approachable and every exchange student has a short meeting with their coordinator at the start of the semester, which really makes you feel comfortable with them and you can also make sure that your schedule is in order. Other than that, communication is quick in general and it is easy to engage with professors, coordinators, library workers and mentors.
transfer of credits
Currently still in process, but not particularly difficult.

### STUDENT LIFE

welcome & orientation programme
The welcome & orientation programme that LU offers is really good. Arrival Day was a little daunting but there are many students and mentors during the day that are willing to help you. In my opinion, it is important that you sign up for activities during the orientation weeks in order to get to know Lund, Swedish culture and to meet students. Even if they're not your friends for life, it is a great way to start getting into social circles. A little later into the semester, the novice period starts, which is an even better way to meet people, who have more in

common with you because these weeks are hosted by nations all around Lund and by faculties as well. All in all, Lund has so much to offer and can really help you on your way.	
accommodation	
I really recommend putting an ad on BoPoolen, in which you tell a little bit about yourself and that you're looking for accommodation. I got many responses very quickly and in the meantime you can look around the website. Beware of scammers of course, but in general this is a safe way to find a place to stay. I ended up in a lovely apartment with three other girls, not too far from the city centre.	
leisure & culture	
It is mandatory to join a nation in Lund, and they are the core of the social student life (also the only place where you can get alcohol for less than a kidney). They organize many different activities, such as clubs, pubs, lasertag, game nights, movie nights, fikas, book clubs and so much more. The range of nations is quite diverse, so pick one you feel most comfortable in but remember you can still go to any activity of any other nation during your time there. I personally joined Kalmar, but ended up going to Blekingska quite a lot and joined activities of other nations too. It's very open and very affordable! Lund is a true student city, so there are certain traditions you'll learn about. Go to a sitting! It is a must when you study in Lund, it's quite intense but so much fun. Lund is also rich of history, culture and art. Check out the cathedral, Skisernas museum and Kulturen! There are also many cool spots to have a coffee or a beer outside of the nations (I recommend Inkognito, Old Town, Inferno and Ariman). Also, Malmö is very close and Copenhagen is only an hour away.	
suggestions/tips	
I think I've given quite some tips and suggestions already but one tip I can give you is: join as many activities as you can (and like) because that's where the people are! I've made some incredible friends this way and also met people from different walks of life. It can be quite intimidating (or so it was for me) to have to make friends in a new country, but it leads to such personal growth when you do!	

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
YES! Sorry, more calmly: yes. Absolutely. Lund was one big gamble for me but the best one I ever made. Lund is not too big, not too small, it's a gorgeous town with kind and generous people. The university is organized, structured and very accommodating. I was on a (metaphorical) high for pretty much the entire semester. Sweden is such a beautiful country and Lund was the perfect destination for me. Although, wherever you end up going: an exchange is such an incredible opportunity so make sure to make the most of it!	
do you have any additional advice or comments?	
Get your bike at Lundaböcker, you can sell it back to them at the end of your semester for 40% or so and they are just the sweetest people. And take trips! Go see Louisiana, Helsingborg (and the ferry to) Helsingør, Stockholm (cheap flights from Malmö, but train trips are fun too and only around 5 hours), Lomma Beach and Göteborg. And watch Wild Strawberries by Ingmar Bergman (available on YT I think), a part of which is set in Lund and it's just an outrageously gorgeous film.	

**Report 3**

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

destination city & country	Lund, Sweden
how did you travel to your destination?	by train
name university abroad	Lund University
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	The exchange application process was very stressfull. There was a lot of information and different documents involved and it was not always clear what to do. I think it would have been very helpful to receive guidance/help from students who had already been abroad. It also included a lot of waiting, so the process did take the whole year (in some way)
counselling & support at Utrecht University	There was an opportunity to ask for counselling, but usually it had to include a specific question and you needed to ask for support in time, because it could take some time.
academic preparation	I feel like there was not really a academic preparation, since it would be mostly the same as in Utrecht (academic wise)
language preparation	Since everything was in English, I decided not to take any language courses in advance, I did however follow language courses in Sweden to integrate more in the culture and learn more about the language.
finances	I had financial support from my parents and still some study-money saved, so finances was not a problem.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	In general the study programme was quite similar to the one in Utrecht. So it was not too much to adjust to. It had a few differences and I suppose some courses that were only for exchange students were a bit different than normal courses. We usually had only one graded examination, like a paper or essay, sometimes an exam. Here it would have been nice to have different deadlines and receiving feedback in order to improve the paper/essay. In general most courses required a lot of independent studying and reading.
academic quality of education activities	There was a difference between some courses when talking about academic quality, some were very demanding and did also teach you different skills, while others were more about a certain topic you need to "know".
counselling & support at receiving university abroad	It was very clear where to go for questions. It could sometimes take some time if you emailed, but luckily in the university you could stop by the coordinators easily.
transfer of credits	

The university did sent the credits, but they have not been tranferred yet in Osiris.

### STUDENT LIFE

welcome & orientation programme

There were many welcoming activities from the university itself, but also from the faculties and student associations, which was really nice.

accommodation

It was hard to find accomodations, since the LU-accomodations were very limited and there were a lot of students. Luckily I did find accomodation, but it was very last-minute.

leisure & culture

There was a lot to do in Lund and outside of Lund (very easy acces to other cities). In summer there was the opportunity to go to the beach and swim, there is also a lot of nature. Appart from that Lund is known as a university city, so there were a lot of student associations with a lot of activities.

suggestions/tips

From Lund you can visit many cities, and while being in Sweden it is also nice to visit Lapland (since it is cheaper for students). Lund is a really nice city so it is definitely worth it to spend a lot of time outside, in the city or even at university. There are some museums around and getting to know all the associations is a very nice way to get to know other people.

### CONCLUSIONS

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

Yes, the university is very nice and organized. It has a cozy atmosphere and it is nice to go to university, Lund is a student city so there is a lot to do for students and it is a small city so it is easy to meet people.

do you have any additional advice or comments?

### Report 4

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: m.m.t.wielaard@students.uu.nl
faculty/college	Humanities/social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Politics, philosophy, economic

destination city & country	Lund, Sweden
how did you travel to your destination?	Plane (Copenhagen airport)
name university abroad	Lund University
start date	15 / 08 / 2022 (dd/mm/yyyy)

end date	15 / 01 / 2023 (dd/mm/yyyy)
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<b>PREPARATION</b>	
exchange application process	Everything went smoothly, I spent a lot of time researching different countries and universities which took the most time, once you know what you want the process is not too overwhelming even though it may seem so at first
counselling & support at Utrecht University	I didn't need much assistance but my study advisor helped me with some questions as my programme is in between faculties.
academic preparation	Not necessary, I made sure I already met all the requirements to follow a course.
language preparation	I've done Cambridge English and my programme at Utrecht is also in English so I had no difficulties here. I started Swedish on Duolingo five months in advance to prepare a little bit but all my courses were in English.
finances	I created a budget plan for myself in which I wrote down all my income streams and thus what I had to spend there. The Erasmus grant was a big help but it didn't come until October and for some people even November so it is important you are not relying on this. Sweden is expensive but the student life in Lund is cheaper than in Utrecht since the nations (sort of student associations) do lunches, dinner, cheap drinks etc every single day. Rent is also usually cheaper than in Utrecht, but other things like groceries are more expensive and of course don't forget to set aside money for travelling. Overall, you need to be able to be smart with your money but don't let people change your mind about Lund because they say it is expensive, you can always live cheaper.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I followed courses in gender studies, something I had never done before at UU but was very interested in. The content aligned with my expectations. You need to give your top 3 for the four courses you're planning on taking three months in advance. This requires some time because you need to go over the whole course catalogue, look at potential schedule clashes, make sure you're adhering to requirements for the courses for both UU and LU etc, so this can be quite overwhelming. However, once my courses were finalized everything went smoothly and I had no schedule clashes or other issues.
academic quality of education activities	The quality of education in Lund is very high. I personally found that the professors are more invested and know more about the topic than I've experienced in Utrecht. This was a very pleasant experience for me. Concerning the difficulty of education I think Lund and Utrecht are hard to compare because they have different education set ups. I found that often times I didn't have to do a lot during the semester, but the end was always very stressful. I've read before that Lund's courses are easier than in Utrecht which I don't think is generally true because it depends a lot on the type of programme you have in Utrecht and how closely that is aligned to what you're doing on exchange. Most of my courses were exchange courses, so there were no Swedes, which overall were easier than 'normal' courses because the professors give you some slack because they know you're on



Erasmus. So overall, don't be afraid that Lund is too difficult for you because they're ranked so highly, but don't expect to pass courses without doing anything either.
counselling & support at receiving university abroad
No issues here, everyone has an international coordinator that can help where necessary
transfer of credits
Very smooth, I didn't change my courses while there so I already knew the credits would get approved but nonetheless no obstacles here.

<b>STUDENT LIFE</b>
welcome & orientation programme
The orientation period started mid august and lasted two weeks. I wasn't looking forward to this because I 'missed' two weeks of summer but looking back it was the best thing to happen to me. There are a bunch of activities and made it so much easier to make friends because everyone had the time to hang out. 90% of my friends I made in the first two weeks, not many I met through my courses. So I would really recommend to be there on time before the Arrival Day and don't plan to travel etc during this time because it is a crucial time to settle in and make friends!
accommodation
Definitely as bad as you've probably read elsewhere. I got lucky and found a girl from Lund doing her exchange to Utrecht so she stayed in my room and I stayed in hers. This worked out very well for us but not everyone got this lucky. I had friends that stayed in hotels/hostels/air bnb's for months and therefore spent a lot of money on this and of course it was very stressful for them. Important is to not count on LU accomodation, I don't know anyone from the EU (thus who doesn't have a housing guarentee) that got it. The AF Bostader housing lottery worked for some, but definitely not everyone. Subletting is often a good option, although you need to find those through Facebook where there is also a lot of scammers. Overall, housing is something to be aware of and don't wait too long to start your search. However, it is not a reason to not go to Lund because in a lot of university cities there are housing shortages and you will always end up somewhere.
leisure & culture
So much to do in your free time! The nations offer many activities from dinners, baking, sports, trips etc etc. Skåne in general has a lot of beautiful nature and of course there is Malmö and Copenhagen close by. Some people were afraid Lund was too small and you would get bored quickly but I've never felt bored once. The town has everything you need and to escape to elsewhere is so easy. Lund also has a good location to travel Scandinavia as there is direct trains to Copenhagen, Göteborg, Stockholm etc but also close to Eastern Europe by ferry or plane.
suggestions/tips
Travel!!! But don't travel out of Scandinavia or Eastern Europe since going to Rome e.g. is closer from Utrecht and you're just 'wasting' your short time in Sweden. Set aside enough money to go out, do weekend activities and travel so you don't miss out on fun stuff. Don't stress too much about your courses/deadlines but don't neglect them either, you are also there to take advantage of the opportunity to follow courses in another setting. Get out of your comfort zone and please please do not only become friends with people from your own country, there is so much more out there. But overall, just have fun. Don't be scared and say no to things too quickly, taking risks can be rewarding! But also don't feel pressured to have to do crazy things all the time, this is your exchange and you know your boundaries and desires best. You will have so much fun in Sweden I promise!

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
Yes a 100%. Sweden is such a well-structures country and so accesible for foreigners. They all speak English obviously and if you need help there will also be someone to go to. The people at LU are very diverse (although it can always be more obviously) and everyone on Erasmus wants the same thing: experience new things. Lund is small but in the best way possible, everything and everyone lives closeby! Lund is the perfect location to nature and cities but also still close enough to The Netherlands if you ever get really homesick!	
do you have any additional advice or comments?	
No!	

### Report 5

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

destination city & country	Lund, Sweden
how did you travel to your destination?	Car
name university abroad	Lund University
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	22 / 12 / 2022 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
There were a lot of steps necessary to apply for the exchange as well as for the erasmus grant, but if you read and follow the instructions in your email carefully everything should be fine.	
counselling & support at Utrecht University	
The support we got from the international office was great. We could always email them with questions and they would reply pretty fast. Also, the predeparture meeting was really nice to already meet some people who would go to the same university, but I feel like most information in that meeting had already been given so it was a little unnecessary.	
academic preparation	
I did not need any academic preparation, because I chose courses which did not require prior knowledge.	
language preparation	
I did not need any language preparation, because all courses I had chosen were in English and I already had a sufficient English level. I did have to do an English test for the Erasmus grant, but that was for yourself to see if your English level had improved after the exchange and it did not have any influence on the grant.	
finances	
Sweden is a pretty expensive country, so you need a lot more money for housing and living than just the Erasmus grant. I subrented by room in Utrecht, used my Dutch student loan and I also used some of my savings.	

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	Lund is not working with periods like Utrecht, so all courses have different start and end dates. It is therefore very important to check that you don't have too many courses at the same time. Furthermore Lund has orientation weeks in which you can do many fun activities to get to know other people so be sure to sign up on time. In the orientation weeks it is also possible to do an introductory course Swedish. It is not too difficult and it is a great way to meet many other exchange students, so I would recommend to sign up for that as well!
academic quality of education activities	The courses I took had seminars and lectures mixed and were not mandatory. Intercultural Communication was a really fun course for exchange students in which you learn a lot about other cultures. Intermedia Studies: The Rhetoric of Advertising in the Modern Media I was a really easy course in which I learned nothing. It was only once a week which meant I had more time for doing fun stuff. Media and Armed Conflicts - Past and Present was a really interesting course of good quality. International Economics was the course of the highest quality but was also the most time consuming. Overall I would say the courses were not too difficult which was great because this meant I had more time for discovering Lund and its surroundings.
counselling & support at receiving university abroad	The support at Lund University was great. They reply to emails really quickly and once you're there you can just walk into their office. Lund sends a lot of emails so it is difficult to remember all information, but when you follow everything carefully you should be fine.
transfer of credits	Lund works with letters instead of numbers (A,B,C,D,E and Fail), but it is transferred as a pass or fail to Utrecht, so your grades do not really matter.

<b>STUDENT LIFE</b>	
welcome & orientation programme	I already mentioned it but there are orientation weeks with many fun activities which you should definitely join! Also, there is an arrival day which is useful to attend and the humanities faculty in Lund has its own introduction week.
accommodation	Accommodation is a bit of a problem. There is housing from the university and there is housing via a lottery from AF Bostader but this is not enough so a lot of students need to find housing through facebook. I would start looking for a room as soon as possible and accept anything you can get, don't think you will get something better. Some people even stayed in the university guest house or a hostel for the entire semester.
leisure & culture	Lund itself is not so big, but there are a lot of bigger cities closeby which can be visited very easily by train (Copenhagen, Malmö, Helsingbor/Helsingor, etc). Also, there are 'nations' which are a kind of student associations. You can subscribe to one, but then you can go to all activities of every nation. They organize pubs, clubs, lunches and also other activities like hikes or laser tag.
suggestions/tips	

You should sign up to ESN Lund. They organize a lot of fun activities in and around Lund, but they also organize bigger trips to Norway, Iceland, Lapland and more. You should also go to Lomma beach at least once and I would advise to just spend your free time visiting as many places as possible!

### CONCLUSIONS

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

Yes, 100%!! I had the most amazing time. I met so many amazing people and I have seen the prettiest places. The university is great too. There are many different libraries and the teachers are very friendly. There are a lot of exchange students so everyone wants to make friends and the nations make sure there is enough fun stuff to do with your new friends.

do you have any additional advice or comments?

Save a lot of money so you can spend it on awesome trips!

### Report 6

<p><b>permission to publish contact details**</b></p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>
	<p>my e-mail address      <input checked="" type="checkbox"/> yes: Luna.verbaas@gmail.com</p> <p>my weblog                <input type="checkbox"/> yes:</p> <p>my Facebook account   <input type="checkbox"/> yes:</p> <p>other (social) media    <input type="checkbox"/> yes:</p> <p><b>or</b></p> <p><input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad:</p>
<p>faculty/college</p>	<p>Humanities</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's      <input type="checkbox"/> master's      <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Liberal Arts and Sciences</p>

<p>destination city &amp; country</p>	<p>Lund, Sweden</p>
<p>how did you travel to your destination?</p>	<p>By train</p>
<p>name university abroad</p>	<p>Lund University</p>
<p>start date</p>	<p>15 / 08 / 2022 (dd/mm/yyyy)</p>
<p>end date</p>	<p>15 / 01 / 2023 (dd/mm/yyyy)</p>
<p> </p>	<p> </p>

### PREPARATION

exchange application process

Applying to Lund University was pretty straightforward. The steps you have to take are clearly described. In your application, you already have to apply for the courses you are going to take in the coming semester. You make a

top 2 or 3 choices and the selection can be a bit messy. It is not always clear in what timeslot a course falls but generally, there are enough options to choose from.
counselling & support at Utrecht University
After the selection for Lund University I did not need counselling or support from the UU. In the process of selecting a university I did, however, need some assistance, as I did not get one of my top 3 choices. I checked the website for 'popular' destinations so I would increase my chances for the destinations I picked but because that information was not up-to-date, I did not get any of them. After, I sat down with my exchange coordinator and discusses Lund as an option, which fit with my programme because it had a programme-specific contract with Utrecht University (gender studies in my case). So when making a top 3 destinations, it is smart to check whether the information on the website is indeed accurate and schedule a meeting with the coordinator to avoid disappointment. It can also help to find new options that you might not have thought about yourself.
academic preparation
As I am already in my fifth year of my bachelor's, I did not really need extra preparation for most of the courses I took. I did end up taking a master's course for which I met the admission requirements. This I discussed with my exchange coordinator in Lund.
language preparation
English was the main teaching language so I did not do any additional language preparation.
finances
I applied for the Erasmus grant, for public transport compensation, and had saved up money by working. This was enough for my exchange.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)
I took courses in gender studies. Lund University offers a selection of so-called SAS courses that are specifically aimed at international students because they are taught in English and focus on subjects that are interdisciplinary, socially relevant or linked to Swedish history and culture. When applying, they tell you that Lund University does not have a period to drop or select new courses and that options for this are very limited. However, this is a lie. It is pretty easy to switch courses if you discuss it with your coordinator (which in my experience are incredibly helpful by the way). For the second part of the semester, one of my courses got cancelled on the first day of the course due to some personal issues that the lecturer was having. I looked at the available courses and sat down with my coordinator and she helped me apply for a master's course that I was eligible for to get the right amount of credits.
academic quality of education activities
The Swedish education system is pretty similar to the Dutch one. The quality of the education was good, the levels were also similar to what I am used to in Utrecht.
counselling & support at receiving university abroad
There was a lot of counselling and support available at Lund University. During the introduction, they made it very clear where you could find help. The mentor groups (which you have to apply for yourself but if you miss the application you can easily join another mentor group) were really helpful and the staff at the faculty (especially my exchange coordinator) were all more than willing to help.
transfer of credits
The credits was easy, Lund University has an online system called Ladok where you can find your grades and download all the certificates you need (also helpful for student discounts on things like public transport).

<b>STUDENT LIFE</b>
welcome & orientation programme
<p>The orientation at Lund University was well organized. Do not forget to apply to the mentor programme but as I mentioned earlier, it is easy to join other mentor groups if you want. During the introduction period I did the language course. This was a really good way to meet new people, I made many friends that I stay in touch with during the language course and even picked up some Swedish in the process. So when in doubt, the language course is certainly worth your time!</p>
accommodation
<p>Accommodation in Lund is a nightmare. If you are an EU-citizen, you do not get a house guarantee and student housing in Lund is scarce. A lot of people arrived to Lund without having found a room. The university does have a guesthouse where you can stay for around 30 euros per night, which can be convenient if you did find housing but do not have access to it yet when you arrive. In Lund, student dorms are very popular and I have heard good things about living there. Because Lund itself is very small, student life is centred around the Student Nations and these student dorms. I myself did not live in Lund but in a collective in the countryside, which, for me, was a great experience. Another great option is to live in Malmö. It is only 15-20 minutes by train and the trains run day and night. Additionally, living in Malmö gives you the perks of living in a city while still being very close to Lund and its student life. When I was looking for housing in Lund, I applied to the university housing (you can even re-apply after you arrive) and AF Bostader (has a lottery waitlist system) for student dorms. Additionally I posted and reacted on adds on BoPoolen and in Facebook groups. I ended up finding my place on a Facebook group for collective living (but beware of scammers of course, especially on Facebook).</p>
leisure & culture
<p>As I mentioned before, the Student Nations are at the centre of Lund's student life. There are 13 of them and if you become a member at one, you are welcome at all of them. The Nations are an old tradition that is famous all over Sweden, Lund's Nations are the second biggest after the ones at Uppsala University. They are named after places in Sweden, this is because they used to be a community where people from those places came together to feel at home. The Nations have different characters and some are more welcoming to internationals than others but generally, they are open to everyone. Lund itself is very small and it is mostly a student town. Leisure and culture is mostly limited to the nations and the many places where you can have a fika (if you don't know what that is you should definitely look it up before going to Sweden). Bars are very expensive in Sweden but the Nations have their own pubs run by students, which is way more affordable. They also have a ton of different activities. In addition to the student life in Lund, there is a lot to explore in Skåne and just beyond the border in Copenhagen. Malmö is Sweden's third city (Utrecht-sized) and is only a short train ride away and Copenhagen is only 50 minutes by train (runs every 20 minutes). I have visited both cities a lot of times. Since Copenhagen is a big city, there is a lot of culture and cool museums to visit. Helsingborg is also worth a visit, like Malmö it houses some of Lund's university buildings. While most of the courses are taught in Lund itself, some of them can be taught in Malmö or Helsingborg so pay attention to that when you apply for courses. If you want to discover Sweden, the train is a very good way to do it. The fast trains take you to Stockholm in about 4 hours and to Göteborg in 3. From Stockholm, there are night trains going all the way to Lapland. This might not sound far but the north of Sweden is actually further away from Lund than the north of Italy 😊</p>
suggestions/tips
<p>To sum up:</p> <ul style="list-style-type: none"><li>- Sign up for the mentor programme.</li></ul>

- Apply to the language course to make lots of friends and learn about the Swedish language and culture.
- Start looking at housing early on and don't get discouraged, it usually works out ever for people that come to Sweden without housing.
- Don't forget to travel through Sweden and visit Copenhagen of course. I feel like Malmö might be underrated but it has a lot to offer, especially in the summer (there is also a free summer festival).
- Sign up for the Student Nations. I did not end up being very active but a lot of people volunteer and have great experiences at the Nations so it is good to have that option.

## CONCLUSIONS

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

Even though initially it was my fourth choice, I really enjoyed my time at Lund University. The quality of education and the support from Lund University were great. While Lund is only a small town, you are very close to big cities so there is a lot to do. To compensate for the size of the town, Lund has developed its own elaborate student life with the Student Nations, which makes sure you do not have to be bored.

do you have any additional advice or comments?

No, but if anyone reading this has any questions about studying or living in Lund, feel free to contact me!

## Report 7

<b>permission to publish contact details**</b>  <i>See end note for * and **</i>	<i><b>optional</b>; 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 type="checkbox"/> yes: <b>or</b> <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad:      @
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	Lund, Sweden
how did you travel to your destination?	I traveled by train.
name university abroad	Lund University
start date	09 / 01 / 2023 (dd/mm/yyyy)
end date	04 / 06 / 2023 (dd/mm/yyyy)

## PREPARATION

exchange application process

<p>The application process included a lot of e-mailing and a lot of forms and documents. It scared me in the beginning, but the process is very well supported from within the university. You will receive push notifications by e-mail every time you have to upload a new document. This really helped the process along.</p>
<p>counselling &amp; support at Utrecht University</p>
<p>I felt supported by Utrecht University. Even though the first introduction lecture about going abroad was a long time before the process started for me - because I was going in the second semester - and it had overwhelmed me in the beginning, I could contact the International Office with all my questions. Even when I felt like I was asking stupid questions, they always responded very understanding and it was good to know that if really would not know what to do, there were people to help.</p>
<p>academic preparation</p>
<p>Academically, I did not prepare other than doing the courses I was already doing. The courses I chose at the receiving university were a deep dive in fields I had touched upon during my studies alright. I did not experience any difficulties with this.</p>
<p>language preparation</p>
<p>I knew I would be following my courses at the receiving university in English and since I had already followed courses in English at Utrecht University, I was confident that I could write academic papers in English. I do recommend following an English course before going if you usually follow your courses in Dutch.</p>
<p>finances</p>
<p>Of course I saved up for the exchange. I was not gonna work abroad and even though the grant is very helpful, it felt good knowing I would have a buffer.</p>

<p><b>STUDY ABROAD PERIOD</b></p>
<p>study programme (content and organisational issues)</p>
<p>I had an agreement with the department of Gender Studies. This meant I had to follow two courses within this department. I did a course on the Scandinavian Model of Equality and on intersecting issues of gender, social change and modernity in Sweden and Scandinavia. Additionally, I chose two courses within the faculty of Humanities. One course was about current developments in China, the other about inter-religious relations. I experienced no organisational issues other than the usual contingencies: professors getting sick and having to work with that.</p>
<p>academic quality of education activities</p>
<p>Regarding the quality of education, I knew I chose courses that were meant for international students. I did not experience the courses as difficult. The courses I followed in Utrecht were a little more challenging. I do wonder if this experience has something to do with the fact that these courses were meant for international students. Perhaps this is different for other courses.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>I have not had a lot of experience with counselling and support, because I did not have the need. The contact with my coordinators was good, I knew I could contact them with any questions. Furthermore, I do know that there is a lot of support for students. They did make that very clear in the beginning. The possibilities for support ranged from mental to physical support.</p>
<p>transfer of credits</p>
<p>Credits were transferred differently than in Utrecht University. You will either receive a letter from A to F or a VG / G / F. I still have to send my transcript from Lund University back home to Utrecht, but I already inquired and learned that this will not be a problem.</p>



<b>STUDENT LIFE</b>	
welcome & orientation programme	
	Lund University organises a full welcome and orientation programme that was very helpful in meeting other people. I also very much recommend to sign up for a mentor group, because that will get you into contact with both other exchange students and students from Lund University. Furthermore, their Arrival Day was full of support and help. The programme consisted of all kinds of activities from a diner to hikes, for which you could already sign up back at home.
accommodation	
	I am not going to lie. It may be a little different from Utrecht, but it is still hard. I did not get through the university lottery and with me a lot of other people did not either. There are other companies that rent out student rooms. I eventually found something privately.
leisure & culture	
	There are nations in Lund! These are student organisations that all have their own building and activities. You sign up for a Studentlund membership and then you can sign up for a nation. However, you can still visit all the activities from all the other nations. So, there was a lot to see and do!
suggestions/tips	
	I recommend you to have a look at different places, do not feel obligated to do anything, just have a look around!

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
	I would really recommend Lund University. It is well organised. As a Dutch student, you will probably not run into a lot of surprises. The organisation of courses, the contact with professors and all were very similar to Utrecht. Furthermore, the city of Lund is very cute and small! It has the feel of being built around students. There are lots of parks and fun cafes to hang out!
do you have any additional advice or comments?	

**2021-2022**

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

destination city & country	Lund, Sweden
how did you travel to your destination?	By train
name university abroad	Lund University
start date	15 / 08 / 2021 (dd/mm/yyyy)

end date	15 / 01 / 2022 (dd/mm/yyyy)
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<b>PREPARATION</b>	
exchange application process	
There were a lot of steps that needed to be taken. The deadlines for all the steps were clear, however I needed to keep on checking if I didn't miss anything.	
counselling & support at Utrecht University	
There were multiple online lectures and information sessions to inform students going abroad about what they need to know and do. They will let you know who your contact person from the UU will be during your stay abroad.	
academic preparation	
I did not do much academic preparation. All the courses I took abroad were courses that I was able to follow without much prior knowledge.	
language preparation	
The classes I followed abroad were all in English. Therefore I didn't do any language preparation. The only thing I had to do was an English test for the Erasmus programme. Once before I went abroad and once after.	
finances	
With paying rent and having living expenses the Erasmus Grant was not nearly enough to cover expenses. I made sure to save up money beforehand. I was also able to keep my studentloan from the Netherlands.	

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
The length of the courses at Lund University varies. There are the fulltime ones, which only last for a month. And also the parttime ones that last for about 2 months. This is important to know when choosing courses to make sure you can follow them together. A fulltime course is in general meant to follow as one course at a time. However I was able to combine a fulltime course with a parttime course for a period.	
academic quality of education activities	
Most courses that I took consist of seminars and lectures. (where the seminars are mandatory and the lectures are not). During the seminars that I participated in there was a lot of group work. At Lund University they use the platform Canvas to put the schedules and assignments on. However, for me it varied by teacher how much the platform was used. So for me it took some time per course to find out what to check to get information.	
counselling & support at receiving university abroad	
I had an online conversation with a mentor with the 2 other people in Lund that came from the Humanities faculty in Utrecht. In that conversation we talked about the courses that we were taking and about to take. With questions about courses I could contact her. In my case this wasn't necessary.	
transfer of credits	
For the courses that I took the grading system varied. For some courses you get an A, B, C, D, E or F. Others work with sufficient or not. For the transfer of credit however, the grades don't matter. It will only say if you have passed the course or not on the transcript of records from the UU. If you have passed the courses you can integrate the credits in your programme.	

<b>STUDENT LIFE</b>	
welcome & orientation programme	
	There was an orientation programme for 2 weeks before the classes started. I personally did not participate in a lot of those activities. Instead I participated in activities with the people from the building that I was living in.
accommodation	
	There is an organization that helps with accomodation. You have to register there to be put on a list. You get a random place on that list and have to wait till it is your turn to choose accomodation. There is however not nearly enough housing places for all the people that need accomodation. I personally couldn't get a place through this organization. I was lucky that a fellow student from Utrecht let me know about a student house that still had places.
leisure & culture	
	The culture in Sweden is not too different from the culture in the Netherlands. Some might say that Swedish people can be a bit reserved, but the ones I met were very friendly. One thing that I liked about the Swedish culture was the concept of fika.
suggestions/tips	

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
	Yes I would. The university is big and offers a lot of courses and programmes. Besides that, Lund is a small city, but definitely a student city with a lot of exchange students. Therefore it is easy to get to know new people and make friends.
do you have any additional advice or comments?	
	If you decide to go study in Sweden, then keep in mind that it is in general an expensive country. You might have to get used to that. (Especially the alcohol)

## 2019-2020

### Report 1

faculty/college	social sciences
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	Lund, Sweden
how did you travel to your destination?	by plane
name university abroad	Lund university
start date	20 / 08 / 2019 (dd/mm/yyyy)

end date	13 / 01 / 2020 (dd/mm/yyyy)
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<b>PREPARATION</b>	
exchange application process	Since I was sure I wanted to study abroad I started to look where I would like to study. I came up with the idea to go to Scandinavia. I looked up different cities in Norway, Sweden, Denmark and Finland. I soon read a lot of positive reports about Lund. I started to read more about the University and I looked on the website to see which courses were able to follow for me. This was quite hard since I study Liberal arts and sciences and therefore it is sometimes hard to find out which courses you can follow and which not. It is easier to go to the international office of your faculty if you have the feeling you don't know how to find out.
counselling & support at Utrecht University	The support at the University of Utrecht was good. The preparation talks are useful to attend since you can meet other people who go to the same country or city you go to. Furthermore you learn a bit more about what a culture shock means and how to handle. Since you have to fill in a lot of forms during your 'before' period it may be useful to contact your international office and make an appointment to see if you fill in the right forms etc.
academic preparation	I didn't need academic preparation.
language preparation	It is nice to know a little about the language before you go. Therefore you can download 'duolingo' and start practicing.
finances	It is quite expensive to live in Sweden, so it is useful to save some money before you go.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	In Lund there is a certain day called 'arrival day', it is useful to attend this day since you get information about the city and another opportunity to get a room (since it is quite hard to find a room in Lund). Furthermore, Lund has an introduction week which is really nice to attend because a lot of activities will be organised. I also had a day with my mentor group, which was nice to meet other people and to get to know the university buildings etc. The study programme itself is easy to follow and your courses/ lectures/ schedule will be online and easy to find. My study programme consisted of 3/4 lectures or seminars a week, so it is not that much which I found great cause then you had lots of time to do other stuff.
academic quality of education activities	The quality of my courses was not that high, since it were courses only to follow by international students. But lots of people around me followed master courses which were pretty hard but also very good.
counselling & support at receiving university abroad	The support at Lund University is very good. The international office is easy to reach and during the arrival day and introduction week you will get lots of information etc.
transfer of credits	

The credits you will receive are transmitted into pass or fail, so not actual grades.

### STUDENT LIFE

#### welcome & orientation programme

The arrival day is useful to attend and the arrival week in general is nice since there are lots of parties and activities. In Lund you got so called 'nations' which are really nice to go to. The beers are cheaper than in normal clubs or bars and the music and people are always nice!

#### accommodation

Accommodation is quite hard to find in Lund since a lot of students go there. You can try to get a furnished room through univeristy and there are different websites you can try to find a room.

#### leisure & culture

There is much to do in the surroundings of Lund and in Lund itself. You can go to Copenhagen really easily and the coast of Sweden is also easy to reach which is nice. Also the public transport in Sweden is well organised so you can travel wherever you want. In Lund itself there are lots of nice bars, clubs, nations and places to have nice food. They also organise lots of activities for students and if you like to sport there are big gyms or other sports you can attend. It is a big student city so there is enough to do if you want to.

#### suggestions/tips

I recommend you to attend a nation you like cause then you will meet lots of people and have lots of fun. They also offer a few rooms to international students so if you can not find a room before you go to Lund you can try through a nation. Futhermore I can recommend you to go on a roadtrip/ trip by train etc to other places in Sweden for example Stockholm, Gothenburg and some nice nature. And if you do have the time and money you should go to LAPLAND with ESN!

### CONCLUSIONS

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

I realy recommend to go to Lund. I had a wonderful time and met a lot of nice people. The University is well organised and the teachers are very nice. It is not a really big city but there are lots of students and therefore there is much to do.

#### 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: soeliah@hotmail.com
faculty/college	Humanities	
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Gender Studies (Research)	

destination city & country	Lund, Sweden
name university abroad	Lunds Universitet
start date	20 / 08 / 2018(dd/mm/yyyy)
end date	20 / 01 / 2019(dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
	I had done an exchange abroad during my Bachelor's, so I used the application letters I wrote back then as an example. Furthermore, I asked my friends who had been abroad before to send their application letters to me as well for some extra inspiration. I also let my father and sister read a draft because I thought that they may have some aspects of my studies and experience that would be useful.
counselling & support at Utrecht University	
	I did not find the pre-exchange meeting at Utrecht University because all the information was already available online, but it did help to memorize which people I should contact if I ever needed help with something. Because of the high amount of administration needed in order to take care of course approvals, grant agreements and public transport funding, it was good that I knew there was always someone I could ask if I did not know what to do or who to contact.
academic preparation	
	I started looking at the universities that my master program had a link with. Then I started filtering by checking which universities offered enough courses in English or another language that I am fluent in. In the end, I had four universities I could choose from. I organized them according to which courses I thought would be most interesting to me and relevant to my master's program.
language preparation	
	A few months before moving to Sweden, I started practicing Swedish on DuoLingo. I don't believe that this app could ever help me become fluent in Swedish, but it certainly helped with my vocabulary and understanding of the language. I also did an intensive language course during the two introduction weeks. This gave me the basics I needed, but I did not start to learn the language properly until I signed up for Swedish for Exchange Students Level 1 and Level 2 and started reading children's books in Swedish. I am currently reading Harry Potter and the Goblet of Fire in Swedish so I think you could say my understanding of the language grew significantly.
finances	
	I looked at the Exchange webpage of Lund University. There, they had written down the average costs for housing, food and travelling for an exchange student. I used this to calculate how much money I would need during my stay. I also agreed with my parents that I would be able to ask them to help me with financing in case my savings would not turn out to be enough. In the end, I managed on my own, but it was nice to have a safety net.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	

<p>It was quite hard for me to find courses of which I fit the requirements. The reason for this is that my program (Gender Studies) is a Humanities Master at Utrecht University while it is a Master at the Social Sciences Faculty of Lund University. It is much harder to do courses within another Faculty than the one you are based in during your exchange. However, most Master courses within the Social Sciences require a Bachelor's degree within Social Sciences, which I did not have. I did find a few courses within the Gender Studies Master that were useful, but this was not enough to receive 30 ECTS in one semester.</p>
<p>academic quality of education activities</p>
<p>I really liked the course structure at Lund University because it was based on group work a lot. This allows for people to develop their teamwork skills and helps you to learn from your peers. I did think that most lectures were nothing more but a summary of the course literature.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>During my stay in Lund I decided to follow extra courses because the workload was much less than at Lund University. I was helped a lot by the International Office of Lund University.</p>
<p>transfer of credits</p>
<p>I am still freaking out about the fact that I accidentally did a course on Bachelor's level. This means that there is a possibility that I will have to take two extra courses during my Master's thesis. I am waiting for a reply of the UU Exam Committee about whether or not the 7.5 ECTS of the course will be approved. This causes quite a lot of stress.</p>

<p><b>STUDENT LIFE</b></p>	
<p>welcome &amp; orientation programme</p>	<p>The Social Sciences Faculty also provided introduction weeks for new students. I made some Swedish friends there, so I was not stuck in the international bubble which is really big in Lund.</p>
<p>accommodation</p>	<p>I was able to sublet a corridor room via a friend who had been on an exchange in Lund the year before. I was very lucky in this because many exchange students have problems finding accommodation. I was also fortunate with the fact that most of my housemates were Swedish, so I learned a lot about the country, the culture and the language from my corridor mates with whom I became very close.</p>
<p>leisure &amp; culture</p>	<p>During my exchange I joined the choir LTH-kören. Choirs are very popular in Sweden and I really recommend joining one because it will allow you to get in touch with Swedish people and learn Swedish christmas songs etc. I also went climbing once a week at the bouldering gym Klätterklubb. I went climbing in Malmö only once. It was much more expensive but way bigger and cleaner. I think climbing is a nice kind of sports which will also allow you to make contact with other people because you are all trying to figure out how to do a route.</p>
<p>suggestions/tips</p>	<p>Make sure you get a bike as soon as you can. Lund has a big market of second-hand bikes. They ask a lot of money for it, but you can't do without one. However, they also get stolen a lot, so it is a good thing that they are usually quite crappy and ugly.</p>

<p><b>CONCLUSIONS</b></p>	
<p>would you recommend this university/destination abroad to others? please explain</p>	

Yes, I definitely would. Lund is a really nice city to live as an exchange student because it is quite small but inhabited by so many students that they organize a lot of things especially for them. Sweden is generally also a really nice country when it comes to awareness-raising on issues like environment and discrimination. I am planning to move back there after my Master.

do you have any additional advice or comments?

In the beginning it can be quite hard to connect to Swedish people because they generally don't take the first step in starting a conversation. They may feel self-conscious about their knowledge of English, or they are simply a bit more shy towards people they don't know. This did not bother me at all because I am quite outgoing so I would always try to start a conversation with new people I met. This was appreciated a lot and I have a lot of Swedish people I can call my friends now. It also worked very well that I was learning their language. I was always asking Swedish people about words and they really liked to help me because it was an easy way of making contact.

## Report 2

Please use Tab to go to the next (text) box.

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

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	20 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

exchange application process

Went quite easily. The UU site gives a distinct description of all the information needed, complete with documents that you basically just have to fill in. My main advice regarding this part of the preparation is to start early to save you some stress. And put significant effort in your choice for a receiving university

counselling & support at Utrecht University

I have not made much use of this option in this part of my exchange. This, as the descriptions given were clear. Nevertheless the International Office offers events and additional documents per email on their own account. These were also very helpful.

academic preparation

I think my academic preparation mainly concerned deciding on the courses that I planned on following at my receiving introduction. This required thought also as it is important to check if the courses you like are compatible with your study program. If so, all that is left to do is think about what you yourself want to get from these courses (what will they add to your academic development)

language preparation

As I went to Sweden, I started with practicing a little. For this I only used Duolingo, but I knew that I was going to take Swedish classes once I got to Sweden. Nevertheless when going on exchange to Sweden learning the



language is not a must, as all of them speak English particularly well, and are quite reluctant to speak Swedish to you if you are not a native.
finances
Make sure you have some savings put aside for this adventure. The Erasmus grant is very helpful, but won't solve all of your financing issues, especially since it is impossible to work when you are abroad.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
Lund University has one document in which they have listed all the possible courses available for exchange students. It is also clear when these courses are given, how much ects they are worth and if there are advanced level (thus, for masters' students). I found this very helpful, on the side note that there was not too much choice for a masters' student from humanities. Nevertheless I found 3 courses with which I was very happy and that's all that is needed.
academic quality of education activities
I found the education relatively easy. Now I must say that I was in my second year of a research master, so I suppose I have had quite some years of studying practice behind me. I think it is altogether pretty comparable with UU, but they are a bit more generous in their grading
counselling & support at receiving university abroad
Lund University offers a lot of help from their International office employees to the exchange students. They start with this from the moment that I are accepted and are still in your home country. They will send you a lot of emails (really, a lot) which might seem overwhelming, but basically repeat a lot of information to help you out. Once you get there you will notice that the people at International Office are always happy to help you regardless of your problem (even if this is personal rather than academic).
transfer of credits
I am still in this process so I must say I have little to say about this.

<b>STUDENT LIFE</b>
welcome & orientation programme
Lund University offers a BIG orientation programma of two weeks with a lot of activities and event to get to know other students as well as the university and Lund's student life. You will find yourself going to a lot of these events because they are very enjoyable; but it is good to know that you do not have to be everywhere. They also offer some extra excursions that cost you extra. Much fun but a bit expensive and they are sold out within hours. Oh! And I would definitely recommend the language course (SUSA). A great introduction to the Swedish language and I really enjoyed my teacher singing ABBA with us while playing the ukelele
accommodation
Absolutely horrible. It is such a small and cosy town that housing is a serious problem in Lund. And this while the university does not even deliver housing to the native students. Please start searching as early and thoroughly as you can and take whatever you can get. I did not have temporary housing until 5 days before my departure and found a recidence for my whole stay when I was already 3 weeks there. Good thing is to start contacting the Nations at an early stage.
leisure & culture

Fika is the word. You will find yourself enjoying a lot of coffee with sweet cakes and pastries together with your friends at many of the coffee bars in town. Next to that you have the Nations that offer parties, pubs, dinners, lunches and all other sort of gatherings. Lund itself also offers several museums and in the surroundings are some nice areas to hike and towns to visit.

suggestions/tips

Book (at least) a weekend trip to Stockholm, go to Tivoli, the amusement part in Copenhagen (especially around Christmas this is a magical experience), go to Helsingør where you can find Hamlet's castle and see if you can book a trip to Lapland - the latter is very popular amongst the exchange students.

### CONCLUSIONS

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

Absolutely! I enjoyed my stay here so much. It was a truly relaxing experience compared to the Netherlands and specifically Utrecht where city life it so apparent and people are everywhere. Sweden is relaxed, mindful. 'Lagom' as they would say. I have learned a lot from their way of living. Nevertheless, as Lund is also a student town it is kind of best of both worlds: tranquil while still being able to live a student life.

do you have any additional advice or comments?

-

### Report 3

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: j.m.peters@students.uu.nl
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

destination city & country	Lund, Sweden
name university abroad	Lund University
start date	15 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 06 / 2019 (dd/mm/yyyy)

### PREPARATION

exchange application process

The application process went well. It took some time, but it also was a nice way for me to make me think more about my study program as a whole. Finding a destination was the hardest part for me, after that everything went quite easily

counselling & support at Utrecht University

The UU International Office responded quickly to any questions I had during the preparation. The website also has been a good source of information.

academic preparation
The academic preparation for me was mostly to find courses that fit with my studyprogram. They were accepted without any problems.
language preparation
I did not do any language preparation beforehand, but i did sign up for the introductory language course and both Swedish for Exchange students 1 & 2. Besides that, i knew almost every person in Sweden speaks English at quite a high level.
finances
I applied for the Erasmus+ grant and also made sure i had some savings beforehand. Besides that, i maximized my student loan. This was enough for me, even though Sweden is rather expensive.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	My study programme in Lund consisted of 2 linguistics courses and 2 language courses; Diversity of the Worlds languages, Historical Linguistics and Swedish for Exchange Students 1 & 2. I did not have any issues with them.
academic quality of education activities	In comparison with Utrecht University the workload at Lund University was a bit lower. No mandatory attendance, mostly lectures and relatively few things to do at home during the periods. In the end of the period there were take-home exams, papers and presentations for the linguistics courses. The Swedish courses tested with oral and written exams. Even though the workload was less, i think the quality of the courses was good and i have learned a lot of new stuff.
counselling & support at receiving university abroad	The available counselling and support from the International Office of Humanities at Lund University was great. The few times i had questions, they responded immediately and were trying the best they could to help.
transfer of credits	The transfer of credits should go as planned. The transcript of records from Lund University was very easy to receive online.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The welcome programma was very well organized. There was both the faculty intro as well as the exchange intro. The exchange introduction programme was very clear and we got assigned mentor groups, which quickly lead to a bunch of new friends. The student life in Lund is very active, therefore it was easy to feel welcome.
accommodation	Lund University tries to help as much as they can to get people an accomodation. There are multiple areas in the city with lots of student housing. You have to sign up through some website the University sends you by mail. However, rooms are popular so it is not very easy to get one. I myself got one through another website at a particular landlord. This website was also provided by the University though, they try to help you as much as possible.
leisure & culture	

In Lund/Sweden the student nations are a big part of student life. These are sort of comparable with study/students associations in the Netherlands. Every nation has its own bar/club/pub, activities during the week, organizes lunch/brunch/dinners and lots of other stuff. It is even required to join one to be able to enter nations; the joining is free and you are not required to do anything with the nation you join. This is just a system so they know you are a student in Lund.

Culturewise there is also enough to do in Lund, and Copenhagen and Malmö are very close and easy accessible if you are feeling like something else.

suggestions/tips

Lund is quite small, and besides the student life it does not have very much to offer. This can cause you to be in a bubble with your exchange student friends. It might be fun to befriend some Swedes too, even though that can be hard because they are quite closed off usually. Another tip would be to explore the beautiful country, for example go up north and see the northern lights.

## CONCLUSIONS

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

I would. Lund is a cozy and fun student city with lots of stuff to do and a lot of international students, which are all in the same situation as you, which makes it easy to connect and befriend them. Lund can feel quite small at times, but it is also easy to get to Copenhagen for example.

do you have any additional advice or comments?

No.

## Report 4

<b>permission to publish contact details**</b>	<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: i.c.vanschaik@students.uu.nl
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	Lund, Sweden
name university abroad	Lunds universitet
start date	15 / 01 / 2019 (dd/mm/yyyy)
end date	03 / 06 / 2019 (dd/mm/yyyy)

## PREPARATION

exchange application process

I first looked for all the destinations possible for humanities students and then looked at what universities offered programmes in media or film. I finally made a list, of pros and cons, where Lund was on top. I chose Lund because I have always been intrigued by Sweden and Sweden is known for its good education and film culture. Lund moreover is, next to Uppsala, the biggest university in Sweden and there is a huge student life. After the decision, I needed to fill in some forms and write a motivation letter, all of which were not that much work.
counselling & support at Utrecht University
I really appreciated all the emails with the information, especially about the Erasmus grant. That made it clear what to do. Moreover, I liked the handbook with all the instructions and the pre-departure event. What made the pre-departure event nice for me, was that there was a spokesperson who had just been to Lund and could tell us everything about life there.
academic preparation
Since I went in my fourth year, I did not have to prepare anything. I felt most prepared as I could.
language preparation
I took the mandatory language test from OLS, but other than that, I did not prepare myself for the English language. I have followed English courses before so I knew it would not be that hard. For Swedish, I learned a bit on Duolingo and there was a two-week introductory course of Swedish, which was really nice and helpful. Learning Swedish is not hard at all, but you would not really need it as literally everyone speaks perfect English.
finances
I already knew that Sweden and just going on exchange was going to be very expensive, so I worked a lot in the months leading up to my exchange. Furthermore, I increased my loan by DUO and I lived on my Erasmus and my compensation for the public transport. Because I was somewhat prepared, financial life turned out to be manageable. I was scared being broke every month, but it was actually quite okay. Just try to be a student sometimes and buy the cheaper stuff at the cheaper supermarkets. I would highly suggest saving up a bit though, as it is very nice to do a small trip somewhere with your friends.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
I followed the module 'European and Scandinavian Cinema' that consisted of four courses, all worth 7.5 credits. The courses followed up, so I would follow one course at a time. Every course focused on a different topic within the main topic. In every course, we would watch a film either in the morning or afternoon and have a lecture before or after that. I felt that most lectures were about Swedish or Scandinavian film, but I did not mind as I was new to this topic and wanted to learn more about that. I would say I have learned a lot about cinemas and films in different European countries.
academic quality of education activities
Unfortunately, I felt that the academic quality was not that high. Beforehand, I was scared that it would be superhard but the contrary was reality. It is weird, but this course was also open to Swedish students who just start university, so they have no knowledge about the subjects whatsoever. Moreover, the classes were always very empty as there was no mandatory attendance, but that also made it miss some interactivity. Out of four courses, two were given by the same teacher and one course was just the worst, unfortunately. It turned out that the teacher was a first year teacher, not from Lund University at all. That made me feel like there is less focus on this module. Moreover, although it seemed there was no previous knowledge needed, I was glad I already had knowledge about a lot of the subject. I felt the way some subjects were taught were not clear, there as almost no use of a powerpoint or anything similar, unlike in Utrecht. Most of all, the final papers required academical knowledge about writing papers and making references, I was glad I already had this

<p>knowledge as there were Swedish classmates who did not. I could say I was a bit dissatisfied by the academic quality of my course and I was missing some challenge, but that also made me able to enjoy student life and Lund more. However, I must say that my friends were definitely more challenged and found their courses way harder. I guess it is just about the course you pick out.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>The International Desk of Humanities is superrnice. They are all very open and helpful. This was also the case before my exchange, they signed and scanned documents before my departure. Although I have not come into contact with it, I know there is also a big support and counselling system for students with problems regarding mental health.</p>
<p>transfer of credits</p>
<p>Not applicable yet at the time of writing</p>

<b>STUDENT LIFE</b>
<p>welcome &amp; orientation programme</p>
<p>The orientation programme was really extended and well-organized! We all got a little booklet with the programme for the first to three weeks. I must say, I followed an introductory Swedish class for two weeks and that took a lot of my time. I feel like everyone took that course so if you did not take that course you missed out on a lot and you would have had a lot more freetime. I really liked the possibility of learning some basic Swedish, it really helped me throughout the whole semester. Other than that, there were a lot of activities varying from free entrance (such as a Welcome Ceremony in the Academic Building or a Welcome Concert in the Cathedral) and day-trips around Skåne. I was a bit late for buying the tickets, but in the end I felt like the true friends I met were at the welcome reception for my faculty. Other than that, I think it's really nice that everyone is put in a mentor group, my mentors were all Swedish and we did a lot of activities together so it is a really nice way to get to know others and more about Sweden. Orientation is thus really nice and we got a really warm welcome.</p>
<p>accommodation</p>
<p>Looking for accommodation is though, but looking back I would say it is way less tough than it is in Utrecht. I unfortunately got placed on the LU Accommodation waiting list, so I had to look for housing myself. Luckily, Lund University acknowledges the fact that they do not have enough housing and provide a lot of tips on their website. Ultimately, I registered for AF Bostäder, a housing corporation linked to the University. It was kind of unclear in the beginning, but after reading the instructions over and over I got a 'Novisch' enrollment and a queue number. The queue number was quite good I guess because I was on top of the list for applying for certain rooms. I think AF Bostäder and their queuing system is kind of comparable to SSH in Utrecht, but for me it was different as I applied for the second semester. I ultimately got a corridor room at a complex called Sparta, which I can recommend to everybody, I had a big room with my own bathroom and both Swedish and international housemates. On top of that, I lived on university ground, so my university was only a 5 minute bike ride away but I could have easily walked as well. In the end, all of my friends found a quite good accommodation, you just have to go out there and look for it!</p>
<p>leisure &amp; culture</p>
<p>The winter is really long, so especially in this time period I felt like there was not that much to do around Skåne. Looking back, I would say there is actually plenty of day trips possible. I went to the north of Sweden and Norway to see the Northern Lights (and I did, so I am still quite happy about this). I feel like this is an activity everybody's doing in the winter, so if you're up for that you're good. I went to Stockholm twice, it is a 4/5-hour train ride but worth it for me. Other than that, I occasionally went to Malmö, there is a lot to do around there,</p>

Copenhagen is also really close so that is nice. ESN Lund also organizes a lot of trips, varying from huge trips to day-trips. I went to Helsingborg and Helsingør in Denmark with them. Next to that I went to some random things I had found by just Googling, like a moose safari and the IKEA Museum. I would say there is a lot to do around Skåne and just Lund itself, for me it kind of came when spring arrived, as a lot of things were closed or the weather was just too dreary. But, in Lund itself there is also plenty of activities. The student nations are open to everyone and there is almost a party going on everyday, or a lunch or a brunch. If you don't feel like going to a nation, there are a lot of cute cafés in town to do fika (the most important word in the Swedish culture). Concluding, there is actually a lot to do in and around Lund!

suggestions/tips

I would follow Lund University on Instagram, I got a lot of inspiration for my trips from them. Also, be prepared to spend a lot of money. I was warned by how much Sweden would cost and I have to say it is actually not that bad, only the price of alcohol maybe. I spent most of my money on trips or small things like fika everyday, but I really liked being able to do that. As a suggestion for a day trip, this is a very secret spot only known to locals but I am happy to share; go to Dalby Stenbrottet on a warm day! It is a quarry and on a nice warm day there are people swimming and jumping of the cliffs. It is only 25 minutes by bus and it is absolutely amazing!

## CONCLUSIONS

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

I would definitely recommend this university and Lund in general to others because of the student atmosphere. I feel like Utrecht is a student city itself as well, but in Lund there are just students around everywhere, a thing that I really enjoy. Because it is based on students, you feel really accepted, everyone is free and non-biased. The nations make it more lively and it is your own choice to go to a party or not. LU has a really good orientation programme, so there is almost no worry you don't befriend anyone. Furthermore, although the quality of my courses were not really what I had expected, I believe that the quality of the courses in general is quite good. Literally everyone speaks English, which makes it so easy and accessible. Lund is really cute city, with old unique streets and buildings and the weather is kind of comparable to that of the Netherlands. What made is nice for me is that there is a lot of Swedish culture visible, but Lund is also really comparable to Utrecht. I could still use my bike which was so nice. Moreover, Sweden is a really nice country to live in. I could not find that many differences, as Sweden is really progressive and the people are really nice (but it takes a while before they open up). I guess if you are up for a smaller student city, Lund could definitely be something for you.

do you have any additional advice or comments?

As I said, save up some money. It would be a shame if you want to go along on a trip and don't have the money. If you are hesitant about Lund being small, there is enough to do around Lund, Malmö is the third biggest city of Sweden and only 10 minutes by train and Copenhagen is only 40 minutes by train.