

2022-2023

Report 1

Contact details	my e-mail address <input checked="" type="checkbox"/> yes: j.v.vonk@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <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	Language and Culture Studies (Taal- en Cultuurstudies)

destination city & country	Stockholm, Sweden
how did you travel to your destination?	Airplane
name university abroad	Stockholm University
start date	16 / 01 / 2023 (dd/mm/yyyy)
end date	04 / 06 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	In my case, everything went quite smoothly during the application process. However, take in mind that the application process consists of a lot of filling in different forms and collecting signatures for these forms from your home and guest university. Therefore, it can take quite some time before you have all your forms filled in. Make sure to start all the steps in your application process well on time. This can save you a lot of stress, trust me!
counselling & support at Utrecht University	This was good, nothing peculiar to note!
academic preparation	I did not need extra academic preparation, since the courses I took were closely related to courses I took back home.
language preparation	I did not need any language preparation, since all my courses were in English.

finances
I prepared financially by working a lot and saving up, next to that I had my Erasmus grant and my family also contributed something to my Stockholm-fund.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took three courses during my stay abroad. One course for 15 ECTS and two courses of 7,5 ECTS. The first course was called 'Sweden - Society & Everyday' and consisted of two sub-courses of 7,5 ECTS. For me, this was the first time that I took such a course. The course was very interesting though. My last two courses were called 'Art, Architecture and Visual Culture in Sweden' and 'Performativity, Body & Gender on Stage'. These two courses were very fun as well!
academic quality of education activities
In my opinion, the workload of my courses in Sweden was a lot smaller than my courses in the Netherlands. This mostly had to do with our study hours. In The Netherlands, I'm used to having one lecture and one or two seminars a week; in Sweden I often had only a lecture a week for a course. The academic quality of the courses was good, however. Next to that, we had a lot of excursions for the courses, which was really fun.
counselling & support at receiving university abroad
The counseling & support at Stockholm University was very good. When I couldn't finish the second part of my first course, they responded very quickly and helped me where needed. Furthermore, there were a lot of general support-options, like an Academic Writing Service.
transfer of credits
Everything went smoothly here as well.

STUDENT LIFE
welcome & orientation programme
The welcome & orientation programme from the university itself was not very extensive. It consisted of an online introduction and a guided tour of the SU campus. However, ESN (Erasmus Student Network) Stockholm is very active and organized a lot of activities and trips. I recommend to go to as much activities as possible in the beginning. Then you can meet a lot of new people and build up your social circle!
accommodation
I got accommodation through university housing, which was very nice. My building was in the city centre, which was ideal. A lot of my friends also found accommodation through university housing. However, keep in mind that Stockholm University can only offer housing for 50% of the incoming exchange students. Therefore, there always is a chance of being unlucky and not getting a room. The private housing market in Stockholm is quite tough and also contains a lot of scammers who want to make a profit out of desperate exchange students. Therefore, if you need to find accommodation yourself, make sure to start your search well on time and check everything really well before you sign a contract.
leisure & culture
Stockholm is a city that has a lot to offer, both when it comes to nature and to culture! There are a lot of museums, but also a lot of beautiful nature areas where you can hike or take a walk. Next to that, the archipelago consists of a lot of smaller and bigger islands, that are really fun to visit, both in winter and in summer.

suggestions/tips
Sweden is a country that is quite expensive. However, if you pay attention, there are a lot of ways to make life in Stockholm a bit cheaper. For example, almost all organizations have some kind of student discount. Museums often have a certain day in the week where tickets are a bit cheaper or completely free.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Definitely! Stockholm is a city that is very easy to fall in love with. It offers a lot of culture, nature and the vibe is very open and inspiring.
do you have any additional advice or comments?
I would recommend to not plan visits from friends from The Netherlands too far ahead. Allow yourself to get accommodated a bit and only start planning visits from friends back home, once you are kind of settled in. This allows you to leave some space for yourself to do some fun trips during the weekend (which is very fun as well), and next to that: If your visitors come during the last part of your stay, you'll be an expert of the city and you can show them all the hidden gems of the city!

Report 2

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

destination city & country	Stockholm, Sweden
how did you travel to your destination?	By plane
name university abroad	Stockholm University
start date	23 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

PREPARATION
exchange application process
Beginning my exchange application process was easier than expected, seen as everything went smoother than I originally thought. At first the whole process seemed relatively complicated, and I was worried I would miss or make mistakes in the necessary deadlines or documents I had to hand in. Luckily, the whole process was explained in great detail through a comprehensive step-by-step guide.
counselling & support at Utrecht University
Another reason why the exchange application process went so smoothly, was that Utrecht University provided us with great counselling and support. Not only was everything explained via lectures and collective emails with guidebooks, but moreover individual questions were always quickly answered via email or in person.
academic preparation

Considering the courses I was planning to follow during my stay abroad were quite similar to the courses I had already taken at Utrecht University, I met the prerequisites and entry requirements for all these courses. That said however, I did check the syllabuses for each course, to see in what ways the material would match or diverge from my own personal academic knowledge.
language preparation
Seen as my academic programme at Utrecht University is in English, the language making up the courses I would take at Stockholm University would remain almost exactly the same. However, although the majority of Swedes are fluent in English, I nevertheless made use of online language applications to make sure I was able to at least learn the basics of the Swedish language in case this was necessary, for example when given Swedish source material.
finances
Considering Sweden is one of the more expensive European countries, the Erasmus+ grant was essential for my exchange. Luckily, the rent for my on-campus accommodation that was found for me by the university was quite student friendly. Therefore, the Erasmus+ grant in combination with the money that I had previously saved up through a parttime job as well as my student loans, ensured the means for a comfortable stay in Stockholm and furthermore provided the possibility to experience and learn about Sweden's cultural history.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The organisation of the study programme in Stockholm was very similar to the one I followed at Utrecht University, especially in terms of expectations and grading. However, the content was new considering it was usually related to Swedish culture. For example, although I already had had theatre courses at Utrecht University, it was very useful to learn about Swedish theatre in particular. Especially because in courses like these we were able to visit many of Stockholm's musea for free, with our Swedish teachers as guides, providing a very accessible way for the students to dive-into Swedish culture right away.
academic quality of education activities
As stated before, the academic quality of the educational activities was very professional. Especially the free, guided visits to the museums were very resourceful.
counselling & support at receiving university abroad
The staff from Stockholm University was always willing and quick to help whenever I had a question, whether this was regarding the exchange application, school work, my accommodation or student life in general.
transfer of credits
The transfer of credits went very smoothly, when I requested the transcript of records for my Erasmus+ file and explained to them that it needed to be sent directly to Utrecht University, the document was sent in only a couple of days.

STUDENT LIFE
welcome & orientation programme
The introduction week at Stockholm University was extremely helpful for getting to know other students and making connections. Although the activities were quite basic, they provided the possibility to meet not only students from your own programme, but from all programmes offered by Stockholm University for exchange students.

accommodation
Personally, I was very lucky with my on-campus accommodation in Lappis, given to me by the university. The accommodation was clean, and included a private bathroom along with the standard furniture. Moreover, I had a great view over the city. The shared kitchen was also always clean, considering staff from Stockholm University made regular visits to check its state. In addition to this, our accommodations were also regularly inspected for things such as ventilation.
leisure & culture
Stockholm is a city with endless options for leisure and cultural visits. There are countless musea, theatre performances, concerts and music festivals. Moreover, there are many possibilities for students trips within the country, or countries surrounding Sweden.
suggestions/tips
Make sure to always ask for student discounts, seen as many second-hand stores as well as other places offer these. Moreover, considering Stockholm is not particularly known for a rich food culture, I would advise to not go out to dinner very often, also because this is extremely expensive in all restaurants. Furthermore, Stockholm's public transportation is probably the most well-organized public exportation I have ever seen. Some people buy bikes, which can also be helpful, but Stockholm is quite a big city, and not as flat as the Netherlands, so personally I would recommend to get the public transportation with a student discount instead, especially during the winter months.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would very much recommend Stockholm University to others, overall, the experience was incredible. I met amazing friends as well as teachers. Not only is Stockholm a beautiful city with endless possibilities for leisure and cultural experiences, but Sweden in general has many diverse cities, and furthermore breath-taking nature. During my stay in Stockholm, therefore, I discovered just how much the impact of good air-quality and overall cleanliness can have for your physical and mental health.
do you have any additional advice or comments?
Although the Erasmus+ grant will be a significant help, make sure to save up enough money to live comfortably in Stockholm so you can get the most out of your experience. Importantly, do not skip the introduction week as having a good friend group is essential, especially during the winter months when it can get a bit more lonely. Therefore, make sure to still go out to meet your friends regularly, even when the sun sets at 15:00 in the afternoon. Lastly, vitamin D supplements during the winter months are a must.

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: noorvandewal@outlook.com	
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	Stockholm, Sweden
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how did you travel to your destination?	By camper van
name university abroad	Stockholm University
start date	19 / 08 / 2022 (dd/mm/yyyy)
end date	17 / 01 / 2023 (dd/mm/yyyy)

PREPARATION
exchange application process
My application process went quite smoothly, mostly since I had wanted to go on exchange the year prior, but decided not to in the end due to the COVID pandemic. Due to this, I already had some knowledge of the steps necessary for the application process, and both Utrecht University and Stockholm University helped me a ton by reminding me of deadlines, reacting to emails quickly and overall being helpful and understanding during the whole process.
counselling & support at Utrecht University
Especially when I was questioning whether to go or not to go during the year of the COVID pandemic, Utrecht University helped me a lot with my decision and was very understanding when communicating with me. They encourage you to ask questions if you have and are always ready to help you if needed.
academic preparation
I didn't need a lot of academic preparation for my exchange, since I had already finished most of my bachelor's and since the courses I was taking were all oriented towards international students, so I assumed that they would be beginner's level and that the material wouldn't be too hard for me.
language preparation
All the courses I followed were in English and most Swedes speak English very well, so since my level of English is also quite good, I didn't feel the need to do any language preparations.
finances
I received an Erasmus Grant and a compensation for not using my public transport-card while being abroad. I also applied for a job which I could do online. In combination with the money I had saved up, it was enough to financially support me abroad.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed courses that were oriented towards international students and that were about Swedish culture (theatre, art, architecture and literature). I didn't have any organisational issues and if there was a change in timetable for example, the professors communicated this clearly to us through a platform called Athena (similar to Blackboard). The courses were interesting on their own, but due to the combination of courses I took, I could also make connections between them, which was both useful and interesting.
academic quality of education activities
The academic quality of Stockholm University is definitely a little lower than that of Utrecht University. For a Dutch student, it is not very hard to score high on exams or assignments. The way the education is structured is similar to Utrecht University: there's 2 periods in each semester and most students take 2 courses of 7.5 ECTS each per period, consisting of a combination of seminars and lectures.

counselling & support at receiving university abroad
All teachers were very friendly and understanding about any issues or questions. They are very informal and don't take on an exceptionally authoritative role in relation to their students. The exchange coordinator also replied quickly to emails, communicated clearly and was always open to any questions.
transfer of credits
My credits have not transferred yet, but Stockholm University uses ECTS too, so I don't suspect that this will be a problem.

STUDENT LIFE
welcome & orientation programme
During the first week, a lot of welcome activities take place on campus, which is both fun and helpful when trying to make new friends or when learning more about the university. There are also a lot of student associations which you can join, or ESN for example, which is an association specifically targeted towards Erasmus students.
accommodation
I had the luck that I received accommodation through Stockholm University. They gave me a room in a corridor with 10 other people with whom I had to share a kitchen (I had my own bathroom). When I moved in however, the kitchen was very dirty, but that was due to my messy roommates and not necessarily due to SU. My roommates and I were never very close, but I heard from other people that they had made great friends through their roommates, so I think I just had some bad luck in that department. My accommodation was a 10-minute bike ride from the campus and a short walk from the metro station, bus station, supermarket etc. Public transport is very accessible and well organised in Stockholm, so I never had any problems with getting into the city centre.
leisure & culture
Stockholm has a lot of different things to offer, depending on what you like to do in your free time. Bars are a little more expensive due to the high price of alcohol and lack of drinking culture in Sweden, but there are also a lot of museums (some of which are even free), landmarks, parks, restaurants and shops. In the winter there are a lot of christmas markets too, which are definitely worthwhile. Swedes are little reserved, but also very friendly, and they love their daily 'fika' (coffee with a pastry). Something to keep in mind is that Sweden doesn't utilize cash in a lot of places and when buying things online, you usually need a credit card and/or personal citizen number.
suggestions/tips
If you are interested in doing any sports while abroad: Stockholm University has a sports hall on campus that organizes a lot of different classes, from volleyball and badminton to dance classes and outdoor runs. Also, don't hesitate to get out of Stockholm every once in a while, for other cities or for the archipelago and the beautiful parks surrounding Stockholm that are perfect for hiking and are easily accessible with public transport.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would totally recommend this university to others, also because it is very similar to Utrecht University, therefore it is not that hard to get into the swing of things on an academic level. The city also has a lot to offer and the people are very friendly (and speak perfect English), so everything is very accessible to foreigners.

Swedes are very laid back and always ready to help you out, both at the university and in the city itself, which might be helpful to keep in mind when you get anxious about the whole experience.
do you have any additional advice or comments?
If you are staying for the autumn semester, be prepared for a lot of darkness; while Swedes do a lot to compensate for the lack of sunlight during the winter by putting out tons of lights, your evenings will seem very long due to the fact that the sun goes down at 14.45 in December. Also, don't be scared to put yourself out there and meet new people; most international students are just as eager to make friends as you are and are therefore very open. I met so many great people through this exchange from all over the world (but mostly Germany), so don't isolate yourself and miss out on all of that!

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: i.beckers@students.uu.nl	
	my weblog	<input type="checkbox"/> yes:	
	my Facebook account	<input type="checkbox"/> yes:	
	other (social) media	<input checked="" type="checkbox"/> yes: Linked In: Inez Beckers	
faculty/college	Humanities		
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD		
name study programme	Nederlandse Taal en Cultuur		

destination city & country	Stockholm, Sweden
how did you travel to your destination?	My parents brought me there by car.
name university abroad	Stockholm University
start date	29 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

PREPARATION
exchange application process
Because I did the NVT-internship in Stockholm my deadline for application was a bit earlier. As soon as I knew I wanted to do this internship in Stockholm I handed in my motivation letter. When I heard that I got accepted to the internship I handed in all the other required documents for the exchange. This can be very much and a bit unclear, but I found it helpful to keep on checking the steps on Osiris and on the UU website and also keep contact with other students who are applying. The International Offices of both UU and SU were very helpful when I had a question and I also received a lot of e-mails about what to do.
counselling & support at Utrecht University
As I said the help from the International Office was very good in my opinion, I felt like I could ask every question I had. Before departure there was a meeting with useful information for exchange students, and also help for when you get back. Because I did an internship the most contact I had was with my supervisor at UU. Although we didn't have that much communication it was good to feel like someone was looking after me.
academic preparation

I did the exchange in year 4 of my bachelor's, so I already did most of my studies. Stockholm University offers quite a lot of courses in English, which is very nice for exchange students. I don't think there is a specific background you need to study there, besides from academic interests.
language preparation
Before I left I tried to learn a little bit of Swedish myself and when I arrived the university offered a Swedish for international students course. You could even continue to a higher level after finishing it. In Sweden it is not necessary to speak Swedish, because almost everyone will speak English and courses are also in English. However, I really liked learning a bit of the language. It makes you understand things better and because you are in the country you learn fast.
finances
I was prepared for high prices in Stockholm and worked a lot in the months before, to save some money. When I arrived I got used to the prices quite fast, you have to know the tricks and good places and then it is actually fine. I could use my Erasmus grant to pay most of my rent. I also received some money from DUO for not using my public transport card, which was useful.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
In Stockholm I did an internship at the university, at the Dutch courses. I assisted the teachers in the lectures and I did a lot of correction work and had administrative tasks. This internship was worth 15 ECTS credits. Next to it I did a course called 'Sweden - Society and Everyday life', which was worth 15 credits also. This was a course that only international students participated in. I also did the 'Swedish for international students' course for 4,5 ECTS.
academic quality of education activities
The study system is a bit different in Stockholm. Education is for free and students have a lot of freedom to fill in their bachelor with courses they want to do. It also depends for how much credits the courses are and in my opinion, how high the level is. The course I did was very nice, I learned a lot about Sweden's society and history and there was a lot of room for discussions. I thought 15 credits was high for the amount of work that I did for the course, I had to hand in two essays of approximately 2500 words. I heard from students with other courses that the workload was sometimes a lot higher.
counselling & support at receiving university abroad
The International Office gave me a lot of information about the arrival and how to activate my account, which was very helpful. They also organised a welcome and a goodbye fika (Swedish meeting for coffee and cake), so we got to meet each other in person. This helped me a lot and I actually got to know my friends there. They were also very helpful for questions about your schedule or changing courses for example.
transfer of credits
As I said, the course I did was for 15 ECTS. In Stockholm they do not work with grades but with A-F. I got two C's, but when transferred you just get a pass or fail. When I sent my Transcript of Records to the International Office at UU it actually went quite fast, so I had no problem with the transferring. For my internship I still have to receive the assessment, hopefully that can be transferred easily too.

STUDENT LIFE
welcome & orientation programme

In the first week in Stockholm there were a few welcome activities. The welcome fika that I mentioned was only for the department I was in, but was a nice way to meet other international students. In that week there was also a welcome fair at the university, where you could find information about the student unions, sport clubs and the university itself. If you joined the student union SUS you could join one of their faculty clubs, which also organised welcome activities and who have their locations on campus. Next to that there was ESN to organise activities for Erasmus students.

accommodation

I was lucky to receive a student room through the university, that I applied for. My accommodation was at campus Lappis, where a lot of students lived. I lived in a corridor with 14 tenants, where we shared a kitchen. My room was furnished and I had my own bathroom. The campus was very close to the university, only a 10 minute walk. I really enjoyed staying here and meeting all the other students. Most of them were also international, but there were some Swedes too.

leisure & culture

Stockholm is a big capital city and has a lot to offer. I really enjoyed going into the city and exploring something new every time. The city also has a very nice combination of culture and nature closeby. There are a lot of beautiful museums that I would definitely recommend. Also just walking through the different parts of the city is very nice, enjoying the architecture and maybe get some nice 'kanelbulle' or other fika on the way. There are also a lot of nice (vintage) shops to find, and beautiful viewpoints. If you go a little out of the city you can visit the archipel, with lots of nice islands and beautiful nature. If you join student networks there are also enough parties to find. Most clubs are quite exclusive or expensive, but on Södermalm there are also a lot of nice bars to have a drink.

suggestions/tips

Enjoy your time in this beautiful city by exploring a new neighbourhood every time! Try different bakeries, bars, museums, shops etc. Also join Facebook or Whatsapp groups for (international) students to be informed about events and don't be afraid to talk to people you don't know, in the beginning everyone is looking for friends and happy for invitations!

CONCLUSIONS

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

Yes, I would certainly. I think the university is very well organised and has high quality education. The ambience is very nice and there is attention to the individual student. The city is beautiful and has a lot to offer. Although the winter weather can be hard, I think it was definitely worth it for the experience.

do you have any additional advice or comments?

The advice I would give is to try to learn a bit about the country and city you're staying in and about the language, it will make you feel more dedicated and understanding. Also don't be afraid to try new things and meet new people, don't have too much expectations and most of all, enjoy this amazing adventure!

Report 5

faculty/college

Humanities

level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media and Culture
destination city & country	Stockholm, Sweden
how did you travel to your destination?	By plane
how did you travel from your destination?	By train
name university abroad	Stockholm University
start date	16 / 01 / 2023 (dd/mm/yyyy)
end date	04 / 06 / 2023 (dd/mm/yyyy)

PREPARATION
exchange application process
The application process turned out to be less challenging than anticipated, as everything proceeded more smoothly than my initial expectations. Because of the many deadlines and the long checklist, the entire process appeared to be quite intricate, and I was scared that I was gonna miss some deadlines or make some mistakes. Fortunately, both Utrecht University and Stockholm University were helpful during the whole process and always reacted quickly to emails.
counselling & support at Utrecht University
The counseling and support at Utrecht University was really helpful. They always knew how to help me when I had a question about something or was struggling with something.
academic preparation
The courses that I wanted follow during my exchange in Stockholm were very similar to the those I had previously completed at Utrecht University. That way I already met the entry requirements for the courses that I wanted to follow at Stockholm University.
language preparation
Since the courses I was planning to follow at Stockholm University were in English, I did not have to learn Swedish. Thankfully, Swedes are very good in English as well so there was no language barrier at any point into my exchange.
finances
Anticipating the higher cost of living in Stockholm, I saved money by working prior to my arrival. Once there, I quickly adapted to the pricing and figured out where to get the cheapest groceries. Fortunately, the Erasmus+ grant, my on-campus accommodation with reasonable rent, and funds from both DUO for not using my public transport card, provided financial support during my exchange.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed two courses that were related to the courses I followed at Utrecht University. Stockholm University used a different platform than Utrecht University, which was a bit of a challenge in the beginning, but everything became clear very quickly.

academic quality of education activities
The two courses I followed were both worth 15 ECTS, which might sound like a lot of work, but actually is not. At Utrecht University I used to follow two 7.5 ECTS courses at the same time and I would say that one 15 ECTS course in Stockholm is the same as one 7.5 ECTS course in Utrecht. I had a lot of freedom and only had to read some texts every week. At the end of the course I had to write one essay of approximately 2500 words and that was the only thing I got graded for.
counselling & support at receiving university abroad
The International Office at Stockholm University provided me with extensive guidance regarding arrival. The first week they organised a lot of welcome activities where I got to meet a lot of other international students. This was really helpful, because I found my friends through those activities.
transfer of credits
The grading system in Sweden is different from the grading system in The Netherlands. At Stockholm University they use letters instead of numbers. The five grades A-E means that you passed the course and F means that you failed. Since the grades get transferred to pass or fail at Utrecht University, it did not really matter to me what grade I got, as long as I passed.

STUDENT LIFE
welcome & orientation programme
During the first week Stockholm University organised a few of welcome activities. There was a guided tour on campus that I found really helpful. I got to learn about the university and made friends. I would also recommend joining ESN, since they have a lot of activities for Erasmus students. I went to quite a few and met a lot of friends through there and also learned a lot about the city.
accommodation
Luckily, I received accommodation through Stockholm University. I got a room at the largest accommodation area called Lappis. There were 12 people in my corridor in total and we all had to share one kitchen. The kitchen was pretty big so we were not in each other's way. Everyone had their own bathroom, which was also very nice. The accommodation area was really close to the university campus and had their own supermarket, bus stop, gym, beach and laundry rooms. There were also quite a few parties in different corridors at Lappis during the weekends.
leisure & culture
Stockholm has a lot of things to offer. It has a lot of museums that you can often visit with a discount as a student. It also has a lot of nature and beaches, which is great if you like hiking, camping or swimming. Swedes are also very fond of 'fika' (coffee break with pastry) and you should definitely enjoy them when you're in Stockholm and visit a few fika places. Unfortunately, bars and clubbing is pretty expensive in Stockholm. In most bars and clubs the cheapest beer is 79 SEK (= almost 7 euros).
suggestions/tips
acquiring a credit card is very much recommended, as the city predominantly operates on cashless transactions and debit cards do not always work. Also enhance your social experience by joining ESN, since they organise a lot of activities and parties for exchange students. Another good suggestion is to embrace the breathtaking nature that surrounds the city and to visit some other cities in Sweden. Last, go to Lapland during the winter months to see the beautiful northern lights (that you can also see from Stockholm sometimes!).

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would recommend both Stockholm University and the city itself to others. Stockholm University's well-structured academic programs and international community contribute to a fulfilling exchange experience. The city of Stockholm, with its captivating blend of culture, history, and nature, offers endless opportunities for exploration and personal growth. The combination of quality education and a dynamic urban environment makes Stockholm an ideal destination for anyone seeking an enriching and memorable study abroad adventure.
do you have any additional advice or comments?
I was in Stockholm during the spring semester and I (and everyone that I talk to in Stockholm) would really recommend going there in the spring, since the weather is only getting better from that point. I have heard a lot of people tell me that going from summer to winter can be really depressing, since it's only getting darker and colder. For me, it was really nice seeing the weather and daylight getting better. I also stayed for a few weeks longer when my exchange ended to enjoy the summer in Stockholm as well.

Report 6

faculty/college	Department of media studies
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Postcolonial perspectives on audiovisual media + Moving images and gender

destination city & country	Sweden, Stockholm
how did you travel to your destination?	By plane
name university abroad	Stockholm University
start date	16 / 01 / 2023 (dd/mm/yyyy)
end date	04 / 06 / 2023 (dd/mm/yyyy)

PREPARATION
exchange application process
Start on time, then everything should be fine
counselling & support at Utrecht University
Perfect, they always react fast
academic preparation
I expected the Swedish courses to be hard/harder then the Dutch ones, but I can say afterwards that they were not hard. It was very much doable to take courses in Sweden without any preperation. I took introduction courses in cinema studies, so they started at the bottom in the courses
language preparation
None, everyone in Sweden speaks perfectly English so I never had to use Swedish. I would say it is normal to be a bit nervous about speaking English 24/7, but after being there for a couple of days you don't even recognize anymore that you are speaking English

finances
As a student, they treat you as a king in Sweden. You can get student discounts almost everywhere, even at Iidl. So make sure to always check where and when you can get a student discount (almost everywhere!) so you don't pay full prices

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Department of media studies, I took two courses in cinema studies
academic quality of education activities
The quality is good, but not hard I would say. They have specific courses that mainly exchange students take, so I was always in class with other exchange students which made it fun to take the courses. There was enough time outside of the courses to explore the city, country and travel around Scandinavia.
counselling & support at receiving university abroad
Perfect. Everything at Stockholm University is very well organized. So if you like things organized, I highly recommend Stockholm University
transfer of credits
I'm still working on that right now

STUDENT LIFE
welcome & orientation programme
I highly recommend to take part in all the introduction activities you can. I made most of my friends in the first few days after my arrival. Stockholm University has some introduction days, but also ESN Stockholm organizes good activities. For example, on the second day ESN Stockholm organized a 'Stockholm for dummies' day, and they introduced us to all the do's and don't of the city
accommodation
I didn't get housing through the university so I had to find something on my own. I recommend the Lappis facebook group. Lappis the student campus close to the university. In the facebook group you can find people who are seeking for a subletter. I subletted a room on campus and I am very happy I stayed in Lappis. I would say most of the student life you experience in Lappis
leisure & culture
Become a member of ESN Stockholm! They organized trips through Scandinavia, but also fun activities in the city such as pub crawls and parties.
suggestions/tips

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

I highly recommend it! I had the best 5 months of my life in Stockholm. The university is amazing, very well organized and the courses were not that hard. Besides the university, the city has soooo much to offer. The city is very international and there are a lot of exchange students.
do you have any additional advice or comments?
If you have the option to choose; go to Stockholm in semester 2, not semester 1. In semester 1 it is winter in Sweden and there is not a lot of daylight. I heard a lot of people say while I was there, that they very much prefer the second semester of the first one, mainly because of the amount of daylight and sun. Sweden in winter= snow all the time. Bring warm clothes if you go in the first semester!

Report 7

permission to publish contact details** <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: @
	my weblog	<input checked="" type="checkbox"/> yes:
	my Facebook account	<input checked="" type="checkbox"/> yes:
	other (social) media	<input checked="" type="checkbox"/> yes:
	or <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	Nederlandse taal en cultuur	

destination city & country	Stockholm, Sweden
how did you travel to your destination?	Train
name university abroad	Stockholm universitet
start date	16 / 01 / 2023 (dd/mm/yyyy)
end date	09 / 06 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	I think the application process, especially for the grant has too many steps. Compared to other exchange students I think the students at Utrecht university have to upload a lot of files at several moments before they receive the grant.
counselling & support at Utrecht University	I appreciated the 'examen secretariaat' as they always replied quickly.
academic preparation	

Unfortunately, this report is quite vague to me. 'Academic preparation' is a very broad term and I do not understand what you specifically mean. As far as I know I did not do any specific academic preparation before coming to Stockholm.
language preparation
With language preparation as well, I did not do any specific preparations before coming to Stockholm University. The university did not require any language preparation.
finances
I applied for the travel green grant and the erasmus grant. These were very helpful to me as Sweden is very expensive compared to the Netherlands.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took a language course and a course in philosophy besides my internship. I did not have any organisational issues.
academic quality of education activities
I think the academic quality of Stockholm University is a bit less than the one at Utrecht University. The pace of courses is very low and the amount of hours I had to study was also very low. Unfortunately I did not feel challenged on an academic level at Stockholm University.
counselling & support at receiving university abroad
I think the Erasmus office at the 'slabafinity' department of Stockholm University always replied quickly and I never experienced any issues.
transfer of credits
Did not experience any issues here. Both international offices were of great help with the transfer of credits.

STUDENT LIFE
welcome & orientation programme
I do not think that Stockholm University had a very big welcome programme. Luckily the Erasmus student organisation did organise a lot of activities which were very helpful to make friends.
accommodation
During my stay I lived at the campus, called Lappis. This was very nice and cheap accommodation.
leisure & culture
As Stockholm is the biggest city in Scandinavia it has a lot of culture and leisure to offer. Luckily there is a lot of student discounts at cultural institutes.
suggestions/tips
It would be very nice if Stockholm University had a bigger welcome programme. Currently students have to figure out a lot of stuff themselves.

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

I would recommend staying in Stockholm and studying here as I think that studying abroad in general is a very good experience. I was not blown away by the academic quality but I still think that staying here can be a very valuable experience.
do you have any additional advice or comments?
Please make this sheet less vague :). It is really hard to fill it in as there are not even any real questions but just terms as 'lesuire and culture' which makes it very unclear what it is that you would like to know.

2019-2020

Report 1

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	Stockholm, Sweden
how did you travel to your destination?	By plane
name university abroad	Stockholm University
start date	24 / 08 / 2019 (dd/mm/yyyy)
end date	17 / 01 / 2020 (dd/mm/yyyy)

PREPARATION
exchange application process
I felt that everything was very clear and well explained in terms of the documents we needed to fill out. I did however have some problems with figuring out which courses I could follow in Stockholm because I didn't know that in Sweden all bachelor's courses are level 1 and all master's courses are level 2 (which is thus not the same as in Utrecht). As a result, I put MA courses in my studyplan without knowing I couldn't actually take them.
counselling & support at Utrecht University
All the people working at the exchange office and the study advisor were very helpful and also knew exactly how to help me, so that was nice.
academic preparation
There wasn't much need to prepare for studying in Stockholm. Especially since all bachelor's courses are available to students of all years there; so classes were a mix of first years, second years, third years and sometimes even MA students.
language preparation
Most people in Stockholm, and definitely everyone at the university, know English and speak it very well, so that was easy since my level of English is also good. I didn't chose to partake in a Swedish language course.
finances

I received an Erasmus grant which helped me pay the rent of my accommodation and I had about €200 per month for food which I felt was sufficient.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The schedule was very clear and since I followed courses all from the same department (i.e. Culture & Aesthetics), the same topics (e.g. Swedish culture during a particular time period) were discussed in all courses but always from a different perspective (e.g. art or literature) which was interesting because you were able to make connections and see all that influenced Swedish culture at that time.

academic quality of education activities

The academic quality was definitely not bad, but I also felt it was too easy sometimes. We didn't have a lot of workload, which resulted in a lot of free time, but as a third year student I expected a higher level of difficulty for some parts of some courses. Nevertheless, the quality was good and the teachers knew what they were talking about.

counselling & support at receiving university abroad

The exchange officer at Stockholm University was very friendly and helpful and always replied very fast when I sent her an e-mail.

transfer of credits

My credits aren't transferred yet. But in Sweden they also use ECTS, so I don't expect any difficulties.

STUDENT LIFE

welcome & orientation programme

The student organisation at SU was very enthusiastic, helpful and held a couple of activities during the first week which enabled you to connect to other students and learn about Stockholm and SU itself.

accommodation

I stayed in a room provided by SU itself which was both cheaper than if I had to find my own accommodation and it was only a 7-minute walk from the university. It was clean, I had my own shower and toilet, but I needed to share a kitchen with twelve other people. There was a small supermarket very close-by and a forest/park and lake next to the terrain where my accommodation was situated.

leisure & culture

The public transport in Stockholm/Sweden is very well organised and not that expensive, so getting in to the centre of Stockholm is very easy. Since the city is not that big, you can walk from one place to another without it taking too much time. There are a lot of cosy and cool cafés and bars in Stockholm where you can sit. There are some beautiful buildings, many museums, some nice street art and a very lively city. I saw it during autumn and winter and then people started to put up a lot of Christmas lights etc. which made the city even prettier. If you are more of a nature person, than you can easily take a public transport boat or the train to either the archipelago or the national park and stay there for some time - nature in Sweden is extremely beautiful.

suggestions/tips

If you're going during the autumn semester: buy Vitamin D, lots of candles and wear layers.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes, because the people at the university are very friendly and the nature in Sweden is something very calming and beautiful. The country is extremely well organised, also when there is snow, and since most people know English, communication is not that difficult.
do you have any additional advice or comments?
If you're a bachelor's student interested in gender or postcolonial studies: don't go to Stockholm because the (English) courses withing those fields are only available to master students. Which I only found out when I was in the final stage of my application and was annoyed by. Also really check the syllabi for the courses you're taking because you want to make sure that you're not only taking introductory courses and then don't have enough study points as level 2 or 3 courses.

Report 2

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: c.l.scholtmeijer@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	Dutch language and culture

destination city & country	Stockholm, Sweden
how did you travel to your destination?	by car
name university abroad	Stockholm University
start date	28 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

PREPARATION
exchange application process
I found the exchange application process quite easy. Although there are a lot of documents to fill out, the information is clear, and can be found easily. Especially the document Timeline and Instructions was of great help, because there every step of the Erasmus application process is explained in detail.
counselling & support at Utrecht University
The counselling and support at Utrecht University was of great help during the application process. They organize a lot of meetings to make everything clear, and they answer quickly on emails. I also never found any problems with getting my documents back in time, sometimes I could even get them back one day later. If you respect the deadlines, I found that they are very helpful.
academic preparation
I did not really pick any subjects consciously which would help me prepare for the semester at Stockholm university, but some courses I took were of great help, especially with the NVT-internship I combined it with. The course I took at SU was a course about education, about which I had not taken a course before at UU, so

some of the information was quite new, but with all the knowledge I already had from other subjects I had taken in my studies, it was still unproblematic to complete the course.
language preparation
Most people in Sweden speak English very well, which I also already knew from vacations where I stayed in Sweden. But because I did not want to go to Sweden without any knowledge at all of Swedish, I took an NTI course, to get to know the basics.
finances
I applied for the Erasmus grant, and the public transport refund. With that and with money I had saved or received from my parents, I found there were no problems getting around, even though basics, such as groceries, are a little more expensive in Sweden. But for example bigger expenses, such as my room or public transport, were comparable in costs in what you would pay in the Netherlands.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I did the NVT-internship at Stockholm University, and I followed a course in education. The internship lasted the entire semester, the course I took was in the second half of the semester. In the internship, I helped out with giving courses for the study Dutch at SU and did some administrative tasks. The course I took was called 'Education in Multicultural Society', and focused different parts of education and multiculturalism. The course was structured in lectures, seminars, group work and presentations.
academic quality of education activities
The quality of the education course was very high. The teachers were well informed, the pace was quite high and the literature was also of a high niveau. With the internship, I only assisted on the beginnerscourse level, which thus was maybe not as academic as the course I was following, but the pace was high enough to make it different from any other language course not followed at a university. I also assisted with a literature course, which was for beginners, but at a very high level, with high academic quality.
counselling & support at receiving university abroad
The counselling at the university abroad was very well organized. the Erasmus contact person at Stockholms university usually answered quickly on emails, and my internship coordinator helped me out very well as well.
transfer of credits
At Stockholm University, they use a different grading system than we do in the Netherlands. They grade exams from A to F, with A being the highest, A-E being a pass, and F being a fail. For smaller assignments they use the pass or fail system, but this is not really an issue, since the grades will only be shown as pass or fail on your transcript of records.

STUDENT LIFE
welcome & orientation programme
The welcome and orientation programme was very well organized. Upon arrival, you have the possibility to sign up for Stockholms Universitets Studentkår, which is a university-wide student association. They organize the orientation week as well, with activities such as an introductory presentation, speed-friending (a big event to get to learn new people), tours on campus and a survival-presentation. You are not obliged to go to all the events, but I found they were very helpful.
accommodation

You are able to apply for a house provided by Stockholm university, which I did and I got one. The houses are fine, in my case I had my own room and bathroom, and shared the kitchen. The houses are in good condition and the housing association has an office on the campus, so they are easy to reach. My room also wasn't more expensive than the one I have from SSH in Utrecht, and were not too small in size.
leisure & culture
In Stockholm, I found there is always something to do or to see. There are great museums, and the city itself is also pretty to just walk around. I also signed up for the gym right on the campus of Stockholm University. Right outside of where I lived was a beautiful forest where I would take walks, but also throughout the city there is a lot of nature.
suggestions/tips
Do not be too anxious about getting to know new people. I was very anxious about this, so I went to nearly all the events to learn people, but I found that my closests friends I made here I got to know through other people, or through my class. It is also good to realize that most people arrived alone, and are excited to get to know other people.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would very much recommend Stockholm University to others. I think the university is very well organized, which is really helpful. They organize an orientationweek to help you get started at the university, with practical information, such as library opening hours and study tips, but beside that, there are also other, less study-related activities which are great to parttake in, such as canoeing. The student association also organizes trips to Lappland, Norway and Russia, so you also easily get a chance to see more of Scandinavia. I also think Stockholm is a really pretty city to live in and it is easy to get around by public transport. The Swedes themselves are, although sometimes a little more reserved, very friendly and helpful.
do you have any additional advice or comments?
When going to Stockholm in the fall semester, you have to realize it gets dark sometimes already at 14.30. Before I went, I was aware it would get dark early, but I did not realize fully how much this actually is an issue. Some days, it will be so gray outside, it feels like the whole day was just twilight. If you think this might be an issue, I would advice taking vitamin-D supplements, this helped me really well, especially with energy levels.

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: E.w.langenhuijsen@students.uu.nl
faculty/college	Geesteswetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communicatie

destination city & country	Stockholm, Sweden
how did you travel to your destination?	Car

name university abroad	Stockholm University
start date	24 / 08 / 2019 (dd/mm/yyyy)
end date	18 / 01 / 2020 (dd/mm/yyyy)

PREPARATION
exchange application process
The exchange application process is a long process, so it is important that you start on time also because there could be some complications with it. The process is very clear though. It is clear what you need to do and when and that is why you can easily do it while being away.
counselling & support at Utrecht University
Utrecht University helped me a lot with all of my questions during and before my time abroad. They always responded with clear and quick replies.
academic preparation
I think if you have already studied somewhere and you take a course with a normal bachelor level it is doable for everybody.
language preparation
In my exchange country, Sweden, they speak very good English, so for me it was never a problem that I didn't speak Swedish. They also offer language courses to get the beginner level of the language.
finances
I think the Erasmus scholarship was very helpful in my time abroad. It made the stay easier and more affordable. I think it really depends on the country of your choice how the finances affect your stay, but I think with the Erasmus scholarship it is doable for almost everybody.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
There weren't a lot of courses I could take in my field of expertise, but that was not a big issue as I liked to learn new things. The site of my receiving institution was clear, so it was easy to find what courses I could take and how many ECTS I could get.
academic quality of education activities
The courses weren't on the same academic level as I had them in The Netherlands, but it were beginners courses so anyone without experience in the field could take them. I still learned a lot from them and I did things I would never do in The Netherlands (like studyvisits), so I really liked that.
counselling & support at receiving university abroad
My receiving university did everything to make sure you knew how to do everything and where to be. The communication was very clear and they had a lot of activities for new students.
transfer of credits
The transfer of credits was easy as the universities both used ECTS.

STUDENT LIFE

welcome & orientation programme
SU had a very broad orientation programme and they did a lot to make you get to know the campus and meet new people.
accommodation
I didn't get placed by the university, so that was an issue as finding a house in Stockholm is quite hard.
leisure & culture
It wasn't a big difference with The Netherlands in culture and norms, so there was no culture shock or anything.
suggestions/tips
Start on time as everything takes a lot of time and don't worry too much; everyone is willing to help you!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! Stockholm University was a great place to do my exchange. SU did everything to make sure you knew everything and to make you feel at home. I definitely recommend studying at Stockholm University.
do you have any additional advice or comments?

2018-2019

Report 1

permission to publish contact details** <i>See end note for * and **</i>	optional; <i>only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: naomi.westland@live.nl
faculty/college	humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Engelse taal en cultuur

destination city & country	Sweden, Stockholm
name university abroad	Stockholms universitet (Stockholm university)
start date	26 / 08 / 2018 (dd/mm/yyyy)
end date	18 / 01 / 2019 (dd/mm/yyyy)

PREPARATION
exchange application process
The exchange application process is always a lot of paperwork, but Stockholm university replies fast to your emails and provides all the information you need.
counselling & support at Utrecht University

The international office can really help you out if you need to know something. Just send them an email, and odds are they reply very soon, sometimes even on the same day. Utrecht University also hosts a predeparture meaning in which you can meet other students that go to the same destination, and in which you are informed about exchanges in general. Additionally, Utrecht university provides a lot of information by email as well.
academic preparation
I did not need academic preparation before my exchange
language preparation
I did not need to do language preparation because all my courses were in English, but I did learn some Swedish before my exchange started. This is really recommended because Stockholm University also offers all exchange students free Swedish lessons, and if you already know some Swedish you can skip the big first lecture like course and you can go on to lessons in smaller classrooms. It is also useful to know some everyday Swedish, but not necessary because they all speak English.
finances
Sweden is pretty expensive, but housing from the university is not and you get the erasmus grant.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Everything is very well arranged at Stockholm university. If you have any problems, you are always free to email your teachers and they will respond quickly.
academic quality of education activities
The academic quality of Stockholm university is comparable to the academic quality of Utrecht University.
counselling & support at receiving university abroad
The teachers are very kind and they will always help you if you have questions.
transfer of credits
The "examencommissie" will take 6 weeks to approve your study programme, so do that quickly.

STUDENT LIFE
welcome & orientation programme
Stockholm university hosted an arrival day, so they picked all the international students up from the airport, and brought us to the main campus for free. This was extremely convenient. The welcome week was not that full with activities but there was enough to do. There are orientation markets and you can join all sorts of clubs, trips and activities there.
accommodation
I got accommodation from the university. This is all arranged very well; they have their own housing office. If you have a problem with your room, they will fix it for free. They offer cheap and more expensive rooms. Laundry is included as well. The student accommodations are really close to the main campus of the university as well.
leisure & culture
Stockholm is a very beautiful city which offers way too many places to visit in a few months. There is something to do for everyone. You can also travel through the country using the train network. The Swedish are

stereotyped to be very quiet and polite, and in a sense this is true, but Stockholm is still a very lively city. The Swedish love to have "fika", a get together where they drink coffee and eat pastries, which you should do as well.
suggestions/tips
Stockholm is an amazing city to go to. Everything is extremely well connected by bus, tube and trains. If you buy a 3-monthly public transport card, you can travel everywhere at any time within the city. Do not be scared off by stories about cold. Yes it is cold, but the snow is very beautiful and it did not drop below a few degrees below zero during my stay. It can get really cold in January and February. It will get really dark very soon (at 3 pm!), so just lighten up your rooms. I felt very at home in Stockholm and would love to go back someday.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would really recommend everyone to go to Stockholm because it is a very beautiful city with a lot to do!
do you have any additional advice or comments?

Report 2

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

destination city & country	Sweden, Stockholm
name university abroad	Stockholm University
start date	21 / 01 / 2019 (dd/mm/yyyy)
end date	14 / 06 / 2019 (dd/mm/yyyy)

PREPARATION
exchange application process
<p>The application process was a little difficult for me. As a premasterstudent who came from an 'HBO' I did not know how the application for an Erasmus worked. Because I was too late with the signing up, I could only choose from the left-over universities. My first choice wasn't Stockholm, but since there were not many options left I choose it. It took many, many emails with Utrecht and Stockholm to get my application done. Since I wasn't a regular university-student (because of my premaster), the application process was more difficult and I needed extra confirmations before attending.</p> <p>Overall it took me a lot of emails, a lot of rejections about courses or plans, and a lot of frustrations. But I would do the annoying application process all over again because the experience was so great.</p>
counselling & support at Utrecht University
I felt like I did not get much support from Utrecht University. Being completely new to the university, it was hard for me to get how the Erasmus-system worked, who I should contact, what I could or could'nt do etcetera.

I exchanged some emails with the International Office about getting help, but I barely got a response or help out of it. I would have liked it if I got a more guidance in the process.
academic preparation
On my exchange I chose some courses that were not particularly in my field of study. I followed courses at the Department of Culture and Aesthetics, with a focus on Performance Studies and Art History. While I did not exactly have the perfect preparation for these courses academically, the courses were not hard. Most of the courses consisted of reading, discussing and presenting articles, things we overtly do at Utrecht University as well.
language preparation
I did not study or know any Swedish before coming (besides a little Duolingo I played on my phone for a couple of weeks). That is absolutely no problem. The Swedes are so good in English. They will notice immediately when you are not a native speaker, and will switch to English right away.
finances
Sweden is very expensive. My costs were a lot more than I expected. Rent is expensive, groceries are expensive, having Fika is expensive.... Some of my friends worked on their exchange, so that is possible in Stockholm. I didn't because I wanted all my time to enjoy Sweden. But moneywise it would have been nice to earn some money there. Studying abroad meant for me doing more 'fun stuff'. Going more often on a weekend away, having more often a drink in the city and spending more time with food and friends. This also increased my costs a lot.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed four courses at the department of Culture and Aesthetics. This was all very well organised by Stockholm University. You will not get all information beforehand, but learn along the way where you can find the articles you should read, how the online learning platform works, where the best study places are. It's just about trying. Most of the courses I had were very interesting and were a nice adjustment to what I've already learned in Utrecht. The course I liked by far the most was called 'Performativity, body and gender on stage', given by dr. Dirk Gindt. He was by far the best teacher I have ever had! Such an inspiring, interesting and active course.
academic quality of education activities
The quality of education is very good in Stockholm. The courses are difficult, but not too much. I felt like it was a lot less work than in Utrecht. The articles you have to read and prepare are a lot less, which gives you more time to really absorb the material and to think about it. It also gives you enough free time to explore the city and its surroundings.
counselling & support at receiving university abroad
Friendly and warm welcome. They will help you in anyway they can, if you send an email or drop by their office.
transfer of credits
The scale of credits is different. In Stockholm they work with a scale of A to F, instead of 1-10. But it is easily transferable.

STUDENT LIFE
welcome & orientation programme

The welcome in Stockholm is the best! At the airport (at my gate to be exact), someone was waiting for the international students on there planned 'Arrival Day'. A bus was arranged from the airport to the university, where there was a welcome fika and a place to pick up your keys. During this waiting at the airport for the bus, the busride to the uni and the welcome fika I met the friends who became closest to me during my erasmus period. Such a great welcome! So easy and so warm.

The orientation programme on the other hand was not that great. The orientation week was also my first week of lectures. Some welcome activities I missed, because I had my first lectures. That was too bad, cause some activities I really wanted to participate in.

accommodation

Accommodation in Stockholm is hard. I got a room through the University lottery at Lidingö, called 'Fjällis'. At first I did not like that I got this place that seemed far away and was expensive. I was afraid I would be lonely there. This was not the case at all. I have experienced Fjällis as the best accommodation the university had to offer. It is a 'small' building, some 80 international students live there. The rooms are very big, and have their own kitchen and bathroom. But even though I had everything for myself, I was not lonely. It is easy to make friends there.

Fjällis is located some 20 minutes away from the university by bike. I bought one myself and stored it in the bike room downstairs. The city is 30 minutes away by bike. Those distances are normal, the same amount of time when you will go by public transport.

Besides this, Fjällis is located in a really green area. There is a big forest as your back door, and the ocean is always near.

Stockholm University arranged this very well!

leisure & culture

For me surprisingly, the Swedes are so friendly and open. They will always help you or talk to you if you look like in need of help. They are very modest and calm people. I was surprised by how active they are: in winter a lot of people go (cross-country)skiing or walking and in the summer people are sailing or walking as well. Everybody (including me) loves to be outdoors and to spend free time in parks with friends.

In winter time this is of course more hard. Because of the few hours of daylight you really have to adjust your rhythm. But I think this is why the Swedes appreciate spring and summer so much, and want to make the most out of it.

suggestions/tips

Spend most of your time outdoors! The Swedish nature is great! There are a lot of national parks in the surroundings of Stockholm: Tyresta National Park, Björnö Naturreservat or the Stockholm Archipelago. There are a lot of busses or boats going to all those places from the center of Stockholm. You can go iceskating at Hellasgården. Take the ferry to Grinda. Go rent a tiny house on Idöborg.

For me the best was the right to put your tent anywhere you like. You can take the boat to any island and put down your tent at the spot you think is the best.

I also went to Lapland. This was an amazing trip. The mountains surrounding the Abisko National Park are so beautiful in snow. And the sauna there: on the middle of a frozen lake, surrounded by mountains, and cooling off in the tiny fishing hole... one of the best experiences.

Tips for kayaking: Björns Naturreservat or Farnebofjärdens (both with camping on little islands!)

At some places and parks in Stockholm, there are free 'stugas', free small cottages in which you can stay. I spent a night at a stuga in the Skuleskogens National park. Completely in the middle of nowhere, cooking your own meal, enjoying the sea, hills, snow and water...

CONCLUSIONS

Sweden – Stockholm University

would you recommend this university/destination abroad to others? please explain
Yes definitely. It was a university of good educational quality, at a really great place and with a lot of friendly teachers and staff.
do you have any additional advice or comments?
Go for Stockholm!