

	Contact info available at the IO.
faculty/college	Faculty of Humanities
level	⊠ bachelor's ☐ master's
name study programme	Communicatie en Informatiewetenschappen

destination city & country	Hong Kong
name university abroad	The Chinese University of Hong Kong
start date	05 / 09 / 2022
end date	23 / 12 / 2022

PREPARATION

exchange application process

Originally, Hong Kong wasn't actually my first choice. I did not get selected for my original top 3 universities and got sent a list of universities that still had open spots. From the start I knew that I really wanted to do my exchange in Asia and Hong Kong was one of the few options left. This became my new first choice and I ended up getting placed. In the first round you have to choose which courses interest you and write a little motivation part for every university in your top 3. However, due to me having to re-apply in the second round, I only had to select my courses again.

The full application for CUHK itself is a bit more complicated. Around March/April you'll receive an e-mail asking for the documents needed for the application. They will give you 2 weeks to get all documents AND physically send them to Hong Kong. Some documents need to be signed by the International Office or are more complicated like a bank statement, so make sure you get them ready as soon as you can. You have to pay for the shipping costs yourself and individually, and keep in mind that shipping to the other side of the world within a week will be around 50-70 euro. Once your application is accepted, you'll have to make an online student account which is pretty easy with the explanation they provide.

CUHK provides you a student (online) visa, but it took a long time before we got them. Although they say about 6-8 weeks after your application is accepted, I've heard from other people that it took them almost 10 weeks to get it. I ended up getting mine about a month before I left.

You have to choose most of your courses online before you leave. However, the first 2 weeks is an 'add/drop period' where you can follow any course you want and add them to your schedule later, so no worries if you didn't get a full schedule or ended up choosing classes you don't like. Sometimes it might be easier to apply for these classes beforehand though since they have limited places available in the timeslot you might want.

counselling & support at Utrecht University

I did not really have any problems so not a lot of support was needed. When asking questions about the exchange program and preparation, the international office sometimes takes a bit longer to reply. Before the application process at CUHK even begins, UU organises an informational presentation about the university you're going. There will also be a student who has already been to your destination university to help out with any questions you might have. Here you'll also meet your fellow UU students going to CUHK. For me, this was very helpful as I ended up booking and flying with one of the girls I met there.

academic preparation

Although the courses I took, fit in with my study programme at home, no preparation was needed.



language preparation

All courses were in English, so no preparation was needed. Knowing a little bit of Cantonese, like how to say hello / thank you / numbers 1-10 / etc. can definitely help you out as well. I had one American professor, and the rest were all local. Most of the locals do however have a very strong Chinese accent, but they're pretty easy to understand.

finances

In the time I went to Hong Kong, quarantine restrictions were still up. When booking, there was still a week of mandatory quarantine, but it got reduced to 3 days about 2/3 weeks before I left. This was a big part of the costs, which hopefully in future semesters won't be a problem. For my flight, I only booked a one-way ticket since I knew I was going to be traveling after my semester and didn't know from which country I would fly back from.

While I was in Hong Kong, it ended up being the number 3 of most expensive places to live. Groceries are expensive and it's often cheaper to go somewhere for dinner than cooking for yourself. CUHK has multiple canteens where you can get lunch and dinner for about 4-6 euro. Eating out in the city fully depends on where you're going. Pizza is for example very expensive, but there are enough cheap dim sum or dumpling places. One popular place among exchange students is Mr Wongs where you have all-you-can-eat and drink (beer) for about 10 euros.

I was lucky to receive the Holland Scholarship, which helped a lot with financing all the costs. Due to students not being able to go last year, the amount was doubled. On top of that, somewhere in the middle of the semester, I received an e-mail saying I got another scholarship. I fortunately ended up getting 3 scholarships, ending with a total amount of 3750 euro.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

How you fill up your schedule is entirely up to you. I needed 30 credits at UU for this semester, which meant I had to take 5 classes at CUHK. I ended up taking classes that fit with my study programme, but it's not obligatory. However, I did choose my classes in such a way that I would only have class from Monday to Wednesday and had Thursdays and Fridays off.

academic quality of education activities

The level of difficulty can somewhat be compared to high school classes as they aren't really that challenging. Every class is 2 hours and 45 minutes long, which will combine your weekly lecture and tutorial/seminar. Most classes, in my case, were mainly listening to the professor and taking some notes with very little to no participation or discussions. The academic level might be low, but depending on which classes you take, the workload is higher than in Utrecht. There are more assignments and exams per course than what we're used to. Some classes also have more practical assignments. For example, for one class I had to record and edit a podcast, YouTube video and Instagram posts. These take a little bit more time, but are also kinda fun since you wouldn't do these things in Utrecht.

counselling & support at receiving university abroad

I had no need for counselling or support.

transfer of credits

I have received an email from Utrecht that they got my transcript with the grades from CUHK, but the credits are still in the process of being transferred.

STUDENT LIFE



welcome & orientation programme

Due to Covid, there wasn't really an orientation programme and we basically had to arrange everything ourselves. CUHK had some online welcome presentations which were helpful but you'll manage even without. Since we didn't have anything, you really had to make an effort yourself to meet new people, but this actually went quite smoothly.

accommodation

My first choice and where I ended up staying was i-House, and in particular i-House 2 on the 10th floor. This is where the biggest part of all exchange students stay. Most rooms are shared by either 2 or 3 people, but they have a few single rooms. I shared the room with two other girls from Utrecht, and we had 5 other flatmates. Roommates might sound like a strange concept at first, but you honestly get used to it. I-House 2 has a small gym and a common area

leisure & culture

Hong Kong might not be that big, but there is plenty to do. It has city, nature and really nice beaches, and especially if you love hiking, Hong Kong is perfect. Due to most people having at least one day off per week, we had plenty of time to explore the country and its culture.

Lan Kwai Fong, or LKF as everyone calls it, is the place to be for going out. Drinks at the bars and clubs can be quite expensive, but there are tons of 7-11's around to get cheaper alcohol. Clubbing is also a lot cheaper if you're a girl. Lots of places have a so called 'girls night', where girls get drinks for free all evening, usually on Thursdays. For some parties you can book free tickets which usually include a free drink as well. If you're looking for bars more similar to Janskerkhof, Wan Chai (Wednesday) has tons of bars where international students can be found.

suggestions/tips

If you go in the fall semester, it'll be super hot and humid when you arrive. This heat will last all throughout September and it'll slightly start to cool down in October. Right before we left in December it did really get cold in the evenings so be sure that you also pack some warmer clothes for the last month.

Hong Kong is at such a geographically good place for travels within Asia. A flight to Bangkok for example is only about 3 hours away and will cost you way less than flying from Amsterdam. Be sure to save up for these trips if you plan on traveling during or after your semester!

CONCLUSIONS

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

Definitely!!! Hong Kong might not have been my first choice, but I'm genuinely so happy with where I ended up. There are a lot of exchange students at this university, so you're guaranteed to make new friends. Its='s great if you want to experience the classic campus life while also being able to easily get to the city.

do you have any additional advice or comments?

If you're debating on whether to go on an exchange or not, absolutely do take the chance when handed to you. It's a once in a lifetime experience that you'll probably remember for the rest of your life. You'll meet new and amazing people from all over the world. Yes it might be challenging and it is very normal to be nervous about it (cause so is everyone else), but it's all so worth it.



faculty/college	Humanities
level	
name study programme	Media and Culture

destination city & country	Hong Kong, Hong Kong
name university abroad	The Chinese University of Hong Kong
start date	03 / 01 / 2022 (dd/mm/yyyy)
end date	14 / 05 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was extremely stressful due to the Corona Pandemic. Everything was unsure and the decision to go kept changing. The documents to be filled in for Hong Kong was quite a bit and the time they gave us was short, moreover due to the pandemic delivery of packages/documents took longer than usual. Thus, my advice would be, the moment you receive the information to fill in, start doing so as soon as possible.

counselling & support at Utrecht University

Communication was good and quick enough for all the questions and signed documents.

academic preparation

N/A

language preparation

I looked up some basic words, but since English was the language of the classes, I did not find it necessary to do much preparation. Furthermore, for the introduction, CUHK offered an intro zoom class for basic Cantonese.

finances

Overall, I found everything pretty doable. Eating out can be cheap, especially the food on campus, but restaurants and such are around the same as eating out in NL I would say. However, groceries are pretty expensive.

Due to the pandemic, we had to pay for three weeks of mandatory hotel quarantine, which was super expensive. Especially because hotel rooms were scarce, so there weren't many cheap options. On top of that we were mandated to spend another week off-campus in self-monitoring. Thus, about four weeks of off-campus housing, which was expensive. The dorm costs on campus are pretty doable I'd say.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I already had sufficient points for my study programme at UU, so I followed the minimum number of courses, which was 3 (18 credits). I chose whichever courses seemed most interesting (Cultures of Chinese Overseas, Chinese Lang, Culture, and Language Learning, and Superheroes, Comics, Film). Initially I also signed up for the Mandarin language courses, but I dropped them in the first three weeks. Education was moved to online after three weeks of physical classes, and I found it more difficult to attend that way.



The course schedule overlap is something to be aware of and can be a little frustrating, as a lot of amazing courses happened to overlap in time, which means you cannot follow them all. The add/drop period is quite nice, because it allows you to explore all the courses you might be interested in. In the first weeks I took 11 courses, just to see what they offered (syllabus, course load, professors, etc.). The unfortunate part of the course sign-up at CUHK is that certain classes can be super popular, and it is first-come first-serve basis, so you need to be quick. Luckily, I had no problem with signing up for any of the courses and got admitted into everything I wanted.

I really liked how I could plan out my own schedule with the courses, so I took courses that were only on two days. I only had classes on Tuesdays and Wednesdays. Those two days were quite intense and packed with class, but I really enjoyed having the other days off for fun activities or preparation/homework. Examination was also online so I can't say much about the regular exams.

academic quality of education activities

Even though the assignments were about the same in terms of essays and presentations, the workload was not as intense as at UU. The grading is also less strict, so getting a B, was quite easy.

There is a midterm period and a final exam period, so there was quite some free time before those weeks. As mentioned, everything got moved online, which made participation a lot more difficult.

Furthermore, a lot of the educational activities got cancelled, but CUHK still tried to offer some online options.

counselling & support at receiving university abroad

I personally felt that support was a bit lacking. My grandpa passed away while I was abroad, and thus I tried to reach out for some help or just someone to talk to. However, I did not really get support from CUHK and UU could not do much either. So that was just an unfortunate situation. But usually for questions regarding scheduling courses, they were helpful.

The University's Medical Health Centre was amazing! It is on campus, and it is free for students. I was extremely allergic to the mosquitoes (they are tiny, so watch out for them and bring enough mosquito spray!), so my ankles swelled up to the point it was painful to walk. They gave me medicine and daily check-ups until the infection disappeared.

transfer of credits

Generally, it says that it takes about two months after the last classes finish for the transcript to be sent out. You can put in a request to CUHK to receive your transcript faster, which I did. Classes finished officially in the week of May 14th, and I received my transcript on June 14th

It took about ten days or so for UU to transfer the transcript to my uu grades/transcript. Grades are a pass or fail, so the letter grades do not show up on your UU transcript.

STUDENT LIFE

welcome & orientation programme

Due to the pandemic, the welcome and orientation programme were online or cancelled. I think it would have been more fun if it was physical. The campus tour was luckily physical. All the internationals had a WhatsApp group (I recommend someone to start this and put it in the Facebook group), and so we planned our own introduction activities getting to know each other, as the online introduction zoom call was grouped per home countries and lacking in social contact.

accommodation

I stayed in International House 1. It is one of the furthest dorms on campus from main campus and the metro station, so in that sense it was kind of nice classes were online, because I did not have to walk all over the place



for the different locations. Luckily campus has a free bus that will take you from the metro station to your dorm.

International House 1 did not have any facilities other than the flats, so you would have to go to International House 2 to do your laundry, which was right next door. You really had to plan to do your laundry at certain times because there are only six washing machines and less dryers, furthermore, the machines are quite old, so they don't was that well.

In the first three weeks we could still visit each other's dorms, which was a lot of fun. Unfortunately, due to restrictions, this was banned. In the winter it can be quite cold in the dorms because there was no insulation. It was colder inside the dorm than outside at times. In spring/summer it can get extremely hot, so there is an aircondition that you pay for per hour, but it is pretty cheap and works well. The rooms itself were sufficient to live in for six months.

With the flat we shared three showers and three toilets, one kitchen, balcony and 'living room'.

Outside the dorm there is a small basketball and workout area, which can at times be a little frustrating due to the noise, but luckily there are multiple libraries on campus that offer 24/7 access.

leisure & culture

Due to the pandemic, all the leisure and culture stuff was closed until beginning of May.

Thus, I cannot say much on this topic.

We primarily did hikes and visited the islands, which was also fun! But the hiking kind of comes to its end once the weather gets hotter.

In the last two weeks of my stay in HK, Disneyland and Ocean Park, as well as museums finally opened. I tried to visit was much as I could and really enjoyed the last few weeks and wish I could've stayed longer.

suggestions/tips

Start on time with application, bring clothing for cold and hot weather, bring mosquito spray (!!!).

CONCLUSIONS

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

Yes! Even though the pandemic situation made everything harder and slightly less enjoyable, I would do it all over again.

I loved the campus, the nature and the international community was amazing. I made so many new international friends and learned so many new things about myself. Truly an experience I will never forget.

do you have any additional advice or comments?



faculty/college	Humanities
level	□ bachelor's X master's
name study programme	Master Film- en Televisiewetenschappen

destination city & country	Hong Kong, China
name university abroad	Chinese University of Hong Kong
start date	01 / 09 / 2021 (dd/mm/yyyy)
end date	23 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process took quite some time. There are many different documents you have to read through and fill in, in order to apply for studying abroad properly. Also, communication with the Chinese University of Hong Kong during the application process took some time, so it is wise to start as early as possible. Moreover, due to COVID-19, the exchange application process took a lot of extra work. Hong Kong has one of the strictest travel restrictions during times of covid, so if you travel to Hong Kong during this pandemic, make sure you double check all the requirements in order to enter Hong Kong.

counselling & support at Utrecht University

Utrecht University kept me updated when I had to hand in documents or when other deadlines were coming. If I had any questions about my application process or studying abroad, I could always contact Utrecht University!

academic preparation

I didn't need any special academic preparation in order to study in Hong Kong.

language preparation

In order to study at the Chinese University of Hong Kong, I didn't really need language preparation. In both Hong Kong and the university, everything is both in Cantonese and in English. I didn't had to do language preparation in the form of an IELTS or TOEFL examination. A written statement from a professor stating that my academic English is proficient, was sufficient. However, it can be fun to learn some Cantonese words or phrases before going to Hong Kong, the people really appreciate that!

finances

I did some preparation by making an overview of my expected expenses for the entire exchange. This helped me create a picture of what the whole exchange was going to cost me and made me think about how I could finance it. The flight tickets and the quarantine hotel were big expenses but the accommodation and dinner costs in Hong Kong are less expensive than in the Netherlands. However, all together, going on exchange costs money so it helps if you start saving some money on time. Moreover, I recommend you to always look for scholarships!

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I really liked the courses I took at the Chinese University of Hong Kong. I chose different courses from different departments such as anthropology, history and communication. The courses were organized clearly, with the first half of classes in the semester working towards a midterm and the second half working towards the final exam. This organization of courses is different from Utrecht University, where we work with four blocks (2 blocks per semester) and take new courses every block. At the Chinese University of Hong Kong, you have more courses all at once during the whole semester. I think I prefer the block system we use at Utrecht University, because that is what I am used to. But for a semester exchange at the Chinese University of Hong Kong it is also more clear to know what courses you'll take for your entire exchange. However, I was also not used to working towards a big midterm and then also a big final exam. I had worked hard on my midterms at the Chinese University of Hong Kong and was glad when I handed them in. But soon after that, I already had to start working on my final exams to make sure I could hand them in on time. This way, it felt like I was constantly working on deadlines.

The enrollment process was a bit unclear to me, especially before my arrival in Hong Kong. However, after arriving, the international office of the Chinese University of Hong Kong tried to explain as clear as possible how to enroll in courses. Moreover, they are always willing to help you if you have any questions. In the end, my enrollment went rather smoothly, it's just a different process from the enrollment process at Utrecht University. Another thing to keep in mind is that you can only officially enroll in courses (around) two weeks after the semester starts. This means that the first two weeks you can already go to classes of the courses you're interested in, but you still have to enroll in these courses officially through an online add/drop period. This can be helpful if you are not sure what courses you would like to take and therefore gives you the opportunity to attend classes to figure out if you like to course. But this also means that you'll only know your definite course selection after the semester starts.

academic quality of education activities

The academic quality of education at the Chinese University of Hong Kong is good. The way the lectures were being taught and organized is similar to my lectures at Utrecht University. Seminars in Hong Kong however, only took 45 minutes which meant that (in my experience) there was less time for debate and active participation as compared to my seminars at Utrecht University. But my professors in Hong Kong also tried to let students participate during the lectures as much as possible. Overall, my professors were really knowledgeable on the topics they teach and the classes were really interesting.

counselling & support at receiving university abroad

I didn't make use of counselling at the Chinese University of Hong Kong but I do know that there was a lot of support from different advisors from the international office at the Chinese University of Hong Kong. The advisors always kept us exchange students updated about fun activities and important deadlines. The advisors were really nice and helpful and made sure that we could always contact them if we had any questions.

transfer of credits

It took around a month for the Chinese University of Hong Kong to grade all my work and to publish my grades. But (as I am writing this) the credits aren't officially transferred to Utrecht University yet.

STUDENT LIFE

welcome & orientation programme

Due to COVID and the strict quarantine policies in Hong Kong, there wasn't really one big welcome and orientation programme in person with all the exchange students at once. However, the university did organize many different online activities for all exchange students to participate in during our two or three weeks of quarantine. These activities varied from informational sessions, to virtual walks through the city of Hong Kong, to basic Cantonese language lessons, to informal meetings where us exchange students could meet each other



virtually. It was really nice that the university organized these activities, especially since we were all alone in our hotel rooms.

Once we were all on campus, the international office at the university and the different colleges continued to organize many different activities for all exchange students. So there was always something fun to do with other students!

accommodation

I had on-campus accommodation. I stayed in International House 2 (I-house 2), an accommodation mainly for international and exchange students. I shared a flat with around 10 other girls, some were exchange students and some were full-time students from Mainland China. The flat was quite big, we had a big kitchen, living room and balcony which we shared. There were 3 bathrooms with showers and toilets. There was enough space for everybody to live. I-house has rooms for either 2 or 3 people. I had a 2 persons-room, so I shared my room with one other exchange student. At first, I was quite nervous about sharing my room with somebody I didn't know. The rooms in the flat are rather small for 2 or 3 people to share, but me and my roommate made it work. Luckily, we really got along and we were sort of on the same sleeping schedule which helps if you share a room. However, the apartment was a little old, so the rooms didn't look super nice. Also, when I arrived at my apartment, there was nothing in the apartment. So I had to buy everything on the first day, from plates and cutlery, to bedsheets and pillows.

Since I became friends with my roommate as well as many other girls in the flat, I really liked staying at I-house. We would hang out together in the living room or cook together in the kitchen. Moreover, there are many international exchange students staying in the I-house buildings so there are enough people there who are open to meeting new people and socializing.

leisure & culture

Hong Kong culture is a mixture of traditional Han Cantonese ethnic culture of southeastern China and British and Western culture in general. Visiting Hong Kong as a European student is very interesting, since some aspects are similar to our European city life but other aspects are very different. Hong Kong has a very rich history which it tries to preserve in its culture through temples, language and food (traditions). There are a lot of fun things to do in Hong Kong! First of all, the city of Hong Kong is really big so there is always something to do. Going out for dinner or lunch, buying bubble tea, visiting temples, visiting shopping malls, going to bars and clubs, or going to museums, there is so much to do! Apart from the busy city life, Hong Kong also offers a lot of other activities. There are many different hikes you can do in Hong Kong, some more difficult than others but you are always rewarded with a great view! Moreover, Hong Kong has many beaches where you can swim, surf, wake board or rent a boat. There are also theme parks in Hong Kong such as Disneyland and Ocean Park. While staying in Hong Kong, I was never bored!

suggestions/tips

I recommend you to try to do as many different activities as possible. So try to explore the city, but also Hong Kong's temples and nature such as mountains and beaches.

CONCLUSIONS

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

I definitely recommend other students to also go on an exchange to Hong Kong. Especially if you really want to live in a place that is so different from the Netherlands (or Europe). With its rich history and culture and rapid development, Hong Kong is a mixture of Eastern and Western culture. There is so much fun stuff to do in Hong Kong so you will never be bored. Moreover, there are many exchange students from all over the world, not only at the Chinese University of Hong Kong but also the other universities in Hong Kong. This way, you can easily meet people from all over the world who are all on exchange in Hong Kong and are willing to meet new people and do fun stuff!



do you have any additional advice or comments?

If you have the chance to go on an exchange, then go on an exchange!! It is such a fun, special and educational experience! If you are going to Hong Kong, make sure you check on time what documents you need to have to apply to study there and to apply for a visa. Moreover, if you travel during COVID, make sure to double check all the travel regulations and restrictions in order to enter Hong Kong.



faculty/college	Beta faculty
level	X bachelor's ☐ master's
name study programme	Molecular Life Sciences

destination city & country	Hong Kong
name university abroad	The Chinese University of Hong Kong
start date	27 / 08 / 2020
end date	14 / 10 / 2020

PREPARATION

exchange application process

The application process was not that long. However, a lot of documents needed to be signed and delivered to Hong Kong by FedEx. This meant that a lot of documents first needed to be filled in, printed, checked by someone from the UU and signed before being able to post the documents. Next to that the deadlines were always very short. There was one week to make sure the documents would be in Hong Kong on time. This meant that sometimes it was a bit stressful and you needed to pay a bit more for a post service that would make sure your documents would get there on time. Finally, it took really long before I eventually got the visum we needed to enter Hong Kong with, so that was a bit stressful as well.

counselling & support at Utrecht University

The UU Asia exchange counsellor really helped during the application process. I forgot one document and needed it signed in a day and she made it possible to still get it signed in a day.

academic preparation

I didn't do any academic preparation

language preparation

I didn't do any language preparation

finances

I think finance-wise it was similar to living in Utrecht for me. The rent was a lot lower than I normally pay in Utrecht, around 600 euros for one semester of 4 months. However, the food and other groceries were way more expensive. The drinks for going out were also more expensive, but on ladies night, every Wednesday and Thursday, drinks are free for girls. So I think including travelling, I spent around the same amount of money I would do in Utrecht, maybe just a little bit more because you also make more trips.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I already had the points for my own study programme, so I didn't choose a lot of courses in my own field. I did two anthropology courses (Culture of Hong Kong and World Religions), one biotechnology course (Business and Social Aspects of Biotechnology) and one sociology course (Social Problems in China). To get the 30 points you need when you do an exchange for half a year, you need to follow 5 courses. I decided to do 4 because I didn't need the points and also wanted to enjoy free time in Hong Kong. I was afraid of being too stressed to enjoy the experience a lot if I would do 5 courses.



In the first two weeks, there is an add/drop period. This means you can sit in on classes and then after the two weeks decide if you really want to take those classes. I really liked this concept at first, but some courses were really popular after the two weeks of sitting in on classes and there was only one moment to subscribe to courses. This meant that everyone would try to get into the same courses and only a few would get in. That's also why they recommend you to have a B and C choice for courses. I got most of the courses I wanted to do, but needed to change one last moment and ended up in World Religions, which was my favourite course in the end. A good thing about the add/drop period is that you can make your own schedule. For me that meant that I wanted to have Mondays and Fridays of for weekend trips.

The courses I followed were really interesting! Sometimes, it was a bit hard to follow, because in some courses they weren't used to having exchange students, so their English was not the best. But I would really recommend all these courses.

academic quality of education activities

The academic quality was lower than I expected. The university was described as a really good and competitive university, but I think the academic level was lower than I am used to in Utrecht. I had lots of free time next to the 4 courses and didn't stress about the courses at all. I think looking back at it, it would have been possible to do 5 courses without feeling too much stress. What I liked the most about the courses is that most of them had a paper and a presentation as a midterm, because I really wanted to improve these skills in my studying abroad experience.

I also need to add that the protests were really escalating in the time we were there, resulting in us not having to do the exams but only papers. So I can't say anything about the exams.

counselling & support at receiving university abroad

I think the support and counselling were very good in the beginning. I had a rash because of touching a plant or something with my legs and I could go to the University Medical Centre the next day. There I got pills and creams without having to pay for them and they checked up on me regularly.

Also in the first weeks, when you still need to choose your courses, there is a counselling session. There you get one on one help to register for courses and they give their advice on courses. I think that was really helpful as well!

In the end, when there was a problem with protesters hijacking campus, there wasn't any support or counselling, so I was a bit disappointed by that. But it was also an unusual situation, so I think other than that the support was really good!

transfer of credits

For me this took a really long time, but mostly because The Chinese University of Hong Kong needed to close all of a sudden because protesters hijacked campus and then the coronavirus shut down the campus again. So I finally had my grades and credits at the end of march. Every course is 6 credits and for the grades you just get a pass or fail.

STUDENT LIFE

welcome & orientation programme

In the first two weeks there was a welcome and orientation programme. When I arrived on campus I could go to my room and then join a campus tour immediately after. The campus was so big, that I would really recommend doing the tour. The tour ended at the campus supermarket, so that was also really convenient, because you still need to buy a lot of stuff when you come to campus.

We also had a day on campus where we visited our colleges, because when you come to Chinese University of Hong Kong you are assigned to a college for activities. There we had a lunch and an introduction talk.



There was also a welcome dinner with Cantonese food and a tour through Hong Kong, which were both really fun as well.

accommodation

I stayed in International House 2, which was quite far from central campus and also quite old. I shared my room with 2 other girls and our 'apartment' with 12 other girls in total. I liked that International House 2 had a really big common room, a sports room and a small study room. We would regularly come together in the common room for drinks, sports or to study. However, the room itself only had few furniture and our room was really small to share with the three of us. It did bring us super close together, so it also had a lot of upsides. I need to admit that having my own room felt kind of lonely when I came back to Utrecht. So don't worry about sharing the room. The bed were really hard, so I bought a topper at Ikea and you also needed to buy your own plates, cups and cutlery.

I think my friends staying at the hostel with mandatory dinners were the most lucky. Their hostel was really new and modern and they even had a tv room and multiple study rooms. However, what I liked most about international house is that there were lots of international students and we also organised some parties in the common room.

leisure & culture

Hong Kong has lots of beautiful places to visit and hikes to do. Before I went to Hong Kong I didn't know there was so much nature in Hong Kong. I saw the most amazing beaches, camped on amazing islands close to China, did the most amazing hikes and also had really fun nights out. The horse races on Wednesday are really famous in Hong Kong. You can put a small amount of money on a horse and if the horse wins the race, you win money. After the horse races most people go to Ladies night in Wan Chai to get free drinks.

I think culture-wise I did experience a bit of a shock, but you get used to it so easily. The food is super different, the people are different and their way of studying is really different, but that is super interesting!

suggestions/tips

- Go camping in one of the many nature areas!
- Go to mr. Wongs for dinner! You pay 80 hkd and then you have unlimited drinks and food. All international students go there before going out
- Do the Suicide Cliff hike, even though it will take around 7 hours
- Go to the Rock Pools at Sai Wan in Sai Kung
- Go to Macau! It's really different from Hong Kong and super interesting
- Travel to places that you wouldn't think of at first. I went to Seoul in South Korea for example and Phuket in Thailand. Afterwards I also went to Cambodia, Vietnam, The Philippines and Singapore
- Get an Octopus card immediately after arriving in Hong Kong, because the public transport is really good and you can't go anywhere without it.

CONCLUSIONS

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

YES! I think this university and destination were amazing! I really had the best time!

do you have any additional advice or comments?

Make sure you have a working creditcard, because a maestro card is only working in a few banks.



faculty/college	Geosciences
level	x bachelor's
name study programme	Human geography and spatial planning
destination city & country	Hong Kong, China
name university abroad	Chinese University of Hong Kong
start date	27 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

There were a lot of different kinds of documents etc. that CUHK wanted from us, but UU and CUHK provided us with helpful checklists and X (UU) was always quick to answer emails

counselling & support at Utrecht University

X answered my emails quick and I never had to wait long until she was available!

academic preparation

You have to have a 7/10 average to apply for CUHK. At the time I had a 6.9/10, but I got one of my teachers to fill out a letter of recommendation to make up for the 'insufficient' grade.

language preparation

There was none really. Just had to fill out a 'proof of English proficiency' form which X helps you with.

finances

CUHK is a strategic partner of the UU so you have chance of getting the New Holland Scholarship (1250€) which I was lucky enough to receive! Other than that I just had DUO up and the 'ov vergoeding' of course

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It was alright, nothing special. They use blackboard as well at CUHK so that was a happy coincidence. For the other programs they provide you with a handout that explains how to use it like for the course application.

Regarding the content of the courses: I really expected the level of this university to be a lot higher since I had to have a 7/10 average to apply. The level of difficulty was absolutely lower than at UU, I would not have gotten a sufficient mark for the papers I handed in at CUHK if I had handed them in at my home universities. So that was a little disappointing on one hand, on the other hand it does give you the space and time to adjust to your new situation and enjoy/explore the city and surrounding countries (which I highly recommend!).

academic quality of education activities

The fieldtrips I had were quite fun and educational. As noted above I do not 100% agree with the 7/10 requirement as the level of difficulty is definitely lower at CUHK (I did both level 1 and level 4 courses, it's the same for all of them).

counselling & support at receiving university abroad



X was very helpful. When chaos struck as police tried to invade campus she tried to be as helpful as she could and gave us her phone number for emergencies.

transfer of credits

As I am filling this form out at the end of January, I have not yet heard any news regarding the transfer of credits. I still need to get one grade from CUHK.

STUDENT LIFE

welcome & orientation programme

It was alright. They gave us a campus tour, which I skipped out on because it was super rainy and I figured I'd find my way around on my own. Just make sure to ask someone where the supermarket is because google maps gives you 2 options and I walked to the wrong one in 35C and 80% humidity.. (it's the one near the pool). What I loved was the many activities they had organised for us to get in touch with locals, local culture and local food! They did cooking classes, Tuesdays were coffee and a snack days, around celebratory days they organised evenings for us to get in touch with the customs surrounding the event. They also did not discourage us from traveling to other countries while on exchange here. They just wanted to know where you were and for how long in case something bad happened, but they were very understanding regarding our plans to visit more of Asia while in Hong Kong.

accommodation

I lived in I-house 1 on campus and shared room with one other person who happened to be from UU as well. They have single, double and triple rooms, and you share the 'appartment' with 9 people. All my housemates were super fun and nice, even the tutor that lived with us! Our balcony gave us the most amazing sunset views (on the 7th floor).

Important to note: you get bedding, pillow and a blanket in the first week but after that you need to buy your own as you have to give it back to them (I know, kind of stupid). So if you have extra space in your luggage like I had, take your own pillow with you, maybe even some bedding. They won't provide you with cutlery, pots and pans either. Be aware of that. However, the Ikea is only 2 stations away, luckily.

leisure & culture

Wednesday is ladiesnight in Wan Chai, Thursdays in LKF. Use it because buying drinks at the bars is extremely expensive. There are 7/11 everywhere in LKF for cheaper drinks as well. I once paid 60€ for 4 shots of tequila so honestly just use those good deals as much as you can. Your bankaccount will thank you for it.

For those who like to: yes you can surf in Hong Kong!

suggestions/tips

Make sure to sign up for English Tables! It's basically free local food (no dim sum though) while talking to locals at your table who can explain to you what the food is and how to eat it if you're in doubt!

The Dutch consulate also invited us over for a welcoming party and you should really really go. Free wine (which is EXPENSIVE AF in Hong Kong!), cheese, bitterballen, loempia's and more to make you feel like you're back.home for a little bit.

I really recommend going to Mr Wong for dinner and predrinks in Mong Kok, and doing the first 2 stages of the MacleHose trail. I did this over the weekend with a tent bought from Decathlon. Sleep on Ham Tin or Sai Kun beach in between the stages, and don't forget to visit the Sai Kun Rock Pools!

CONCLUSIONS

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



YES! Hong Kong truly has it all: great places to go out, cheap(ish) local eats, hip café's, amazing restaurants if you ever miss western food, great shopping (even an ice-skating place INSIDE a mall!), beautiful hikes, temples, beaches. This universities accommodations are affordable and just good. They clean the kitchen and bathrooms for you. There's a supermarket on campus with affordable prices (it really isn't that expensive relatively), a pool for superhot days. They organise a lot of stuff for you to get familiar with Hong Kong, and if you want to learn and know even more, I recommend you follow the course 'culture of Hong Kong'!

do you have any additional advice or comments?

The university gym is truly pathetic: one bench, one squat rack, one benchpress, broken equipment and my biggest petpeeve: locals do NOT clean up the dumbells and weightplates after themselves. As someone that normally hits the gym 3-4 times a week, this kind of kicked my motivation out of the window. Going between 10:30-12:00 is probably the best time.

Also: don't get a simcard on campus. I got 60GB for a full year for around 150HKD at Shim Shui Po electric market, which is a way better deal.



faculty/college	Recht, Economie, Bestuurs en organisatie
level	v□ bachelor's □ master's
name study programme	Rechten
destination city & country	Hong Kong, Hong Kong SAR
name university abroad	Chinese University of Hong Kong
start date	03 / 01 / 2019 (dd/mm/yyyy)
end date	10 / 05 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The most important tip I would give is start on time! If you have the right qualifications, it is not too difficult to get in but the process as a whole takes a lot of time and you have to make sure you hand in everything on time!

counselling & support at Utrecht University

The support at the UU was okay. Although sometimes it took a long time to get an answer, the answers I got were okay.

academic preparation

I did not do any academic preparation besides reading more English articles and newspapers.

language preparation

Chinese is very difficult, but fortunately all my courses were taught in English. So, I did not have to prepare for a new language.

finances

Hong Kong is very expensive. Prepare yourself! Fortunately, housing is very cheap (I paid around 700 euros for the whole semester (!) for my room which I had to share with another student. The city itself is more expensive than the Netherlands. Especially alcohol in a bar is very expensive. Altogether my expenses during my exchange semester are similar to a semester in Utrecht because of the living costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the first two weeks there is an add/drop period. During this period, you can attend multiple classes and drop the courses you do not want to follow. After these two weeks, you choose the courses you like the most.

academic quality of education activities

There are four different levels which an undergraduate student can follow. Level 1,2,3 or 4. I chose to follow level 2 courses. These courses are similar to the level at the UU.

counselling & support at receiving university abroad

CUHK responded quick to all my questions but be aware that you will get your visa only a few days before you will go to Hong Kong! Don't worry about your Visa as CUHK will do everything for you.

transfer of credits

I still have to do this part. CUHK automatically sends the transcript, but I have to deliver this to the board of



examination at UU.

STUDENT LIFE

welcome & orientation programme

The second day of my stay there was a general welcome programme. It was okay, but do not expect too much. More important is to meet new people and start exploring everything with them.

accommodation

Be aware that you have to share your room! My accommodation was a bit old and far away from the MTR (subway). Expect to use it just as a bedroom and not to relax. The accommodation is not likeable, but very affordable.

leisure & culture

There is a lot to do in Hong Kong. You have plenty of time to explore the city and to see a lot of the Hong Kong culture. Besides the culture, you can do several hikes as well which lead to amazing views!

suggestions/tips

Make sure you get a student octopuscard as soon as possible. It will save you a lot of money. Besides that, enjoy Hong Kong and visit amazing food places.

CONCLUSIONS

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

Destination: Definitely. Hong Kong is a wonderful and very interesting city. If I could apply again, I would definitely apply for a university in Hong Kong again. This opportunity is a once in a lifetime opportunity you never regret. Since the location of the University is quite far away from everything, I would recommend applying for another University in Hong Kong.

do you have any additional advice or comments?

Make trips to other countries in South-East Asia. All my friends and I made several trips to other countries nearby such as Japan, Taiwan, China, Philippines, Vietnam. Save money to do so!!



faculty/college	Law
level	⊠ bachelor's ☐ master's
name study programme	
destination city & country	Chinese University of Hong Kong, Hong Kong SAR
name university abroad	Chinese University of Hong Kong
start date	02/ 01 /2019 (dd/mm/yyyy)
end date	18/05 /2019 (dd/mm/yyyy)

PREPARATION

exchange application process

Applying for an exchange through Utrecht University is quite easy. It is clear what documents I had to provide. After I got accepted by the UU, I got a couple of e-mails in which was stated what the next steps would be. 4 months before my departure, the UU organised a pre-departure meeting, where I had the possibility to ask questions to students who had visited CUHK last semester. A little more than a month before my departure, I had to send a lot of documents to the university abroad. This can be confusing and bureaucratic at times, my advise to departing students is to start collecting these documents right away and read carefully what you have to submit

counselling & support at Utrecht University

Whenever I had questions, I made an appointment at the International Office of the UU. Most of the times, they could answer my questions. This was especially helpful when my questions concerned required documents that I had to submit.

academic preparation

I did not really do academic preparation, as I was studying before my departure.

language preparation

When you want to follow Law courses at CUHK, you have to have a certain result on a TOEFL test, so I took one.

finances

When the UU provides information about CUHK and Hong Kong itself, an estimate is given about the costs in Hong Kong. These are the prices of Hong Kong (roughly)

Rent per month: 170 euro Food on campus: 3 euro

Meal outside of campus: 15 euro

Beer in a bar: 7-10 euro

Public transport: about 50 cents per ride (which can be half an hour, you have a card that is similar to an OV-

Kaart)

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed two economic courses and two Law courses. The content of my courses was of a high level, but I



heard from some people that there classes were absolutely terrible. You can pick your own classes and timeslots. The schedule of your classes is online (like myUU) and easy to use. The only problem there is, is that some teachers do not speak English very well.

academic quality of education activities

As far as I am qualified to judge this, the academic quality of education activities was quite high. At least, the teachers I had really stimulated me to speak in class and think more about real-life problems, and how I could apply the content of the classes to these problems.

counselling & support at receiving university abroad

At CUHK, there is a centre where you could go is you have questions about changing classes, how to get to certain buildings, libraries, etc. they speak very good English and always willing to help you.

transfer of credits

When you receive your grades, CUHK sends a transcript to the International Office in Utrecht. There you pick it up and hand it in at your faculty. They then give it to the Examination Committee and they decide on how your courses will be translated to IECTS.

STUDENT LIFE

welcome & orientation programme

In the first week, there is a whole program which is part obligatory and part optional. For instance, there is a welcome speech, a bus tour around Hong Kong, a communal dinner, etc.

accommodation

I slept in a small room on campus with two roommates. There is little air conditioning and the rooms, showers and bathrooms are disgusting. However, the rent was very low.

leisure & culture

There is a lot to do in Hong Kong, the city is full of life. Kind of an Asian equivalent of New York. There are tons of neighbourhoods which you can explore, the nightlife is good, there are many nature parks just outside of Hong Kong in which you can do hikes, and every Wednesday night there is horse racing in a stadium with an attendance of 65000! Furthermore, Hong Kong is a gateway to other Asian countries, such as Vietnam, Taiwan, Malaysia, Thailand, Philippines, China, Singapore (cheap tickets)

suggestions/tips

When you are in Hong Kong the second semester (January-May), definitely go to the Hong Kong Sevens, this is a three-day rugby tournament, where everybody dresses up and parties from sunrise to sunset.

CONCLUSIONS

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

I had a wonderful time at Hong Kong, there is so much to do and the mix of Western and Eastern culture is unique in my eyes. I advise definitely to go there quickly, as the question remains for how much longer Hong Kong will be independent.

do you have any additional advice or comments?



faculty/college	Geesteswetenschappen	
Level	□ bachelor's ■ master's	
name study programme	RMA History	
destination city & country	Hong Kong, Hong Kong SAR	
name university abroad	The Chinese University of Hong Kong	
start date	26 / 08 / 2018 (dd/mm/yyyy)	
end date	21 / 12 / 2018 (dd/mm/yyyy)	

PREPARATION

exchange application process

My application process was quite a frustrating process. I put in a tremendous effort to do all possible preparations in order to be allotted to my first choice (Stellenbosch, South Africa) but this did not make any sense in the end as the places for my first choice destination were randomly allotted, regardless the contents of our qualifications in the application folder. In the second and third round (Toronto and Lund) I was also highly unlucky as all spots were already given away during the first round. Eventually I had to choose a destination on the residuals list.

A good preparation is crucial, but disappointments cannot be avoided. In the end, studying in Hong Kong was an unforgettable experience.

counselling & support at Utrecht University

The International office provides the necessary guidelines, but you have to do the research and take the initiative yourself.

academic preparation

I did a lot of academic preparation for my first choice. I even arranged a meeting with a scholar with which I would have liked to work together when he came to the Netherlands for a research conference. For my eventual destination I just checked whether there were enough courses to choose on the appropriate level.

language preparation

The courses in Hong Kong were offered in English and as my masters' programme is in English, no further preparations were necessary.

Finances

I applied for the Holland Scholarship award (1200 euro) but was not among the lucky ones and had to finance it by myself. This is however doable as the living costs do not exceed the living costs in the Netherlands and you can determine yourself how expensive you will make it with travelling etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

No worries about whether you chose the right courses on forehand: the first two weeks you can follow all courses you like and add and drop whatever suits you. The build-up of the semester is somewhat unbalanced as in the beginning the only study effort to be made is mainly going to classes while in the end there are suddenly a lot of deadlines. This is however not a problem as you can take your time to adjust in the beginning, make yourself feel at home and explore the city and the surroundings.



academic quality of education activities

The academic quality may be slightly lower than we are used to in the Netherlands, but it is still of high quality. The only difference is that the Mainland Chinese students are not used to discussions. The study load is perfectly doable although there are quite some deadlines.

counselling & support at receiving university abroad

The international office is really helpful and always available for assistance for all kind of matters.

transfer of credits

No idea as at the moment I was writing this transcript, I had not transferred my credits yet.

STUDENT LIFE

welcome & orientation programme

In the first weeks an orientation programme is organized which offers opportunities to get around the campus and the city. In this week you easily meet all the other exchange students and can make friends really easy. After this week there are not that much activities organised by the university but after two weeks you have met enough people to hang out with the rest of the semester.

Accommodation

The Chinese University of Hong Kong has a large own campus with student accommodations. All exchange students registered as undergraduate student are assured to be eligible for housing on campus. For postgraduate students this is not always the case. Some postgraduate students had to search for housing outside the campus on their own which is super expensive. For comparison: housing on the campus is around highly affordable with 6.000 HKD (the equivalent of about 650 euros) for the whole semester while housing outside the campus in the city often costs the same 6.000 HKD or even more just for one month. However, it was possible for me as a postgraduate student to live on the campus by being registered as an undergraduate student while following postgraduate courses. I recommend postgraduate students to inquire for this option. On campus you can either chose for housing in the international housing or in a college. The university has a college system comparable to the British college system at notorious universities such as Oxford and Cambridge. This means different colleges have different houses spread over the campus. For international students it is maybe the most convenient to try to apply for international housing as you share the same mentality while the Mainland Chinese and local students from Hong Kong are there for a longer period of time and thus have a different mindset. If you are very willing to mix with locals and mainlanders, then the colleges are also a good option. The colleges tend to have better facilities than the international housing, but this differs per college (for information on colleges you can always contact me). In general housing is of satisfactory quality and the campus is a super nice place outside of the hectic city with green hillslopes and fresh air. Rooms in the hostels on campus are always shared rooms. This may seem odd in the beginning but no matter your roommate, you will adjust and have a fine time.

leisure & culture

Hong Kong is an amazing city in which Western culture meets the East. Hong Kong Island is quite westernized for a Chinese city, but for the rest Hong Kong is quite a Chinese city. With its special status as Special Administrative Region of China after British colonisation it provides a very interesting but complicated mixture between both worlds. At first sight the people may be impatient and unfriendly, and the warmth and humidity is high but you will certainly enjoy yourself. The city is impressive and beautifully located in the hills. It is one of most densily populated cities in the world but only 25% of the tiny territory is used; the rest is beautiful nature in which you can escape from the crowed city which gives it the best of two extremes. From Hong Kong you can easily get to all countries in South East Asia: from mainland China, Korea and Japan to Malaysia, Thailand and



the Philippines.

suggestions/tips

When planning to travel to China, arrange a visa to China in the Netherlands as that is in the end easier to	
arrange than when already in Hong Kong (although it is ofcourse always possible once in Hong Kong).	
CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes!! Not matter what, you will have a great time!	
do you have any additional advice or comments?	



Family name:	xxx	
First name:	xxx	
Student number:	XXX	
Faculty/college:	Faculty of Social Sciences	
Level:	x bachelor master PhD other	
Name degree programme:	Clinical Psychology (electives in Hong Kong)	
Destination city & country	Hong Kong, Hong Kong	
Name host institution and/or company/organisation	Chinese University of Hong Kong	
Purpose of exchange	$x \square$ study /courses \square work placement \square field work \square other	
Departure date (dd/mm/yyyy)	24/08/2017	
Return date (dd/mm/yyyy)	28/01/2018 (the actual study semester was shorter)	
Preparation Evelopes (placement application presses)		
Exchange/placement application process: The application was final The application was mostly online and did not take a lot of time. CHM/ will.		
The application was fine! The application was mostly online and did not take a lot of time. CUHK will help you a lot with arranging your visa which was really convenient.		
Counselling/support at home university:		
I did not need a lot of help from Utrecht University but I am sure they were willing to help me.		
Academic preparation:		
I did not had to do a lot of academic preparations. It was my minor so I could choose whatever I		
wanted.		
Language preparation:		
My English was already fine so I did not needed any language preparation.		
Finances:		
I had no preparations regarding the finances either. The tuition fee is the same as in The		
Netherlands.		
Study/placement abroad period		
Study programme/work plan (concerning content and organisational issues):		
That was fine. There is an add-drop period where you can attend all the courses you want and		
	choose the one you like the most at the end of the week. This was a hit difficult because I was on	

the waiting list for a few courses (there were too many students). They were not really helping me



with this but at the end I just chose a different course and this was also fine because it was my minor.

Academic quality of education/placement activities:

I think that the level was easier than here in Utrecht. It was more about reproducing instead of applying. It was still interesting though!

Counselling/support at host institution/organisation:

There were a lot of counselling options at CUHK. I did not use them so I do not know how they were. There is also a free clinic if you want to go to the doctor.

Transfer of credits:

This was really easy. I had to give my transcript to STIP and they arranged it for me. They transferred some of my grades lower than I expected. I emailed them and then I had to prove some things and they changed some of my grades. This process was all really easy and quick!

Student life

Welcome/orientation programme:

There was an introduction week but it was not full with activities or something. There were some welcoming things but mostly just free time. I did really enjoyed this week because all the exchange students arrive and you will meet a lot of them. You will have all the time to make friends enjoy, the city and party!

Accommodation:

I stayed in I-house 3 (international house). I liked it that there were a lot of international students in this building. It also had a really nice location on campus. I could walk everything in less than 15 minutes (the campus is huge). I shared my room with two other girls and the hall with I guess 20 girls. The building was not perfect but had everything I needed.

Leisure/culture:

I really liked the Hong Kong culture. It was a bit of everything and totally different from our culture. Also the landscape is beautiful. I did not really know that there was so much variation: huge skyscrapers, beautiful beaches and a lot of mountains.

Suggestions/tips:

Go!!

Conclusions

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

I would definitely recommend The Chinese University of Hong Kong or Hong Kong in general. I never believed that an exchange semester was the time of someone's life, but it really was mine. I can't wait to go back sometime.

Do you have any additional advice or comments?:

Enjoy!