



UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	School of Governance
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Bestuurs- en Organiseringswetenschap

destination city & country	Norman, Oklahoma, United States
name university abroad	University of Oklahoma
start date	15 / 08 / 2022
end date	23 / 12 / 2022

PREPARATION

exchange application process

OU wasn't my first choice. I actually wanted to go California, Florida or Rome but I was unlucky with the lottery. I really still wanted to go the U.S., which had Binghamton University and OU left as possible locations, so I picked OU.

The exchange application process for the University of Oklahoma is pretty clear, and if you have questions you can always ask Rhonda. The visa process is, however, more stressful. This has multiple steps which you have to take. If you make sure you take every step *immediately*, the visa process is not so scary. But make sure you take every step as quickly as possible, as waiting can cause a lot of stress in the end. There was a very long waiting time at the embassy to make an appointment, but luckily students got a waiver and were able to mail the documents (even your passport) to the embassy instead of having to go there physically.

counselling & support at Utrecht University

I personally didn't need any counselling or support.

academic preparation

OU's education level is low when compared to UU, so you don't need to prepare academically.

language preparation

Utrecht University students don't have to do an English test: UU sends you a document that waives this. Outside of that, you'll manage just fine in daily life if you had English in high school (so pretty much everyone).

finances

It is very expensive to study in the United States, even though Oklahoma is one of the cheaper states. To be able to go the United States, you need to be able to show that you have 7500 dollar in your bank account or that your parents can vow for you. 7500 will probably get you through the semester, but if you want to do fun activities and especially if you want to travel you'll need to save more. I believe I spent more than 12000, but I did a lot of travelling while I was there. Sadly the dollar was very strong compared to the euro, which cost me a lot of money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I did courses in Public Health, the U.S. criminal justice system, political communication, and finally international relations. Enrolling is pretty simple and I got 4/5 courses that I wanted (I didn't need 5 because I only needed 15 ECTS. However, you need to be enrolled in at least 12 credit hours as an undergraduate student to I took 4). If you don't like a course it's very easy to switch courses in the first two weeks. Make sure you check where courses are held and check Ratemyprofessor to see how people rate the professor. Take this rating with a grain of salt though, because Americans complain *a lot* about their courses for no reason.

academic quality of education activities

The academic quality of OU is low. A lot of times it's more about remembering theory, facts and statistics instead of really applying theory in an insightful way like at UU. What makes it challenging though is that I personally had a lot of deadlines every week. Because of this I was studying about as much at OU as I was doing at UU. Grading however is very subtle, so it's easy to get straights As.

counselling & support at receiving university abroad

The counselling and support at OU are very good, a lot better than in Utrecht. I personally didn't need it, but I know it's very well organized for people who do.

transfer of credits

My credits are still in the process of being transferred.

STUDENT LIFE

welcome & orientation programme

There is a free shuttle that picks you up from the airport. This is exemplary of OU's organization: the university is very well organized and they take very good care of you. They gave us a SIM card that we could use during the semester that was free for the first month for example. There is only one orientation day and that one's pretty formal (they explain pretty much everything which is nice, but it takes a lot of time and is super boring). But you don't really need more orientation anyway since you'll just become friends with the other internationals at your housing pretty quickly.

accommodation

All the UU students lived at Traditions West during my semester. There are other options but I would not pick them over Traditions (West or East), since all the international students that you want to hang out with are at Traditions and Traditions is a pretty nice accommodation. It's not cheap but it's a nice room in a small apartment that has a dishwasher, a washing machine, a dryer, an oven, et cetera. There is also a swimming pool and a jacuzzi. It doesn't matter that much if you go to Traditions West or East, but our semester there were more parties at West since most of our international group lived there. East is a bit closer to campus, but West has the 7/11; the campus bus stops at both.

leisure & culture

From day one you'll get to experience American culture just like in the movies. What is nice about Oklahoma is that it is not very touristy so you really get to experience American culture. OU is (normally, sadly not this season) very good at football, so gamedays (and tailgating) are huge. I would recommend OU specifically for people who are very interested in sports, as you can easily go to all sorts of sports games (NBA, college basketball/baseball, soccer) if you want to. Get a season pass for the football: its around 200 bucks which is pretty cheap and if you can't go to a game you can just sell it (if OU is doing well you can break even on the season pass if you sell your ticket even just for one game).

Oklahoma is not like California however, so you'll probably get bored of it pretty soon. Luckily it's pretty easy to rent a car and go on a road trip (I went to New Mexico, Texas and Chicago) or take a 30 minute uber to the



airport and fly somewhere (I went to SF and NYC). If you're not travelling there's always a lot of things going on around campus and you can also go out of course.

suggestions/tips

Bring a credit card and don't forget to bring whatever device your bank uses to do personal banking (like a Raboscaner or eDentifier). Second, you can open a bank account at Chase, which is pretty easy. I think this is better than paying everything with your Dutch credit card, because your Dutch credit card won't be accepted everywhere.

Also, Norman is a big place and the U.S. is notorious for requiring a car to go anywhere. This was kind of difficult, even though I had an American roommate with a car. So become friends with Americans and ask if they can for example drive you to Walmart (they don't mind). But in general be prepared for a place that is not very pedestrian/bike friendly.

CONCLUSIONS

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

I definitely would. Oklahoma is of course not California or NYC, but it's still a very nice way to experience the United States. Oklahoma is like Texas in that it is pretty 'country' so if you like to experience southern culture come to OU. It's also very interesting if you're interested in American politics and the divide between progressive and conservative Americans. The classes I took were very interesting and I really learned a lot about Americans and American culture.

do you have any additional advice or comments?

Go in the fall season if you can, because it has the football season which is very important. It's also the time when OU – University of Texas is played in Dallas which is a thing you definitely want to experience.

When you arrive at your accommodation, there will be nothing there (pans, dishes, pillows, sheets, et cetera.). For this reason, try to make sure that you take a flight that lands before the evening, so you have time to go to Walmart and buy everything you need.



UU Study Abroad Report Form

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

destination city & country	Norman, Oklahoma, United States of America
name university abroad	University of Oklahoma
start date	18 / 01 / 2022 (dd/mm/yyyy)
end date	30 / 05 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

I got clear instructions from my abroad university what to do. The biggest problem was the very short time window to get the visa. You can only start to apply for a visa once you receive the right documents from the abroad university. It all worked out but getting the visa was the most difficult part of the whole process.

counselling & support at Utrecht University

Utrecht University tried to support me and others when applying for the exchange. However, once the university was late with providing information and once it almost worked against the students. Regarding the first problem, the university announced that they would provide an (online) evening providing important information concerning the application process. Unfortunately, the date was provided only a few days in advance so hopefully you didn't make any plans for a Friday evening (so there was no need to cancel them). Secondly, the university jeopardised the whole exchange by stating that "orange" (and red of course) labelled countries would have no exchange and all plans would be cancelled by Utrecht University. Unfortunately the US was labelled as an orange country at that time (as was almost every single country in the world) so naturally the exchange would be cancelled. Only by formally requesting to be an exception this cancellation was prevented. I still don't know why this was a problem in the first place since the University of Oklahoma had already accepted me and there were no restrictions from the government. This was UU policy, but the reasons for this policy were never fully explained. This caused some stress because only a few weeks before my departure to the US I got the confirmation that UU would not singlehandedly cancel the exchange. To sum up, UU tried to help if they could, but they also equally caused some struggles.

academic preparation

I took some courses which didn't ask for any special requirements.

language preparation

English was no problem since I consider myself to be pretty proficient.

Finances

You need a lot of money if you want to go abroad. The US requires you to have at least 10,000USD on your bank account (which you need to proof of course). So this definitely something to keep in mind when applying. I did not know this before applying for the US, but luckily I had been saving money before I wanted to go abroad so I had the necessary money at my disposal.

STUDY ABROAD PERIOD



study programme (content and organisational issues)
I received very clear information by the abroad university how to choose which courses. I needed to send my selection to the exchange student coordinator. She would then make sure I was enrolled at the right courses. I even switched one course during the first week of class, which she also managed for me. I took courses from two different studies: communications and media. As long as they fit the schedule everything was fine.
academic quality of education activities
I found the courses fairly easy. Maybe it is because I already completed a bachelor's, and I participated in bachelor level courses, but I must say that the courses weren't that challenging. The quantity of assignments was maybe more, but the quality lower.
counselling & support at receiving university abroad
The student exchange coordinator was great. I did not really make use of the services, but I know others did and they were very satisfied with the support.
transfer of credits
This organised by the two universities themselves. I only need to request to transfer the credits to Osiris at UU.

STUDENT LIFE

welcome & orientation programme
We had a special day as our orientation programme. It's only a day and did not necessarily meet new people, this happened naturally at our student complex which was a great place to socialise. Additionally, I found out (only too late) that there also was a "cousin system". This meant that you could get in contact with a local student and do activities together. Also, the university of Oklahoma organised transfers from the airport to the student houses. This is great when you arrive in a new country to have a friendly transfer ready.
accommodation
The houses themselves were great regarding space, however, when you arrive nothing is there. The whole house is empty: no plates, no cutlery, no pots and pans, no pillow or blanket on the bed, not one roll of toilet paper. This a bit of a shock, but I managed with my house mates the first day. We could have been warned before, because there is no supermarket nearby. Arrive in the afternoon, because people who arrived at night had it rough. After the first days, it is finding out how to get to the supermarket. I, together with my house mates, used services such as Uber and Lyft or had it delivered at our home. The student complex itself is amazing. Since almost all international students live together, getting to know the other international students is relatively easy.
leisure & culture
Nearby the campus there is a street with some bars where I used to go out during the weekends. Other than that I used to hang out with other international students at our student complex. There is a pool, a basketball court, a (beach) volleyball court and in the club there is table tennis and a pool table. Hanging out with the international students is great fun and they are mostly very open. Oddly enough, the Americans were hard to reach. They did not seem to be very open for new social contacts.
suggestions/tips
Especially in the first weeks be active regarding getting social contacts. Most people are especially then extremely open to get to know as many people as possible. You will quickly find people to hang out with which the exchange so much more fun. Of course getting to know a different education system is valuable on its own, but getting to know people from different cultures was personally the most interesting thing I experienced.



CONCLUSIONS

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

Yes I would recommend the university. The campus itself is beautiful and the student complex is amazing. However, it can feel like you are locked up in Norman, Oklahoma. The town itself hasn't much to offer so after a few weeks, you know the place. Unfortunately this is America, so don't expect much regarding public transport. If you want to see different places, rent a car. The plus side to this seemingly disadvantage was that the experience was the same for all international students. As a result, we would spend much time together which made me feel to be part of a special community which I loved.

do you have any additional advice or comments?

Nothing to add.



UU Study Abroad Report Form

faculty/college	Department of Geography and Environmental Sustainability
level	<input checked="" type="checkbox"/> X bachelor's <input type="checkbox"/> master's
name study programme	Geography

destination city & country	Norman, OK, De Verenigde Staten
name university abroad	University of Oklahoma
start date	13/01/20
end date	08/05/2020

PREPARATION	
exchange application process	I was a bit late in my application process, I took one of the 'leftovers', so I didn't have to pick a top 3 and see how my luck goes. The process was rather easy, some things just took time before I could continue my process. I did have some stress in the end, as the application papers needed to apply for a Visa were send to the International Office, without notifying me. It turned all out okay in the end.
counselling & support at Utrecht University	Cathelijne van Heusden is a lovely lady that guided us through the process and was available when I need to reach out to her.
academic preparation	Some universities require a certain GPA, but OU doesn't.
language preparation	Students at Utrecht speak a sufficient level of English, so no preparation is needed. We got sent a document by the University of Utrecht to waive a mandatory English sufficiency test (so no need to pay that).
Finances	I was financially well prepared for the whole trip, so this was never an issue for me.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I'm a Human Geography & Spatial Planning student in Utrecht and I decided to follow geography courses in the US as well, to see some differences. The enrolling was quite simple, I got all the courses I wanted. Just check the times/locations where some courses are given. Because you do not want to be that kid running all over campus to get to a whole different building within 15 minutes.
academic quality of education activities	The quality of the education is quite low if you ask me, only one course was a bit challenging in what we had to do, but the grading was still very subtle.
counselling & support at receiving university abroad	The University of Oklahoma offers a lot of counselling and support if you need it, way more than Utrecht does. I didn't need it though.
transfer of credits	



I could ask for my grades in percentages, as they give letters in the US system. They're still in the process of being transferred.

STUDENT LIFE

welcome & orientation programme

I was a spring semester student, so the welcome was slightly smaller than for fall semester students. Nevertheless, we were welcomed in a cheering way. Free shuttle to pick us up from the airport and a mandatory orientation programme a few days later. It's a great way to get to know the other new international students.

accommodation

You get some choices in accommodation. There's Kraetli, traditions and some other. Kraetli is the cheapest variant, but you share your bedroom. Traditions is quite nice, everyone has their own room and you share your bathroom with only one other person. There's even a swimming pool and hottub on the complex, Traditions is where most of the international students live and where the parties where at. The last option (don't recall its name) is even more expensive and just don't even consider it.

leisure & culture

Due to some programs, you get the chance to learn a lot of international students, but also some American students. This is great, because Americans have cars and you need cars to get around in the US. The campus offers many sports to watch or do for yourself if you'd like, such as fitness, swimming pool and even some international students formed a basketball team to play against some fraternities.

suggestions/tips

OU Family and OU cousins are the best way to get to know Americans that are excited to show you something of Oklahoma. Otherwise, there aren't a lot of options to get out of campus.

CONCLUSIONS

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

I would definitely recommend OU. If you wanna go to the US, you wanna go big. The campus offers that, as it's a huge area with so much to offer. The downside is that Oklahoma itself doesn't have that much to offer, but it's rather easy to rent a car and travel to either Texas, Colorado or Utah.

do you have any additional advice or comments?

I might suggest going in Fall semester, rather than Spring semester. There's just more international students in the Fall semester, the weather is better and you get to watch the American football season, which is by far the most popular sports on the campus (even though everyone said they found it boring to watch). Spring Semester is nevertheless awesome and ends in early may, so you get the chance to travel for quite some time in the US as the year is finished by then and everyone in Utrecht still has to continue for almost two more months. There's still a lot of other sports in Spring Semester, so don't worry about that. Basketball and Ice Hockey is at it's peak and Baseball will start later the semester. There's also one American Football game for fun in April, so you still get to watch at least one game if you'd want.



UU Study Abroad Report Form

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

destination city & country	Norman, Oklahoma
name university abroad	University of Oklahoma
start date	12/08/2019
end date	16/12/2019

PREPARATION

exchange application process	<p>When you get your DS-2019 form you should try to make an appointment as soon as possible with the consulate, as there were not many spots left between the current date when I got the form and my departure date. I would advice filling out all the forms and doing every step in the process as soon as possible because that will save a lot of stress in the future. Also be prepared to wait several hours while standing at the consulate, my appointment was scheduled for 8:30 and it was after 11 when it was finally my turn.</p>
counselling & support at Utrecht University	<p>Go to the pre-departure meetings and use the UU site to find more information about each university.</p>
academic preparation	<p>I didn't prepare myself academically.</p>
language preparation	<p>I didn't really prepare myself language wise as my English is pretty good. I think some other international students from other countries got mandatory English lessons at OU. Also some of the international students definitely had below Dutch VWO levels of English, so I really wouldn't worry about your English as there will be lots of students there whose English will be worse.</p>
finances	<p>I think this really depends from person to person. I know some people went to NY or California after the semester was finished, this quickly increases the overall cost of your trip. \$1000/month is a good estimate.</p>

STUDY ABROAD PERIOD

study programme (content and organisational issues)	<p>I took a few random classes that weren't required by or tied to my major. I think I started with 5 courses and dropped 2 and added 1 in the first week, as this is possible at OU.</p>
academic quality of education activities	<p>The classes are definitely a lot easier than classes at UU. This is nice, because you'll have more free time. I took one 1000 level course, two 2000 level courses and one 3000. I was a second year student at the time.</p>
counselling & support at receiving university abroad	<p>In the first week there are a couple of mandatory presentations you have to go to. They're a bit boring but a lot of things will be explained and you can ask questions.</p>
transfer of credits	



I haven't finished this yet so I can't really comment on this process.

STUDENT LIFE

welcome & orientation programme

As I said before there will be a couple of presentations you need to go to in the first week which will get you familiarized with the university and with Oklahoma. At the airport you will be picked up by OU.

accommodation

I would suggest staying at Traditions West as basically all the international students stay there. There are parties every weekend and there's a pool. The apartments are pretty nice. There is a bed in your room with a mattress on it, so if you arrive the first day at night you won't have sheets or a pillow. You also have a closet and a desk with a chair. Walmart is 24/7 open though so you could always just catch an uber and go get the necessary stuff for the first week. There is a free bus in the first week which will also take you to Walmart but this bus was very crowded so I would advice just splitting an uber with your roommates.

leisure & culture

Enjoy the hamburgers, football, and go to a shooting range to fire some guns. :)

suggestions/tips

Buy a season pass for the football because the sport is pretty important at OU (most people will be at the game or watching the game on gameday). Also OU has a good team most years so you can celebrate a lot of touchdowns.

CONCLUSIONS

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

I would definitely recommend OU and Oklahoma. The things that I enjoyed the most are the football, the food and just the culture in general. You'll make lots of new friends and I still visit some of them now and then.

do you have any additional advice or comments?

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UU Study Abroad Report Form

faculty/college	Geosciences
level	<input type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Human Geography and Spatial Planning

destination city & country	Norman, USA
name university abroad	University of Oklahoma
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was quite straightforward. Utrecht University provides a list of all possible destinations for the exchange programme. I had decided that I wanted to go to the United States, and based on some student experiences, published on the website of Utrecht University, I decided that I wanted to go to Oklahoma. Oklahoma was not my initial first choice. Unfortunately, I was not picked for any of my first three choices on my initial top 3 list. I would advise to keep in mind that some destinations, like the US, are very popular destinations, and the available spaces are limited, so you might not be chosen for the destinations you want. After I received notice that I was not picked for any of my three picks on my top 3 list, I got the option to make another list, whereby I was limited to choose only from the destinations that remained. Luckily, there were still some destinations in the US available, of which the University of Oklahoma was one.

counselling & support at Utrecht University

I did not need a lot of support from Utrecht University, but I felt that if it would have been necessary, then the University would have helped me adequately. I had some questions prior to when I chose my destinations, and the various student counsellors were very willing to help me out.

academic preparation

There wasn't really any academic preparation necessary, although the University of Oklahoma did want to see a certificate of my grades, but that was all. I guess that the universities in the USA understand that the general level of academics in the Netherlands is higher than in the USA, so there are not a lot of academic requirements.

language preparation

If you're a student from the Netherlands, who has finished their high school (eindexamen HAVO/VWO), you do not need to take a test to prove your skills and understanding of the English language. If you're from another country, than the USA often requires you to take a TOEFL test, to prove that you can manage yourself once you're in the US.

finances

Oklahoma is a relatively cheap state, if compared to states like California and Florida. Yet, I would strongly advise to save up a lot of money, as you may encounter some unexpected big expenses. Moreover, the University of Oklahoma demands a Declaration of Solvability, which entails a statement of your bank in which you show that you're in possession of \$7500. This was either a requirement by the University or by the Consulate, I cannot remember accurately. Although I think around 7000 euro might be enough for the exchange period, I would strongly advise to bring around 8000/9000. Just because you might want to travel a bit or something like that. Luckily, if you have a loan with DUO, you can continue receiving this while being in the US, because officially you remain registered in Utrecht. In total, I believe I spent around 15000 euro, but this



includes a weekend to South Dakota, a weekend to Seattle, and 10 days to Japan. Depending on how active you are while in the US, you should at least bring around 8000, just so you can take care of yourself, and money won't be an issue.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

As a Dutch student, studying at the University, you have to take 5 courses to get all the ECTS during the study period. Keep in mind that the American universities work in semesters, so you take all five courses simultaneously for about 17 weeks. In the beginning, this might feel like a lot, as very intense, because you probably have more classes than you're used to in the Netherlands. Eventually, you'll experience that even though you have more hours of classes, the actual time spent on classes is similar to the time in the Netherlands. An important sidenote is that language classes are worth less ECTS and sport classes aren't worth any point. You can still choose these, but keep in mind that these will not suffice for the 30 ECTS that you have to obtain, so then you'll have to take more than five classes.

academic quality of education activities

The amount of classes is more than in the Netherlands, but the level is significantly lower. You'll notice that the structure of the classes feels far less academic than what you might be used to in the Netherlands. Of course, this is different for every course, because in the US you have a lot of different levelled courses.

counselling & support at receiving university abroad

The University of Oklahoma is very actively helping the international students. You can ask all your questions to the multiple student counsellors. The most prominent one during my study programme was Rhonda Errhart. A marvellous woman, who was always there to help. You could always send her emails, but there is also a facebook group, specifically made for the international students, which was great for general questions that related to all the students.

transfer of credits

As of early February, I'm still waiting for the transcripts of my credits. Once I receive my transcripts, I will hand them in to the exam commission at the Utrecht University, who will transfer them into my bachelor. A very important development is that the grades you get in the US will no longer be transferred into grades for your bachelor. As of 2019, the grades you get in the US will only be transferred in the form of a fail/pass system. So, you have to get at least 60% of the grade (a D), to pass the course, but the grades will not count for your average in the Netherlands

STUDENT LIFE

welcome & orientation programme

The university is very welcoming, as they organize a complete week of orientation prior to the start of the classes. This week of orientation is mandatory, and quite extensive. Not all activities are great, but it's just a week, so it'll be over before you know it.

accommodation

The accommodations are fine. I would highly suggest to choose for the Traditions apartments, because this is the location where most international students will be living. It's a big compound with space for approximately 800 students, which makes it a great place to live, because there's always stuff to do. There are also other locations that you can choose to live, which are a bit cheaper, but I would not advise to choose these, because the facilities there are far worse. For the apartments in Traditions you pay about 500 dollars a month, which you have to pay upfront, so about 2000 dollars before you move in.



leisure & culture
Regarding the leisure and culture I would advise to keep in mind that the university lies somewhat in the middle of nowhere, so if you want to do activities, this might sometimes require you to organize a little. Other than that, the university organizes great amounts of activities, so there's always stuff to do. There are also some clubs next to the university which are opened in the weekends till 2. Those clubs are also really fun, but alcohol is far more expensive than in the Netherlands, so be prepared.
suggestions/tips
It is crucial to get a credit card if you wish to go to the united states. Be prepared that you're going to spend than you anticipated, because paying with a credit card is a dangerous thing. Trust me, I know hahah. Another valid tip is that it might seem like you have a long time to prepare, but please make sure to be on time with getting your visa and stuff like that. It may take longer than you think, so you can't be too early.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would strongly suggest studying abroad, more specific in the united states. Personally, I really enjoyed the university of Oklahoma but keep in mind that it's not the most exciting place in the united states to visit. On the other hand, it is a relatively cheap state, so you have to see for yourself what weighs more.
do you have any additional advice or comments?
Prepare yourself and have a lot of fun



UU Study Abroad Report Form

faculty/college	Social Sciences
level	x Bachelor's
name study programme	Psychology

destination city & country	Norman, The United States
name university abroad	Oklahoma University
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	Lot of work, but definitely worth it.
counselling & support at Utrecht University	Great help from the people of Utrecht University
academic preparation	My only preparation was checking the courses and their syllabus.
language preparation	I didn't prepare anything.
finances	I knew I was going, so I worked a lot.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Study abroad. Really good organized, with a couple presentations and clear emails.
academic quality of education activities	I think studying in America was different than studying here, I will not say it was easier. But I experienced different perspectives on Psychological topics. I think that was really interesting.
counselling & support at receiving university abroad	The Oklahoma University had a good team that took care of the exchange students, if I had a question they were always willing to help me.
transfer of credits	The only thing I know about this, is that I had to ask for permission. This didn't require much time.

STUDENT LIFE

welcome & orientation programme	We had a intro week, where we could meet other exchange students.
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accommodation
Traditions West, a nice place to live.
leisure & culture
I experienced a lot of leisure, so I had time enough to see more of America.
suggestions/tips

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the campus is beautiful. The only bad thing, is that all the clubs close at 2am. I think we are not used to that, so that was a disappointment for me.
do you have any additional advice or comments?



UU Study Abroad Report Form

faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Pedagogical sciences

destination city & country	Norman , United States of America
name university abroad	University of Oklahoma
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	15 / 12 / 2018 (dd/mm/yyyy)

PREPARATION	
exchange application process	When I made my decision for the universities I would wanted to go to, I had to write my motivation letter and submit some financial forms and a study plan. The study plan included the subjects I wanted to follow at my host university. Don't forget to submit your forms in Osiris, because if you don't, you have to find new host universities and start your application all over.
counselling & support at Utrecht University	I was very positive about the counselling and support UU provided. Everytime I had a question, it was answered fairly quickly. UU also organized a predeparture meeting, which gave us the opportunity to get in touch with students who already studied in the USA. This was very useful, because they gave us some practical tips for when we would be living in the USA.
academic preparation	I haven't prepared that much on academic level. You have to choose eight subjects you would be interested in to follow, which will be reduced by the host university to four subjects, based on how much room there is. Before arriving in the USA you will get the conformation on which subjects you will follow. Most of the information on the subject you will receive in the first week of classes.
language preparation	I haven't prepared anything language related. There also wasn't a proficiency test I had to take, because OU assumes that UU students already speak English well enough.
finances	I knew I needed around \$8000 to live on the OU campus for the semester and I have been working a lot before going to the USA. I also lend the maximum amount from the government. To make sure that I would never come into any financial problems, I had my parents to back me up, but this wasn't necessary in the end.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The subjects i attended were two psychology subjects (social psychology and abnormal psychology), a sociology subject (criminology) and a social work subject (child abuse and neglect). There were not much organisational issues. The only thing that was an organisational issue in my eyes, was that Canvas, the platform teachers can communicate through with students, was used inadequately and different by each teacher.
academic quality of education activities	



The lectures were pretty decent and comparable to the lectures from UU. The papers I had to write didn't had a lot of quality standards and for example, it wasn't necessary to use APA. The tests I took were pretty easy and that also counted for the work we had to do at home.

counselling & support at receiving university abroad

The counselling and support that i received at OU was also very good. There were multiple staff members for multiple problems available. If you had a problem you could see the staff member face to face or send them an e-mail or even send them a message on Facebook. The response on the e-mails or messages on Facebook were fast and helpful.

transfer of credits

My credits aren't transfered yet, but OU sends the transcripts with my grades in the first couple of months after the end of the first semester at OU. After that I have to organize my transfer of credits with the Board of Examinators myself.

STUDENT LIFE

welcome & orientation programme

When I arrived at OKC airport there was a shuttle that brought me to OU (I had to organize that myself before going to the USA). At OU you are expected at the clubhouse of the place you chose to live in to pick up your key and some forms. After that you are able to get into your house and meet your roommates. The first week there are shuttles arranged to Walmart, to get bedding and whatever you need. After a couple of days there is couple things you are expected to be. First, there is a lot of information that needs to be exchanged between you and OU and you get your OU ID. After that there will be an orientation programme called Crimson Connection. This orientation is a full day and also an opportunity to meet other exchange students. The orientation is mainly a lot of repetition of the rules on OU and some more insight in OU and its history.

Accommodation

OU offers you a couple of places where you can live on campus. I chose living in Traditions Square and I believe that was the best choice. Traditions has a couple of pros that other places don't have. First of all most of the exchange students choose to live in Traditions, so it is really easy to meet people and make friends. Secondly, Traditions is the cheapest place to live, while you also have a room for yourself. Finally, there are a lot of parties in Traditions! When you choose to live in Traditions you will live on one of the three floors of a building. Each floor has four accommodations. There are a lot of these buildings in Traditions. In your accommodation will be almost everything you need. You will have a washing machine, dryer, dish washer, oven, cooking plates and more. You will need to get pots and pans and everything else yourself.

leisure & culture

There is a lot to do apart from the lectures and educational activities. In the USA is a big sports culture. Especially college football is very big in the USA. OU is one of the biggest and best football colleges in the country and you will get a taste of that when you live on campus during game days. Even if you don't really like sports, it will be a good idea to go at least once to a game. There is a lot going on around and during the game and it is cool to experience that. Besides American Football there are many more sports you can visit or even participate in. OU also provides a lot of other facilities like swimming pools, gyms and basketball courts. And in the evening you can go out in Campus Corner. Also a big difference in culture is that the Americans have a tipping culture. Everytime you go out for dinner or even to just get a drink, they expect you to tip.

suggestions/tips

Definitely get a OU seasons ticket for American Football. It is a lot of fun and even if you don't want to go, you can easily sell your ticket to someone else and those tickets can be really valuable.



CONCLUSIONS

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

Yes, mainly because a lot of exchange students choose to go to OU and that results in a lot of cool and big parties. You will meet a lot of people, will have great accommodation and will live on a beautiful campus full of facilities you can use for free. In addition, OU is one of the best football colleges in the country, so you will be able to see a lot of good games and celebrate a lot of wins.

do you have any additional advice or comments?

No.